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## The Surf Trip A Whistler Tradition

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Historic Mill Community gets Cleaned Up

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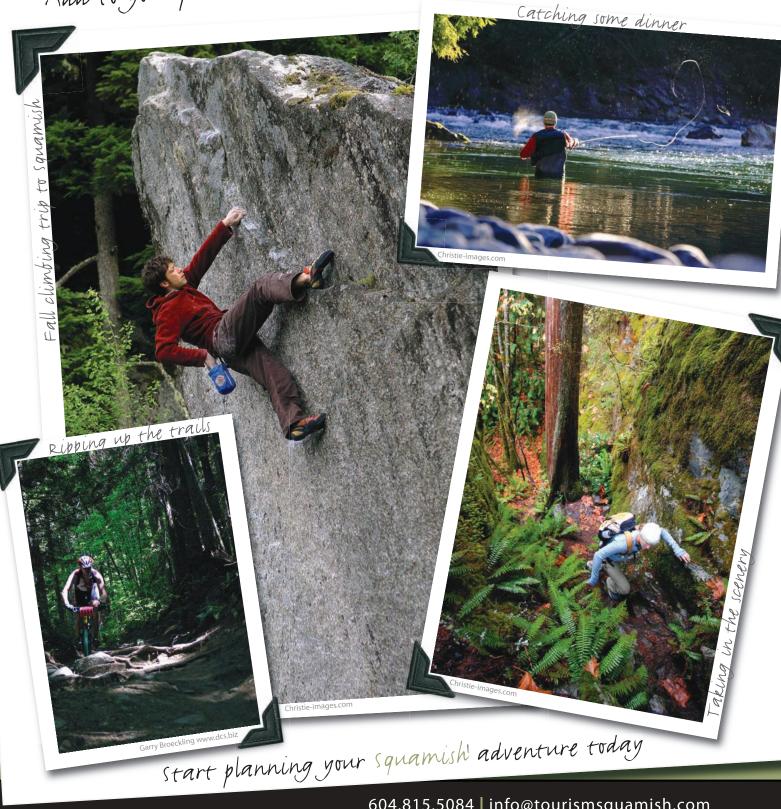
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# First

alloween is the best night of the year in Whistler. It's always dark, cold and dreary – that's a given – and most locals have only worked a handful of days all month so they've had plenty of time to make the best Halloween costume ever. Lack of funds for those poor unemployed souls also means lack of going out for drinks and by the time October 31 rolls around, people are truly ready to party. The kids get free candy and fireworks, the adults get the B-Grade HorrorFest followed by the best damn night of the year – all by ourselves.

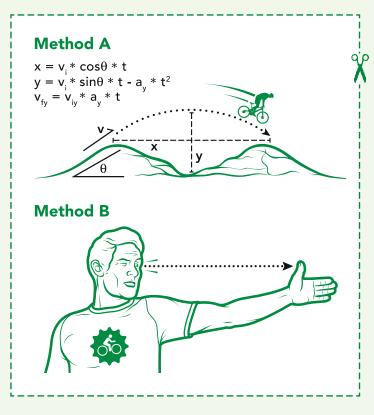
Halloween is also the epitome of autumn and the changing of the seasons is something that all Canadians relate to. November 1 is like cresting some invisible hill that separates "Will it ever stop raining?" from "Just a handful of days till the mountain opens." Often the first snows of winter hit the valley floor on Halloween night.

For people who haven't experienced it before, Shoulder Season (I always called it Dead Season but we're all trying to sound more positive these days) is a time of learning Learning creative economics – how to survive on only two days' work a week. Learning time management – video games can give countless hours of free entertainment. And learning patience in everything except finding accommodation – in that case, take whatever you can get.

But these days are also the best time to enjoy a local hike without the crowds, or to hit one of those great restaurants that are usually lined up out the door. And there's a certain charm that falls over our quiet mountain town in autumn, a sense of community that is harder to find in those lucrative high seasons. With very few tourists around and most of the old-time locals in Central America surfing, this is the time of year to make new and valuable friends, like bartenders, doormen or video store employees that can hook you up all winter. Fall means people wave to each other more often on the highway and there's always somewhere to park. It's pouring rain outside but these months are the calm before the real storm. It's like we're suddenly living in a small town again and everyone is friendly and stoked, on the same level as we anxiously wait for snow, like kids do.

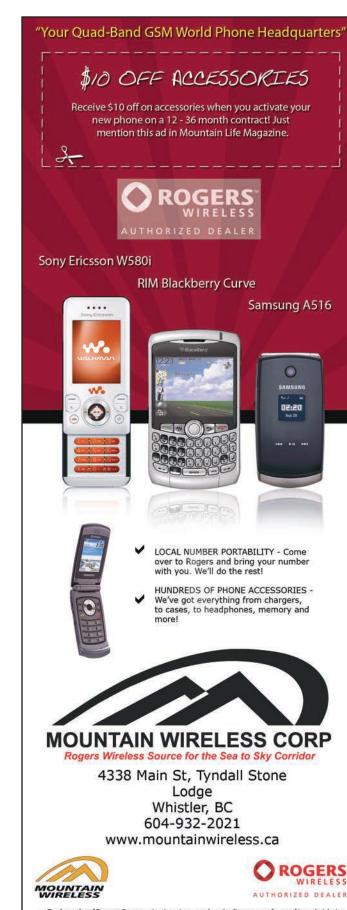
This fall issue is also *Mountain Life's* one-year anniversary. We're pretty much making it up as we go along, so thanks for sticking around. We appreciate your support. Enjoy dead season. Happy Halloween. Bring on the snow.

- Feet Banks



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it's not so much that this is the lost world i think it just doesn't want <u>to be found</u>

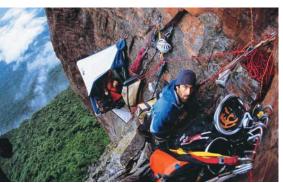
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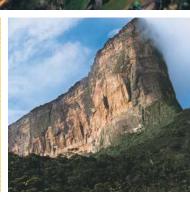
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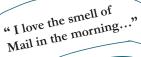
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## Letters

## **Rants and Raves**

#### Dear Mountain Life,

I just wanted to say that never once in my eight-some-odd years here have I ever sat down and truly read a local paper or magazine cover to cover! This month's issue [Summer '07] of Mountain Life has been one of the best local reads I have ever had the pleasure of delving into! I read every article, viewed every photo and noted every detail right down to the small art contribution on the left hand corner of the Upfront





article. I found the literature to be fascinating, the photos to be stunning, and the ads to be very tasteful; I am even looking into taking one of the Art on the Lake courses. It instills a sense of hometown pride to see such a powerful showcase of local artists, athletes, and diverse people in general. Pilar's article was great, I'm glad that now everyone can see how truly amazing she is! I know I'm being a bit cheese here and you probably get a lot of these letters, but I just wanted to give huge props to you and your staff for creating something that truly captures the essence of Whistler and the wicked diversity of our small town culture. So I end scene with a: "Good Show Guys!"

Thanks, Natalie MacDonald, Whistler

Actually Natalie, we don't get as many letters as you think, we get a lot of hugs from random people on the street though. Thanks for the kind words.

#### Dear Feet.

The Mountain Life map in the middle of your mag is really killer. How could a person get his hands on one of those maps but a larger size? Like a poster? Mark, Vancouver

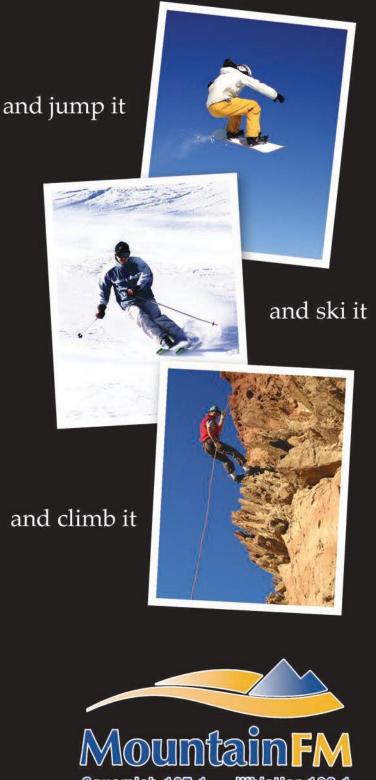
Mark, you are in luck. The much-loved ML maps are now available as a full sized poster. Check out the map in this issue for info on how to get one.

#### Editor's note:

Mountain Life would also like to welcome a new Creative Director to our team, Amélie Légaré. She's awesome, she lives right here in Whistler, and we're really happy to have her on board.



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## **Up Front**

## History-Making in the Present

Whistler Film Festival commissions local film that carves out early days of snowboarding in Whistler

hen Ross Rebagliati was one of the first snowboarders to ride the Blackcomb Mountain chair, filmmakers Lenny Rubenovitch and Brian Hockenstein were just two kids in Ontario discovering the sport for themselves on plastic "snowboards." When Ken Achenbach was written up in the first issue of *Transworld Snowboarding* magazine for running Whistler's only snowboard shop, the friends and future filmmakers were still years away from packing up and moving west and even though neither Hockenstein or Rubenovitch were present when Whistler's snowboard scene first took off 20 years ago, the two admit that the coming-of-age tale is a familiar one.

"It was such a huge honour to interview these guys for our movie," Hockenstein says. "They shaped snowboarding, so they shaped my life. I see how much has changed since their day, but I also see how little things have changed at the same time."

Sacrificing material gain for cheap rent and carving out long epic powder days is Whistler's past, present, and future and the history of snowboarding in Whistler is one of four stories premiering on the big screen at the Whistler Film Festival, November 29 to December 2.

The yet-untitled film, produced by Hockenstein, Rubenovitch and Ryan Sliziak, was commissioned by a local filmmaking program called Whistler Stories. Each year leading up to the 2010 Olympic and Paralympic Games, the Whistler Film Festival Society is awarding \$5,000 in grants to four filmmaking teams to produce a five-minute short film based on a Whistler story and an Olympic theme.

This will be Hockenstein's second Whistler Stories film. His first film, *Whistler: An Olympic*  *Story*, was a broad snapshot of how Whistler was built for the Games. This year's film narrows the historic scope down to an underground scene thrust into the mainstream spotlight at the speed of a Super G snowboard racer.

It's hard to imagine a Whistler with no snowboard instructors, snowboard magazines, snowboard competitions or even snowboard lift access. It wasn't until 1988 that Blackcomb Mountain welcomed snowboarders in-bounds. Whistler's snowboard scene began gathering long before, however - mainly at Achenbach's Crazy Banana House in Emerald. "It was a house full of guys who just wanted to snowboard and make their \$200 rent any way they could," Rubenovitch says. Hockentstein adds, "The best snowboarders in the world stayed there: Jeff Brushie, Craig Kelly. Everyone signed the wall there - five years of signatures from the best boarders in the world. These were the pioneers of the sport."

Their short film shares this coming-of-age story through reflections from Olympic gold medalist Ross Rebagliati, Camp of Champions director Ken Achenbach, snowboard photographer Dano Pendygrasse, local snowboard legend Doug Lundgren, and one of Whistler's first snowboard instructors, Greg Daniels.

Much like Whistler's pioneering snowboarders, Rubenovitch and Hockenstein came to town to live the snowboard dream and now thanks to the Whistler Stories grants, they are sharing what has become their history. The Whistler Stories films screen at the opening gala of the Whistler Film Festival.

For tickets to the Whistler Stories film showcase, visit **whistlerfilmfestival.com**. - *Nicole Fitzgerald* 



## **Up** Front

# **Higher Learning**

## Canada gets a fresh approach to higher education with the opening of a groundbreaking university in Squamish

t makes sense that Squamish was chosen as the site for Canada's newest and most unique post-secondary institution, Quest University Canada. Where better to offer "extreme education" than in our country's outdoor recreation capital?

At Orest, the old saying "the world is my classroom" is taken quite literally. Students may be taught math formulas on campus one day and then shown their practical usage on a pitch up The Chief the next. They may be introduced to wind velocity in a textbook on a Tuesday and experience it first-hand at a windsurfing site on Wednesday. Real education is exactly what university founder Dr. David Strangway was aiming for

when he began developing his liberal arts and sciences program a decade ago. Called the Block Program, Strangway's method is different from the norm. Each course lasts three weeks and is taught by a team of experts offering insight from different disciplines. Students take only one course at a time so they can really get into the subject matter.

"We don't believe in the talking-heads approach to teaching," Strangway says. "Lecturing isn't enough. Student participation is vital."

With a maximum of twenty students per class, Quest is not for slouches who want to snooze their way through school. "It's for young, take-charge types who want to drive their own education," explains director of public relations Angela Heck.

If you're wondering if take-charge types even exist these days, the answer is yes, big time. In September, when the doors of this private, non-profit institution flew open for the first time, its geothermally cooled (or heated) classrooms saw forty Canadian students walk in, plus forty more from 13 other nations.

"We seem to have hit an interesting nerve in a cross-section of young people," muses Dr. Strangway. People like Ricardo Parades from El Salvador who lives by the motto, "Life is not measured by the breaths we take but by the moments that take our breath away." Ricardo says that he hopes Quest will "knock the wind out of me."

Many more like-minded students are now filling out applications and with three intake times and classes offered year-round, Quest students have many scheduling options.

Why so accommodating? Strangway says learning to be flexible was one of the challenges of opening a new university. Others included trying to build a reputation from scratch and securing funding for the \$100 million project.

More funding is needed, he says, so students can continue to receive financial support. This year every student received some form of funding, which is understandable given the \$24,000-a-year tuition.

Yes, Quest is pricier than a public university. but the co-curricular program alone makes it worth it. "Co-curricular means everything that isn't formally scheduled in the academic program," explains director of recreation Toran Savjord. "We're talking about camping trips, photography courses, yoga classes, ice-climbing adventures, you name it. All activities are geared toward enhancing what's happening in the main program."

At Quest, making the most out of campus life is as important as studying. And students are invited to help shape what it looks like.

"It's an open slate right now," says Angela Heck. "Want to start a campus newspaper? A rock-climbing club? Go for it. If it's part of your quest in life, go for it. We'll help you get there."

- Nicole Pankratz

Bright Lights, Big Future. Quest marks the dawn of a new era in Squamisl



Students and staff eagerly await the first day of school



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## The British Columbia Mountaineering Club Celebrates a Century

I n August of 1907 an intrepid group of six Vancouver mountaineers set off from sea level in the city. They were bound for the crown of Mount Garibaldi, the towering showpiece of Squamish that once spewed lava into the glacial valley below. They boarded a steamship bound for what was then known as Newport, hiked into the luxuriant rainforests of the Squamish Valley and bushwhacked straight up Brohm Ridge. From camp, they described the peak as "some terrible monarch of the skies not to be approached by man." They must've awoken to friendlier conditions because the next day, all six stood atop the 8,776-foot summit, no doubt blown away by the rippling wave of summits spread before them. Little did they know that what they had just accomplished would resonate for the next 100 years.

"Their ascent was a milestone for mountaineering in British Columbia," states Todd Ponzini, Vice-President of the British Columbia Mountaineering Club. "Garibaldi was one of the first significant high summits climbed near Vancouver, and the ascent opened local climbers' eyes to the possibilities of climbing the other big peaks in the Coast Mountains."

Shortly thereafter, and in swift fashion, daring first-ascents were undertaken throughout the Coast Mountains. As a means of sharing the high-altitude pursuits with others of their kind, the Vancouver Mountaineering Club was formed (which soon became the BC Mountaineering Club). Keen climbers from across the province began to meet and discuss new routes, new methods and new ideas on scaling the province's most impressive summits. Exploration became the BCMC's number-one focus.

This past summer, to celebrate the importance of the original Garibaldi ascent in the annals of the Club, the BCMC decided to pay tribute in the most respectful of ways – by climbing the very same mountain 100 years later. An open invitation was circulated to members with the following "warning": "Participants must wear historical clothing for the entire three day trip. No modern clothing is permitted! You will not be allowed past the parking lot if you bring any Gore-Tex, fleece, nylon, windstopper, etc." Nearly 100 years ago to the day, fifteen men and women of the BCMC stood atop the summit of the dormant volcanic peak. Decked to the nines in clothing of the era, they celebrated a century of the very moments that define the life of a mountaineer and the foundation of the organization.

"We are very lucky to live in a place where we have so many beautiful mountains," says Ravil Chamgoulov, the Russian "Snow Leopard" (a prestigious title given to the rare few mountaineers who have climbed all 7,000-metre peaks in the former Soviet Union). For Chamgoulov, becoming a member of the BCMC has proved invaluable. "Joining the club was one of the first things I did when I came here," he says. "It's very well-organized."

The 500-member Club has helped facilitate exploration and discovery over the course of the last century and has stood as a protector of British Columbia's pristine and remote places, just as their forefathers had envisioned. "The Club was quite instrumental in creating Garibaldi Park and many others across the province," says Vancouver author John Baldwin, another brave BCMC member with over 250 first ascents under his belt. "For many people the Coast Mountains are a symbol of the great wilds of BC and a scenic splendor to be admired from a distance. There are many pressures placed upon these mountains for commercial use, which I'm sure will be a challenge for all mountaineers in the future."

For more details on the 2007 centennial celebrations of the BCMC, visit bcmc.ca.

- Todd Lawson

PHOTO: DIANA DIANCONU



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The foam pit is six feet deep and more fun than it looks. Rider Cam McCaul.





## A new facility on Blackcomb creates a balance between Whistler's favourite sports

Any cultures believe in the principles of "Yin and Yang" - a balance of opposites such as light and dark, good and evil, or earth and water. In Whistler the Yin-Yang balance could best be characterized as winter/summer or, better yet, skiing/biking. The problem is, we've always been a little heavy on the Yin side – you can ski for nine months of the year and bike for only seven. Well, not any more. Athletes are closer than ever to achieving a state of perfect "Chi" as the Yang has now caught up to the Yin – thanks to the Air Dome.

"The Air Dome is an indoor bike training facility we hope to keep rolling year-round," beams Tom Prochaska, manager of the Whistler Bike Park and the visionary behind the project. "We built a place for park riders and dirt jumpers to progress and push the sport to the next level throughout the year."

The Dome itself is an 8,400-

square-foot sprung-tent building located beside the Tube Park on Blackcomb Mountain. The woodfloored facility features ramps of varying sizes and shapes but the main attraction is the pit, a 28-by-20 foot pool of foam flanked by jump ramps that enable riders to huck huge airs with reckless abandon. "It is surprisingly soft even when you land on your bike a little crooked" assures Tom; "just make sure you either hold onto the bike or kick it away."



The other lines include a wooden table-top, 9-foot quarter-pipes, a

huge 20-foot vert wall and a wooden pool corner. Plans for further development include a half-pipe and soft-ramp (for riders to hit after they've perfected landing in the foam pit but before trying tricks on the wooden landings or dirt).

When Prochaska speaks proudly about progressing the sport to a higher level he's not just spraying on a shiny coat of marketing lacquer. His own son Alex is living proof of the potential offered by the Air Dome. Last June Alex Prochaska landed the second-ever double backflip on a mountain bike in competition during the 26 Trix event in Leogang, Austria. When asked where he learned the trick, Alex gives credit where it's due: "Air Dome. I would never have tried that trick on dirt before getting it dialed in the foam pit. I've learned a bunch of tricks there – flips, spins and flares."

"It's amazing how fast some riders improve," adds Tom. "At first, a lot of people are scared to roll down the 16-foot start ramp and by the end of a three-hour session they're charging down it and trying flips into the foam." When asked how the Prochaskas will spend their father-son time together this winter, Tom says, "We'll probably split it up between skiing powder on the hill and riding in the Air Dome." Perhaps the perfect state of Whistler Yin-Yang has finally been reached. For current Air Dome operating hours, call Whistler Blackcomb Guest Relations: 604.905.2225.

- Brian Finestone



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# Eric Welscher-Bilodeau

## "An adventure is simply an inconvenience rightly considered."

t's an interesting concept, and one perpetually close to the heart and mind of Eric Welscher-Bilodeau, a young adventurer from Gibsons, BC, who's recently relocated to Whistler. Eric is still a very young man – he turns 19 on December 5 – but after just a few talks with him I was impressed by his levels of maturity and spirit. He is equally at ease

navigating crevasses on a massive glacier and waxing philosophical on the nature of ambition. Eric's travelled extensively across our continent and lived in South America for a year."Right now I'm kinda torn," he says, "between planning a global trek out of New Zealand, or buying a horse from the nomadic peoples of Mongolia and trekking across the steppes and ranges between Russia, Kazakhstan, Mongolia, and China...." When I was his age I think I had just mustered up the courage to buy condoms at the Pharmasave without being super embarrassed.

**Feet Banks:** Eric, at the start you grew up in Prince George, BC. How did easy access to the outdoors affect you growing up?

Eric Welscher-Bildoeau: Actually, quite a lot. As a kid, I spent massive amounts of time in the woods, running up creeks and chasing down

grouse. But interestingly enough, after I travelled all over North America, spending extensive amounts of time in wilderness areas and parks, I discovered that the whole Caribou region, as extensive as the forests were, was so fragmented from all the clear cuts that it wasn't at all the true wilderness we'd like it to be. I started to research the subject. I discovered I had a very deep passion and affinity for holistic and healthy wild spaces.

Off Gambier Island, BC.

The Prince George woods sparked my profound love for the natural world, but more importantly helped me realize that just because there are trees doesn't mean it's a healthy ecosystem.

Feet: When did you move to Gibsons?

"I believe that in danger lies opportunity: That n this time of global crisis, we are being given the chance to modify our world in order to sustain it."

Eric: I moved to Gibsons when I was 15. Later I got involved with the Sea to Sky Outdoor School, a sort of "floating campus" that is generally situated on Keats, an island slightly up the coast from Vancouver. Sea-to-Sky is pretty much the foundation of what I like to call my "traditionalalternative education career." I managed to jump knee-deep into what might be considered the equivalent of Environmental Literacy, Alternative Education, Classical and Modern Philosophy, and Survival Skills post-secondary courses. The philosophy is that this civilization we've created is suffering an epidemic of NDD: Nature Deficit Disorder. If we can invoke in young people the primal experience of connecting to nature, we can reinstate our natural and holistic relationship as a human culture to the non-human culture.

Feet: Talk to me about your ideas on adventure and risk.

W hat appeals to you about adventuring and travelling in potentially dangerous areas and climates?

**Eric:** As I use it, adventure is the art of undertaking unique and challenging experiences, along with a certain amount of acceptable risk, in wild spaces; that, when humbly and delicately undertaken, has the ability to shed away preconceived notions and re-root us to the basics of meaning and life. So what really grabs me about adventure, is that there is nothing else that I know of that tests your physical, mental, and spiritual being, is an absolute riot of fun, allows you to see the world in its purest and most beautiful form, and can let you tap into an ancient-yet-timeless wisdom that nature provides. For me, it's a potent form of meditation through physical exertion, sensory awareness, and laughter ('cause there's no way you can avoid it out there).

The risk involved in adventure activities is actually quite minimal when approached with respect, consciousness, and a full understanding of what you are getting involved in. Risk is part of adventure as it is with driving your car on the highway; you define the acceptable level of risk for your experience.

Feet: What did you learn living in South America for a year?

Eric: It totally opened up my eyes to a far more global perspective of sustainability, the direct interdependence of humanitarian and environ-



mental issues, and firmly confirmed my belief that what we learn at home about the rest of the world is almost always a fallacy.

#### Feet: Environmental and community concerns seem to be important to you. How did these values come about?

Eric: For the most part, our way of life in Canada puts blinders on our perspective of other people and serious issues. As a kid, my mom took me and my sister all over the continent from Dawson City, Yukon, to Tenotichlan, Mexico and the experiences of our travels always kept me thinking critically about the world around me. Consequently, the importance of environmental and humanitarian justice (one in the same thing) was easily adopted. I believe that in danger lies opportunity: That in this time of global crisis, we are being given the chance to modify our world in order to sustain it. I just did a trip into the Rockies that reinstated the realization that despite how unique, diverse, and grand our wilderness can appear, or how truly majestic and wonderful it is to see, it's really all about perspective. Areas like Glacier National Park, and more importantly the life that is sustained there, is of a dying breed. I guess the best way to explain it is the loss of the stories. The loss of what we used to know. I came back from the Rockies thinking, "this entire country used to be wilderness!" True, wonderful, indigenous, and pure ... wilderness. Not just something to be tamed and subdued by this form of human society, or another barrier to be knocked down, but one of the last illustrations of millions of healthy and fully developed ecosystems flowing in harmony. There are still a few remnants left, but we treat them as though there is no better way for them to be than by our roadside or for pay-per-view.

#### Feet: Do you have any regrets about how you've lived your life thus far?

Eric: I can honestly say I have no regrets. Every mistake, bad experience, and nasty Ecuadorian chili dog has brought me to where I am today. Even though there are so many more of those experiences to come - hopefully not the chili dogs, though - I am very happy and excited with the person I am, and who I will become. Ericwb.com







PHOTO: STEVE INGOLD

## **Up and Comer**

# **Toria Whitney**

## Combining raw talent and fearless determination, this local racer is turning some heads and gaining momentum

oria Whitney is fast and furious – fast when it comes to skiing and furious at pursuing whatever else she's into, which seems to be a lot. Seventeen-year-old Toria (short for Victoria) is an alpine ski racer on the BC Team and a bike racer with Team Whistler. She is entering her third year F.I.S. in skiing and, this spring, when the BC Alpine Ski Team was announced for the 07/08 season, Toria was the only female racer in BC to meet the tough selection criteria.

However, doing so well in skiing has forced the Whistlerite to put some of her other sports on the back burner. She still rides road and cross-country whenever she can but doesn't compete in triathlons anymore. Toria admits, "I also don't like swimming in pools very much." Not surprising for a girl who, up until age nine, spent half her life on a 71-foot sailboat. "Our family business involved living on the boat for weeks at a time," she remembers. "The rest of the year we lived in Whistler and I skied and went to school." Local coach Jordan Williams has said those early years on the boat may have helped with Toria's "great balance."

Although her goal is to qualify for the Canadian Alpine Ski Team and to race at the World Cup level (and maybe even compete in the Olympics), Toria doesn't really remember having any thoughts of ski racing when she was younger. "I just loved to ski and go fast," she says. "And I guess it was the natural thing to do, having a sister who is five years older and used to race."

While she admits to admiring Lance Armstrong for his "determination and commitment to sport," Toria says, "I never really looked up to many skiers, other than my sister, Charlotte ... but I always had really inspiring coaches every step of the way."

Some of those coaches are equally inspired by Toria, enough so that this past spring they went out on a limb and invited her to train with the National Team for a few days. The move caused a bit of a political stink but to quote one of her coaches, "she is an honour roll student, a very hard worker in great shape and keen as hell. She was nipping at the heels of our best at the National Championships last spring [where she placed fourth in Downhill] and I thought she deserved it."

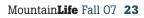
She proved them all right. One of those training days, the coaches had set up a big jump on Last Chance – the last pitch of the Saddle run before the bottom of the Whistler's Peak chair. The jump was built back some distance from the rollover and required lots of speed to make



a smooth landing on the steeps. The athletes had been coming up short but the coaches knew that if someone tucked and straight-lined the entire saddle they would clear the jump no problem. The first someone to try it was Toria, who dropped in to her "bullie" (bullet-tuck) and launched a long and balanced jump, landing safely on the steeps about 40 metres below. The older girls swallowed hard and followed suit – not to be shown up by a 16-year-old. Head coach Heinzpeter Platter was heard to say, "I think this girl has potential." Indeed she does and with more hard work and raw talent Toria is poised to make good on that potential. She's fast and furious all right, but is there anything Toria doesn't like about racing?

"What is there to hate?" she asks. "Sometimes the amount of time we spend sitting in a van is a bit frustrating." - Ace MacKay-Smith







#### 🔹 Artist Profile 🔹

# Lisa Komuro

#### By Feet Banks

aving to sleep is what pisses me off the most," says Pembertonbased artist Lisa Komuro. "I wish I didn't have to." The 29year-old painter has been making a splash on the local arts scene with multiple exhibits in recent months but she also helps run the new Mount Currie Coffee Shop in Pemberton, a graphic and web design company, and is a partner in a textile printing endeavor as well. Sounds like a handful – but it isn't all work and no play.

"Fun? Art is fun," she adds. "When I'm lucky, I get time to paint." Born and raised in the Rocky Mountains and skiing since age three, Lisa arrived in Pemberton in 2005 and fit right in. "Mountains," she says while gazing at the peak her coffee shop is named after, "Their presence is so awe-inspiring. You never get sick of looking at them, climbing them, being humbled by them. I can't picture myself living without them."

Despite such a fondness for nature and scenery, Komuro opts to stay away from landscapes in her artwork. "I am influenced by the natural beauty, for sure," she says, "but I could never do nature justice. I love to capture the feeling

## "Everyday life influences my style" Lisa Komuro

of nature rather than the visual reality of it – the essence of flight and freedom rather than the bird itself."

Her paintings seem organic and observational yet with a definite flow and direction to them, but Komuro's personal journals – little books of art, collage, and



Lisa Komuro. Background – Mt. Currie

writing – offer the most insight into the woman herself. "Journals are great," she enthuses. "You don't hold back when adding to them like you might on a canvas for a show. The content is raw, uncensored and completely real. All of my journals have been displayed publicly and it's scary to watch people flip through each page, getting to know me through my artwork."

Presently, these journals are featured in *Migration*, a collaborative show held in Montana with friend/artist Stacie Smith. Komuro is also fresh off her first Artwalk, a month-long exhibit in Whistler; she also has work hanging in the coffee shop as well as the Art Garage, working with the fledgling Pemberton Arts Council. It's a hectic life, but that isn't necessarily a bad thing.

"Everyday life influences my style," Lisa says. "The little dilemmas that stress me out, the small things that inspire me, wise people who have captured a thought or feeling I can relate to. I've never relied on my artwork for a living, although that is a dream. I've just never pursued it. The flow and direction of my life is up in the air. I've always been struggling to get out of the service industry and with my graphic/web design, I finally did. But right now I am torn and pulled in so many directions, trying to figure out which path to take." Lisa admits she's been in this position before. "I get so I'm doing so many things and feel worn out, spread thin. Right now I want to focus and do one thing really, really well. Or maybe two." Certainly one of those things is creating fantastic artwork, and the other ... maybe Lisa will even find time to enjoy some sleep. **sumiredesign.com** 





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## A Whistler Fall Tradition

By David Smith

It's another damp and dreary slow season. If the freezing level would drop a few degrees, all that rain would be snow .... You've already devoured the early season ski mags a few hundred times and seen all the movie premieres. It's too wet to mountain bike and the gym ... well, the gym sucks. The old-timers in Pemberton say the wasps nested in the ground this season which means a HUGE winter is coming, but when will it start? Hurry up and wait.

Fall in Whistler does come with some perks – seeing friends at the bar, tricking the girlfriend into thinking you have class with the Rim Rock three-course special, or even reading a book (if your attention span can handle it). Single guys can stake out the Greyhound station for a head start on all the new chicks arriving in town – I've seen it done. Single women can ... wait a minute, *what* single women?

Despite these benefits, and although everyone salivates at the thought of a long snowy winter, come mid-October even dedicated ski bums fantasize about time-travelling to opening day. If you can't afford a *Back to the Future* De Lorean but had foresight enough not to spend all your cash on Pilsner during the summer, there is hope. Relief comes in the form of a time-honoured Whistler fall tradition: the surf trip.

For every second local it seems October/November means time to go wave hunting in locales whose names get you thinking, "I thought there was a civil war there," or "I had a buddy whose mom's neighbour went there and brought home a cactus with a tarantula nest!" Sri Lanka, El Salvador, Honduras, Uluwatu ... places offering powderhounds-turned-wave-chasers some nice, dirt-bag prices, warm water, and bountiful waves.

This yearly pilgrimage not only demonstrates the kindred bond between surfing waves and riding mountains, it also ensures the very survival of our mountain community. Fact is, like it or not, Whistler is based on tourism, and if we don't get our vitamin D levels up and enjoy a holiday of our own there could be trouble in paradise. Locals with Seasonal Affective Disorder rarely give memorable service.

By escaping the Sea-to-Sky monsoon season, come opening day you'll be relaxed, tanned, still smelling like coconut oil and unflappable. When asked where Dual Mountain is you won't get upset, you will pleasantly give directions, still thinking about that amazing ride you had in Puerto Wickedo Surfo. When some dude goes ballistic on you, choked because he unknowingly bought three flats of non-alcoholic beer from IGA, you just might show empathy, while daydreaming of the sunset you watched from the lineup, your feet dangling in the warm water.

So this fall, temporarily trade the frozen toes for flip-flops and the raingear for board shorts. Chances are you will spot some fellow Whistlerites: white as a sheet courtesy of the West Coast summer, floundering from not being in the surf since last November and sporting a smug smile of the "I just had the wave of my life" variety. That shit-eating grin also alludes to what waits at home – a long, dark, deep Whistler winter.

Now if only that temperature would drop a few degrees ...

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# Surfing Tofino

f the surf bug has got ya but you don't see yourself making it to the warmer climates this winter, the surf season in Tofino (on the west coast of Vancouver Island) is just kicking into gear. Most of our BC swell is created by the same gulf of Alaska low pressure systems that bring the mountains their pow pow. So while you're getting knee-deep turns, we're getting over-head sets. If you're not afraid of a little "shrinkage" it's time to suit up and show that you're a true Canadian surfer. Tofino itself becomes quite a sleepy little village in the off-season, reminiscent of Whistler circa 1986. Only the hardcore locals are left to battle the brain freezing sets of the churned up North Pacific. While camping is popular in the summer months, those deciding to brave the chilling big waves of fall/winter might want to book some cozy accommodation - something with a woodstove to snuggle up to with a big bowl of pasta. Most of Tofino's restaurants stay open for the offseason and there is usually live music on the weekends at the Legion. See you in the water. For info on planning your next surf adventure check out Tofinotime.com - Adam Buskard





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One of Tofino's cozier places to stay is the Best Western Tin Wis Resort Lodge located right on Mackenzie Beach. But don't get too comfortable: the resort is offering monthly Wild Rugged West Coast Fitness Camps starting in January. Enjoy four nights accommodation and four days of grueling exercise and Hatha yoga, along with two informative nutritional sessions. The clean Pacific air and stunning views will mend your soul while the bootcamp works on your body.

For less ambitious vacationers Tin Wis also offers Hatha yoga sessions every morning at 9 am.

Designed to build strength, balance and flexibility, these Hatha sessions will surely get you limbered up for a great day of riding the waves.

Best Western Tin Wis Resort Lodge, Tofino, BC / 250.725.4445 Toll Free: 1.800.661.9995 info@tinwis.com







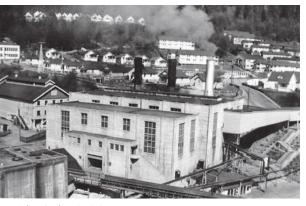




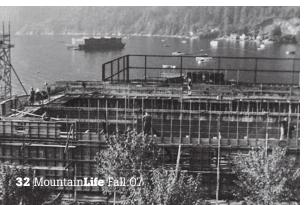
Above and below: Retaining wall block making, October 9, 1946.



Below: Woodfibre townsite and pulp mill, 1956.



Below: October 12, 1949.





# Once a flourishing company townsite home to 1,500, the now defunct pulp mill faces a serious clean-up after years of environmental neglect.

#### By Todd Lawson

In the early 1900s, British poet and traveler Wilfrid Scawen Blunt described the setting of an industrial town in Northern England: "The smoke of their foul dens Broodeth on Thy fair Earth as a black pestilence, Hiding the kind day's eye. No flower, no grass there groweth, Only their engines' dung which the fierce furnace throweth."

If Mr. Blunt had been standing on the banks of the Howe Sound in that period of time, he might very well have used those same words to describe the scene surrounding the pulp mill known as Woodfibre, a sprawling mill site with towering sentinels spewing out thick black smoke as the pungent stench of sulfur swirled in the wind. In those days no seaweed swayed in the tides of Howe Sound.

"In the old mill, they burned coal to fuel the boilers, so you can just imagine the air pollution coming from the stacks," says Bob Ringrose, former mill manager who worked at Woodfibre for twenty years. "It would've been like London during the Industrial Revolution. On some days, the smoke and smog was so thick that the boats had to use radar when approaching the docks."

Before the wheels of environmental change started spinning in the early 1980s, ignorance was bliss at Woodfibre. There were no regulations of any sort to limit and control the amount of air and water pollutants unleashed upon the earth. "Everything went into the Howe Sound," says Ringrose. "All of the waste pulp, all of the chemical spills flowed directly into the ocean. There were no primary treatments and no secondary treatments, just raw pollution."

Pulp mills use a variety of harmful chemicals in a process called delignification and in the old days these chemicals flowed untreated and unobstructed directly into the waters of the Howe Sound. As a result, marine life completely vanished. "It's not a good thing to be putting into the ocean," says Ringrose of the chemical cocktail. "There was absolutely nothing growing here. No algae on the rocks, no shellfish, no seaweed – nothing."

The pulping process is quite complex: sawdust, wood chips and other wood waste generated from sawmills across the province arrived by boat at Woodfibre's docks. It was then taken, via conveyor-belt, into the boiler and hit with an ultra-powerful concoction of steam and chemicals that softened the wood and stripped it from its lignan, an invisible natural glue that binds all parts of a tree together. Once stripped of lignan, the wood became a malleable pulp resembling the colour and texture of a wet brown paper bag. Chlorine compounds were added to make everything white, and the pulp then wrapped into 500-pound bales, loaded onto huge cargo boats and shipped directly to international ports.

#### The Peak of Pollution

Pulp and paper is one of the largest and most polluting industries in the world and the third most polluting industry in North America. Pulp mills are voracious water users. According to Environment Canada studies, 17 kraft mills in British Columbia discharge about 641 billion litres of liquid effluent each year. Mill wastewater wreaks havoc on surrounding ecosystems. In laboratory tests, mill effluent causes reproductive impairment in zooplankton, invertebrates and shellfish, a.k.a. the lower end of the food chain.

In BC, elevated dioxin and furan concentrations were first found in edible fish and shellfish collected near coastal pulp and paper mills between 1987 and 1989. After investigation showed that the chemicals were generated as a byproduct of the pulp bleaching process, both the federal and provincial government introduced regulations to control these discharges.

Environment Canada first publicly announced the dioxin contamination in 1988 whereafter federal government officials ordered a portion of the commercial Howe Sound shellfish fishery closed. A few months later the closure was widened to cover prawn, crab and oyster in all of Howe Sound. A year later, Ottawa extended the ban yet again, eliminating shellfishing in nearly all coastal waters adjacent to pulp and paper mills.

Aside from air and water pollution, asbestos (known as the "miracle mineral" to ancient Greeks for its heat-resistant fibres) was also in prevalent use at Woodfibre. The naturally occurring mineral was used to line the boilers (allowing increased temperatures inside the raging inferno), insulate the steam pipes and also in siding and insulation of homes and mill buildings. Since the resilient fiber cannot be destroyed, it was buried on site at the Woodfibre landfills and covered with heavy white plastic tarps.

It wasn't until the BC government implemented strict environmental guidelines preventing further pollution did the mill undergo some serious changes. In 1986, \$250 million was spent on a mammoth recovery boiler that drastically improved air quality. The boiler's main purpose was to recover chemicals used in the pulping process, effectively recycling the chemical waste and stopping it from contaminating the air and water.

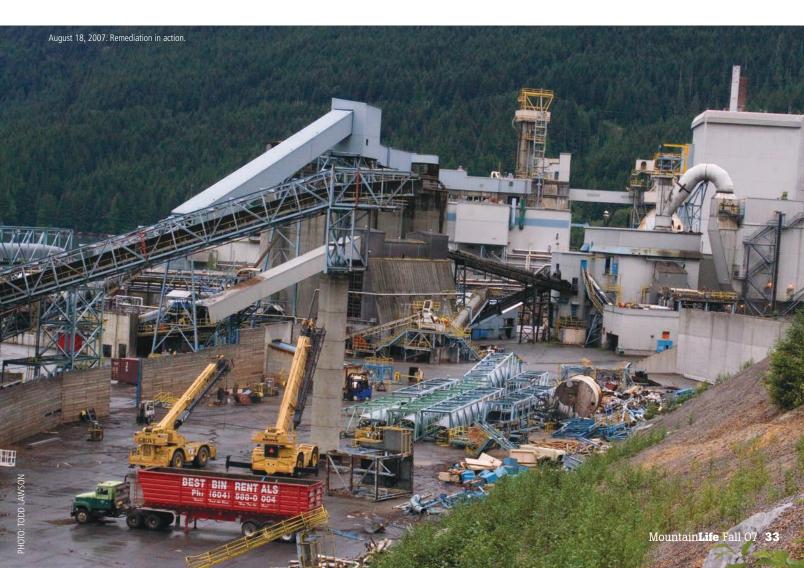
Opened in 1912 to supply the fast-growing demand for paper products throughout the world, the Woodfibre site was chosen for its proximity to a water source, for its abundance of nearby timber to use for construction of the mill itself, and for its prime waterfront location and proximity to Vancouver and other seaside BC mills where products could be easily shipped and offloaded for transport to foreign ports. It took decades of hard work for the community and the mill to be built up to full operational standards. The men worked away in a seemingly endless number of construction projects and everyday mill duties, while the women toiled away in huge gardens, prepared food and took care of household chores.

But it wasn't all doom, gloom and hard work at Woodfibre. Just like any other growing BC town in the days of early industry, when you worked hard, you played even harder. And here, with the mountains, rivers, streams and ocean as their backyard, the Woodfibre residents played every chance they got.



Glen Rudkin, one of the few people actually born at Woodfibre, remembers vividly what life was like back in the heyday of the early sixties. Rudkin, known to his peers as a Woodfibre "encyclopedia of history" lived and worked at Woodfibre for 35 years. "It was quite a vibrant community," he recalls with a twinge of laughter. "We had everything you wanted, and we had a whole raft of activities: good team sports at school, swimming pool, tennis courts and ball fields, roller skating in the summer and ice hockey in winter…we even had a bowling alley. We had probably the best swim team in the Corridor. There never seemed to be a lack of things to do."

Continued on page 34



Because of the isolated location of the company townsite, competition for the team sports was relatively hard to come by but Rudkin remembers tales of one exceptional instance. "This was before my time, but I remember people saying that the old mayor of Squamish, Pete Brennan, brought an entire boys soccer team in from England to compete against the Wood-

fibre team. I don't know who won, but I'm sure it was one hell of a game."

While organized sports kept the boys and girls busy during the school season, they had other things in mind for the summer, especially Rudkin and his pack of thrill-seeking buddies. Every Saturday morning, a big cranky five-tonne truck would haul a full load of keeners up the incline on the way to Henrietta Lake. Families armed with picnic baskets and fishing poles would pile in the back of the big rumbling beast and head up the hill for an afternoon of fun and leisure.

Rudkin and his buddies used to make small boats from the lumber of the old bunkhouses at the lake and float around and fish all day long. When it was time to head home, they would hop in the saddles of their single-speed, no-suspension, rear-brake-only bicycles and recklessly rocket down the rugged 2,000 feet of vertical to the town below. "We would just fly down that hill," exclaims Rudkin, 66, now a Squamish local. "We'd get going so fast that we'd have to stop halfway down to put more oil in the back hub because it got so smoking hot."

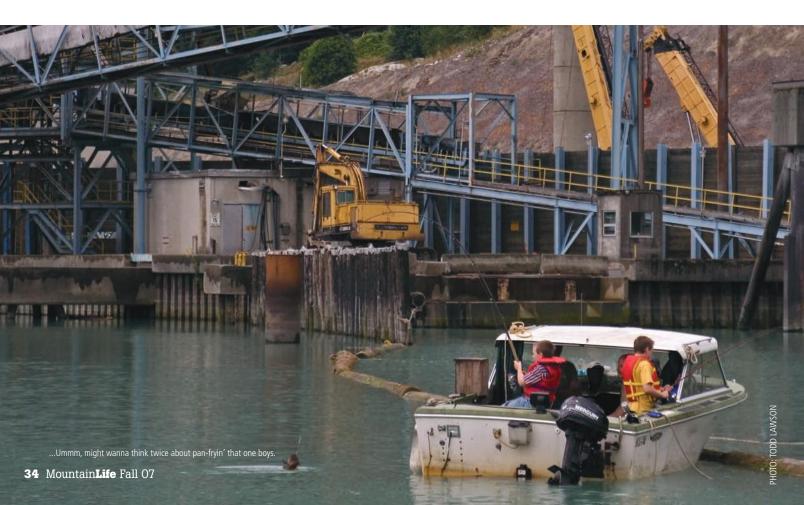
These days, looking across Howe Sound from Britannia Beach, Woodfibre appears a mish-mash of buildings and smoke stacks, a giant industrial behemoth smacked against a forested backdrop. For years, Sea-to-Sky residents spewed many a negative comment about

the continuous air pollution coming from the huge boilers. Today, the haze of pollution is gone; years of profit losses and a dwindling market demand forced the inevitable closure in March 2006.

Hope, not smog, can finally be seen clinging to the Howe Sound horizon. Marine life is returning to the sea, the shellfish ban has been lifted, and deer and black bears roam the area to feed on berries and wildflowers on the property. The entire mill site will undergo a full environmental remediation to bring the land back to its original state. All the buildings, the boilers and their shells will be dismantled, "cut-up and containerized," then sold and shipped off to China's pulp and paper sector. All remaining scrap metal, iron, wood, plastic and glass is to be salvaged and recycled, and all the concrete ground up and sold to BC's construction industry. The ocean frontage will undergo a dredging and cleaning of the sea floor to remove the bark, sawdust and woodchips that settled to the bottom during the 94-year life of the mill.

With infrastructure such as roads and hydro generation already in place, there have been rumours swirling around as to the future of the location once the massive clean-up project is completed. "Nothing has been finalized about the future use

of the site," says Western Forest Products spokesman Gary Ley. "There has been some interest in creating a residential community out there, something similar to Bowen Island with boat or ferry access only. We're pleased to have interest in the site by developers. There's no question it's a beautiful location and we're hoping to keep moving forward as part of the greater Squamish community."







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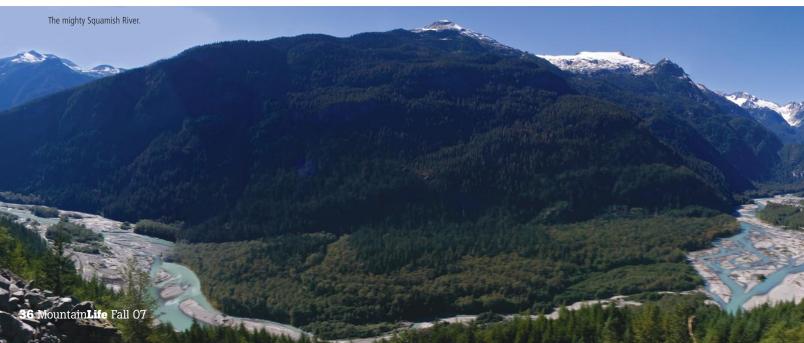
## By Feet Banks

Photos by Mark Gribbon

here are hikes and there are glorified walks and High Falls in the Squamish Valley is most definitely a hike. A steep, lush scramble straight up from the river valley offers fantastic views of High Falls as well as sick panoramic vistas of the Tantalus range to the southwest and the winding Squamish River. Do this hike a couple of times and you won't have to worry about getting your legs in shape for winter.

Getting there: Even though it's only 105 km from Vancouver, High Falls is remote enough to avoid the Chief-style crowds. Turn at the Squamish Valley turnoff north of Squamish, across from Alice Lake. Follow the Squamish Valley road for about 19 km until the pavement ends. Keep going for another 7 km or so until you hit the High Falls Creek Bridge. There should be a mile marker near there as well – Mile 22. This is an active logging road and those trucks are big and can really motor so be careful while driving and make sure to park well off the road. If you forgot to poo at home (like our photographer) this is also a good spot as there are usually lots of big leaves growing here.

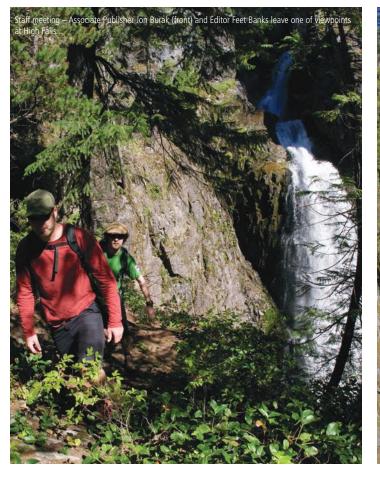
The trail marker is about 30 metres past the bridge. The trail winds through a flat stretch of peaceful green forest before heading pretty much straight up the side of the mountain. Steep, sustained hiking, including multiple stretches of class 5 rock scrambling with the assistance of fixed chains and plastic ropes, means High Falls is not a very good hike for dogs, children, or sissies. But for those who go for it, the rewards are superb. The moss-lined trail follows the edge of an incredibly steep, deep gorge that offers plenty of dizzying views. Hiking the canyon edge is especially



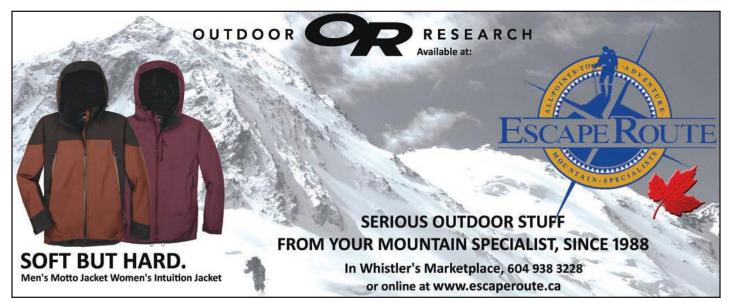
fun for those who are scared of heights, like me. Fall off the trail here and you might as well have jumped out of an airplane.

After much panting and sweating you'll see the Falls, a magnificent rush of water shooting out of sheer cliff and plummeting out of sight. There are multiple viewpoints and rest areas, so keep going. Eventually the terrain mellows out into a nice stroll through some mature Douglas fir, crosses some mellow rock fall (follow the cairns) and ends up on the High Creek Falls logging road in behind Tricouni. Some guide books suggest walking back down the ascent route, but I don't, especially if the trail is wet (likely this time of year). Rather, turn left on the road and head back to the valley, enjoying the 180-degree views of the Squamish River and Tantalus range. All in all, the hike is about 12 km, with 640 metres of elevation gain and, after plenty of picture/rest stops, takes about 5 hours. Don't let the mellow-looking statistics fool you – High Falls is a steep, sweaty, lung-burning slog. A real day hike with real rewards.









### **Mountain Home**

# Asymmetry

Organic architecture and personality define "Asymmetry" – this Emerald Estates masterpiece

Asymmetry: lack of equality or equivalence between parts or aspects of something; lack of symmetry.

n the construction stages, houses are all the same. Walls, windows, a roof and ceiling, and everything white inside. But when the owners actually move in, the house becomes a home. They breathe life into the space, giving it character, giving it meaning.

That's exactly what Doug and Penny Martyn have done with Asymmetry, a non-traditional Whistler home in Emerald Estates that absolutely reeks with unique. From the outside staircase inlaid with handmade ceramic leaves, to the basalt birdbaths that serve as bathroom sinks, the home is a stylish statement of art and design.

Each room has its own distinct look and feel, and all with an international flare: a Japanese soaker tub, clay pots from Mexico, rare carved wood art from Africa, a mask collection from Asia. "As soon as I walked into the front door, I envisioned it all being finished," says Penny Martyn. She and Doug bought the thenunnamed home in 2000 when it was nothing more than a timber frame shell. "This house flows with the lay of the land and what Mother Nature intended to be here. Because we loved the property so much, we wanted to keep it that way, as part of the landscape."

They did exactly that – and a whole lot more. All the materials and products used in construction were found within a 100-mile radius of Whistler. Rocks from the Ashlu Valley, custom wrought-iron railings from Pemberton and long fir beams made from reclaimed wood once part of a Vancouver shipbuilding warehouse.

Frank Lloyd Wright would've been proud. Wright, the famous American architect, believed that a building's form should be dictated by its environment. The Martyns are big fans of Wright's and his belief rings true in the design of Asymmetry, where the rocky landscape was almost completely undisturbed during construction. Penny Martyn, much to the chagrin of the building crew, even made the workers take one single path around the house so as not to disturb the lush moss clinging to the huge boulders on the back of the property.

"One of the hardest parts of this whole house was coming up with the name; it took us almost three years," she says. "We like balance, but not symmetry." The triangular home features long beams that pierce the sky above, with no two angles the same length or dimension. Huge windows open wide, bringing the outside elements, and some pretty sweet Whistler views, inside the home. Even a glass-walled breezeway, the sort normally found connecting city skyscrapers, holds the home together and in balance.

"The architect, Jerry Droll, was thrilled that we could get the same understanding for the house that he envisioned," Penny adds. The thrill of Asymmetry.

- Todd Lawson

Ever dreamed of saying, "And down this skywalk we have the southern wing"? This is the place for you.

Crazy angles and unique sightlines make Asymmetry a true visual feast 38 MountainLife Fall 07 Unique mountain home or renegade base from Return of the Jedi

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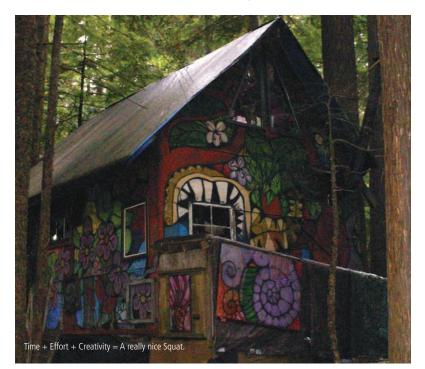


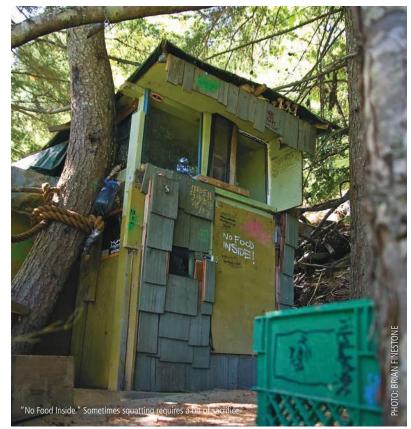
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### **Mountain Home**

# Home Sweet Not-Quite-Legal Home





Squatting: the act ofoccupying an abandoned or unoccupied space or building that the squatter does not own, rent or otherwise have permission to use.

This definition insinuates a ghetto – run-down and generally undesirable – which is obviously more pertinent to a city environment. There aren't many abandoned warehouses or condemned buildings in pricey ski towns so mountain squats are built by hand from the ground up. Usually using recycled materials and salvaged wood, many squats even have amenities such as running water, outhouses, and wood-burning stoves. Some of these dwellings are so close to the town centres that they can hardly be considered rural and there seems to be a distinct pride taken with the hobbit-like perfection of their upkeep – downright charming abodes, actually. And the good ones are coveted and passed down like family heirlooms to the next deserving inhabitant.

Contrary to popular belief, there are no squatting rights in Canada. There were homesteading laws up until the 1950s, meaning that if you took up residence on crown land and "improved" it over the course of two years, then you could potentially obtain a legal lease over that land for 99 years. That right no longer exists.

In the Whistler valley this is the time of year when scores of newcomers are desperately hunting for that one-bedroom holy grail. Most will end up sharing a four-bedroom house with 5 other people on the outskirts of town and paying dearly for it.

Long-time local, John (assumed name), who now works for the biggest corporation in town, says that's how he started out. Arriving into town about 25 years ago with not much money, he joined up with a guy who had been living in a squat for about a year. "I actually miss it," John says. "It was a unique way to live. Since then I've wanted to go back and do it again. I know a guy who lived in his squat for five years, right near the Village and never was discovered. He walked to work, said he had propane heat, a cookstove and a great view." John's friend recently moved into a "standard" domicile and apparently he can't sleep. "It's the call of the wild."

Estimates suggest there are roughly one billion squatters on the planet – or about one of every seven people. In Whistler, especially in the heart of winter, the numbers are significantly lower.

"It's lots of hard work though," John attests. "Keeping the wood going, waking up freezing your ass off. You do get used to it but you have a constant labour tiredness." John, however, is quick to point out some good sides to squatting. "It enables people to save money, get their shit together."

One local ski patroller who probably squatted for more than 15 years managed to eventually save enough money to purchase his employee-zoned housing lot and continues to live in Whistler. "I met lots of people too, squatting," John adds. "It's a community thing, an instant bond. We'd exchange the latest in survival techniques... expert insulation and heating. I even lived in a squat for awhile that had a pipe running directly from the creek so we literally had running water."

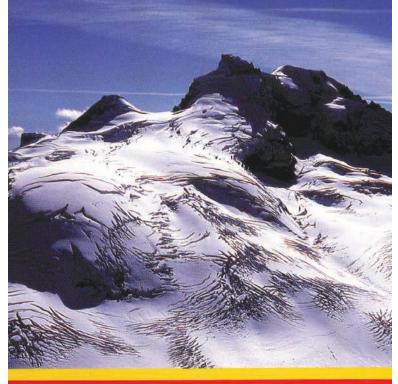
Unfortunately, there seems to be a new generation of squatters creeping in... those who are not environmentally responsible. Squatting 101 – garbage in – garbage out. Lately, more and more "squatters" simply drive their vans into the bush only to abandon them – full of their garbage – when they leave. Such actions could ruin it for everybody.

John reminisces, "It calls you back. I've kept tabs on the squats over the years and had pangs of jealousy. Once a squatter, always a squatter. I'd rather live in the bush than live in a Strata." Word.

- Ace MacKay-Smith



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### Wellness

# Cleanses: Full Body Flushing

In a town where hedonism and excess are the norm, **Feet Banks** takes a peek into the world of the detoxifying cleanse

went on a cleanse once, well, more than once but I don't think lying on the floor in a Mexican hotel bathroom exploding from both ends really counts as a bona-fide cleanse.

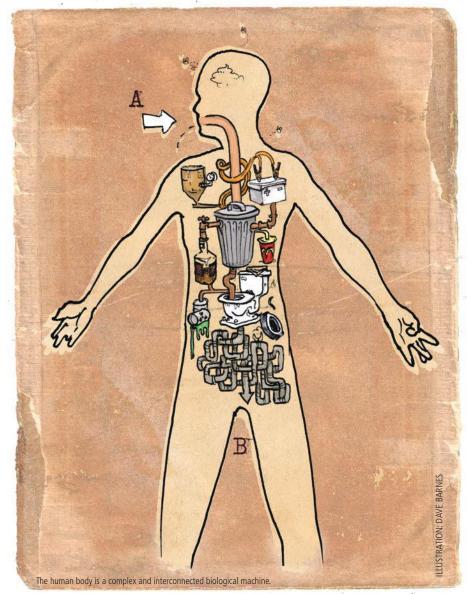
In Whistler, however, it seems at any given time at least one of your favourite partying buddies can't come out for dinner or drinks because, "Dude, I'm on this cleanse." So I did it, last spring, a twelve-day herbal detox that had me popping pills with every meal. Although I use the term meal pretty lightly since I was only allowed to eat fruits, vegetables, almonds, weird hippie grains like quinoa, and a tiny bit of tuna (but with no soy or ponzu sauce allowed, so really why even bother?).

A lot of cleansers complain about headaches and a general malaise feeling but I really only had to suffer with a constant, almost suicidal craving for peanut M&M's and nachos (for the cheese) and the fact that on day seven while I was at the grocery store stocking up on foliage, lemons and all sorts of bland crap, they were actually giving away free pizza slices as part of some promotion. Free pizza at the grocery store! When does that happen? Damn cleanse.

I made it to the end, though – lost four pounds, had way more energy and, after swallowing my last round of herbal supplements, was able to give myself a big pat on the back – before heading out for a feast of lamb tagine and enough Jack Daniels to kill a goat.

Of course, I had done it the hard way, as I later found out by talking to Kay Ahadi, certified nutritionist and owner of Quantum Vitamins in Whistler. "I don't like to recommend people change their diet too much for their first cleanse," Kay says, "because they might shock their system too drastically. So I start them on a mild cleanse of seven days and then recommend a twelve-day detox about six weeks later."

Oops. So I dropped the ball there but Kay says my cleanse was still beneficial. "The benefit of a detox is to get rid of pesticides, chemicals, pollution, and medication that all stay in the system in



the fatty tissue and the liver," she says. A quick look at the ingredients of any of your favourite foods will give you an idea of the amount of weird crap you are ingesting. Kay recommends a cleanse every four months or so but there are a lot of variables so it's important to talk to a trained specialist before starting your cleanse (something I didn't do).

"Not every cleanse is right for every person," Kay says. "We have "It's like cleaning your house – you clean it, it gets dirty, you clean it again" <sub>- Kay Ahadi</sub>

lots of different cleanses – a seven-day, a two-week or a thirty-day cleanse. Some you change your diet, others you don't. We also have cleanses which focus on one organ at a time – kidney, liver, blood. When people come in we ask them lots of questions."

My last question was about the Whistler tradition of partying your face off the day you finish the cleanse – does it undo all that you've worked for? "No, it doesn't undo it," Kay laughs. "But you should detox three to four times a year. Drinking is bad for your liver but detoxifying prevents the build up of toxins, pesticides and carcinogens. It's like cleaning your house – you clean it, it gets dirty, you clean it again. You don't just leave it dirty for 20 years." Makes sense to me but be sure to talk to Kay or another trained professional before you do a cleanse. If you're gonna suffer, you may as well do it properly.



MountainLife Fall 07 43





Don't worry, that isn't a bottle-rocket firework about to explode; that wouldn't be healthy at all.

### Wellness

Pins & Needles to stop the Pain

Injury, and the long road to recovery, can make or break a good winter season. **Nicole Pankratz** pokes around and discovers an age-old, non-traditional medicinal technique that may have you back on the hill faster.

Sometimes good fun, taking risks, or pushing your body to the limit comes with a heavy price tag – PAIN. Whether the result of a spill on the slopes or an 18-hour alpine climb, pain can interfere with your future plans to enjoy or conquer the outdoors. Fortunately, there are alternatives to nursing an injury with prescription drugs and one that's gaining local popularity is acupuncture, a part of traditional Chinese medicine (TCM) that involves plugging tiny needles into the flesh to reduce swelling and relieve pain.

"Acupuncture is about unblocking your Qi [pronounced *ch*] or 'life force'," explains Terri Lukyn of Jade Screen Acupuncture Clinic in Squamish. "When trauma occurs, it's common for a person's Qi to be blocked, and the result is pain. The needles smooth the flow of Qi."

Sure, but what does that mean in regular-person talk? Basically, the needle treatments open capillaries, improve blood circulation and cleanse muscles of lactic acid. They also increase your body's production of endorphins, those nifty bio-chemicals that make you feel good. And acupuncture gets that invisible Qi going too but here's where the TCM practitioners and the world of Western medicine start to speak a different language when it comes to treatment. Western medicine often dismisses the idea of Qi because there's no hard evidence it exists. But as Lukyn explains, "The proof is in the results. It's hard for people to argue against acupuncture when they get really positive results."

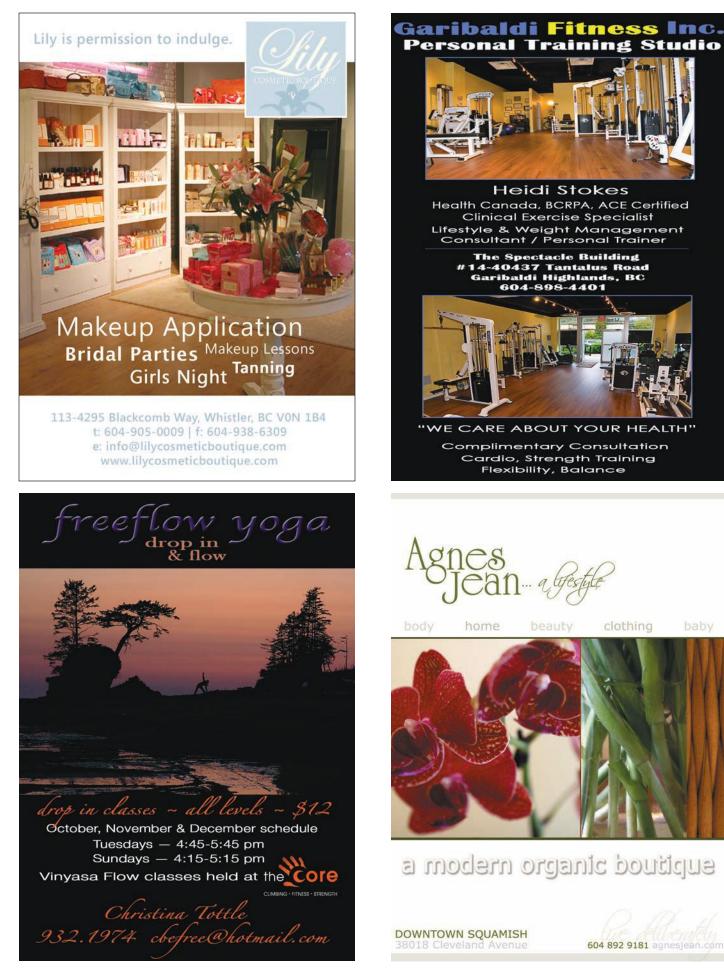
Local river rafter Brent MacDonald, who was injured when a raft fell off the roof of a bus and landed on his head, agrees. "I didn't know much about it," he says, "but I was in so much pain I was willing to try anything. And it worked for me – I crawled in there and was able to walk out. It was effective."

Michelle Kaminski of Healing Hands in Whistler is an acupuncturist and doctor of TCM. Kaminski has helped many high-end athletes overcome everything from broken bones to spinal injuries. Her client list includes big-mountain skiers like Chad Sayers and three-time World Freeskiing Champion Jeff Holden but Kaminski believes the mainstream is catching on to acupuncture because more people are realizing that TCM looks at the whole body instead of just the individual parts.

"We treat the root of the problem, and we treat the branches of the problem," says Kaminski. "In other words, we treat the body inside out." This may involve a mix of acupuncture, massage and supplements of Chinese herbs.

"If a client commits to multiple acupuncture sessions, they have to do their homework. That means committing to a healthy diet and exercise too."

The Sea-to-Sky corridor is home to handfuls of acupuncturists. A typical visit lasts 30 to 90 minutes and ranges in price from \$50 to \$100 per hour. Clients often start with three or four visits in a row and then taper off, meaning treatment won't cost you an arm and a leg. If anything, it'll make those body parts feel better.



# Mountain Life Fall 07 Changing Gear

### By Feet Banks

Back to school shopping is finally over and we've got a few weeks of rest before the Christmas shopping officially begins. But just in case you can't keep a lid on your consumerist desires for that long, *MOUNTAIN LIFE* has compiled a list of random stuff that might just help make the upcoming winter more enjoyable. Out with the old, in with new – Fall is all about getting new gear.



### **Ripzone Knit Boxer (\$16)**

A few years back, when I was slinging noodle for a living at Sushi Village, I showed up for work at 5:15 pm and realized I wasn't wearing any ginch. I'd spent the day at the beach playing extreme bocce and had rushed straight to work, ginchless. Lots of people were working commando back then but I knew exactly how long it had been since I'd washed those workpants so I rushed out and bought the first pair of ginch I could find. They were Ripzone Knit Boxers and I began to appreciate them almost immediately - minimal bunching, good support, just real comfy. That pair of Ripzone ginch has since become my favorite pair ever. Sometimes, when they're dirty, I'll end up strolling through the house collecting tea towels and stuff in order to make up a full load of laundry so I can wash my Ripzones and wear them again ASAP. They're just that good. Ripzoneinternational.com



### Pocket Knife (\$1.49)

This little knife costs \$1.49 at any respectable gas station. That's less than a king-size chocolate bar and what you get is a shank/tool that attaches to your keychain and comes in handy all the freakin' time. Whether it's cutting open that ridiculous molded plastic packaging that most electronics come in nowadays or whittling a new paddle out of a large branch, this sucker exemplifies the phrase, "bang for your buck." The stainless steel, locking blade has a serrated edge that's ideal for cutting rope, making this little knife a veritable lifesaver if you're ever kidnapped, tied up and left for dead. And when you forget it's in your pocket and the jokers at airport security confiscate it — no probs! At \$1.49 you'd be a fool if you didn't have at least three of these babies kicking around somewhere.

### Prior Skis (\$999)

The awesomest thing about Prior skis is that they are designed and manufactured right here in Whistler so it takes about five minutes to get from the factory to North America's best big mountain testing area. If you're into the kind of burly lines and deep pow that the Coast Mountains are known for, check out Prior's newest Overlord model, the biggest, widest, stiffest ski Prior has ever made. Its maple core, full wraparound edges, and new glass-carbon weave make it a strong, versatile ski that's perfect for riding with the big boys. For skiers looking for something a bit shorter, narrower, and less full-on, the Doughboy (pictured) is a terrific all-mountain ski with killer new graphics from Whistler artist Oli Roy. The women's version, the Sister, features artwork by Vanessa Stark. Priorskis.com

### **POW Assault Plus Gloves (\$110)**

Nothing ruins a perfect day on the hill like riding with someone who won't stop whining about their "freezing cold fingers." So this Christmas I suggest hooking your wimpier friends up with some POW Assault Plus gloves. These beauties take "toasty" to a whole new level with their hybrid of soft, moisture-treated goatskin and rugged, waterproof nylon. Inside the shell a warm 200-gram Thinsulate layer and some killer-soft microfleece keep heat in and let moisture escape. On really cold days toss in the plush polypro removable liner and you've got a stylish, warm glove that should be good up to -30 Celsius. The old-timers always told me that if



your hands are cold you aren't ripping hard enough. POW Assault Plus gloves will shut those cranky bastards up once and for all. Powgloves.com



### Icebreaker Bodyfit 260 Slalom Zip Top or Legless Bottom (\$139, \$99)

I first tried Icebreaker gear last spring when we were doing the ML Green Issue because their garments are made with 100% New Zealand Merino wool and the company takes environmental integrity very seriously. Now I see they're smart too. One of the biggest problems with underlayer bottoms is how they bunch up inside your ski/snowboard boots. The Bodyfit 260 Legless 3/4

lengths end right where your boot and socks begin. The Slalom Zip top has a zippered neck that keeps you warm or unzips to cool things down when you're exerting yourself. Icebreaker Merino wool comes from sheep stations high in New Zealand's Southern Alps. It's a no-itch breathable fabric that retains its warmth even when wet, and body odor won't linger in the fabric as it will in some synthetics. Your tentmates will love ya. Icebreaker.com





### Dincus Hoodie (\$73)

Since it's getting colder you probably need a new hoodie. Why not buy from a locally owned company like Dincus and keep your money in your own community? Embroidered, comfy as hell (which sounds hot but is actually perfect in our cold, wet fall climate) and, of course, with an MP3 pocket. Dincus.com

### Coleman Marine Rechargeable Blender (\$119)

We've all been there. You're out camping in the backcountry, miles from civilization and having a grand old time when the craving for fresh blended mojitos hits you like a kick in the throat. Or suddenly you just can't shake that hankering for wildberry margaritas. Fear not: our friends at Coleman offer this stunning electroplated, battery-powered blender that can whip up a pitcher of frozen drinks in about

pitcher of frozen drinks in about 30 seconds. The recharger cord stashes in the rubber non-skip base (which also helps avoid dumping your pina colada all over your sleeping bag.) You get about 25 pitchers before the battery dies so now all you have to do is figure out how to fit that much ice into your backpack. I guess this is actually more suited for people with sailboats than the backpacking elite. Coleman.com

### Kellogg's Pop-Tarts (\$5)

The idea behind Pop-Tarts originated in the early sixties when Post Cereals launched a toaster pastry breakfast product called Country Squares. Kellogg's jumped all over the idea and Pop-Tarts were on the market six months later. The first frosted Pop-Tarts were released in 1967 and by this time Country Squares had all but disappeared – people thought the name sounded too hillbilly or conservative. The best Pop-Tarts are the strawberry



flavoured ones because it's been legally and scientifically proven that if left in the toaster too long they're capable of producing flames over a foot high. So don't leave your toaster unattended kids, but if you're running late for school or work, Pop-Tarts make for a pretty good breakfast on the bus. In the backcountry they work just as well as energy bars or goopy gel products. Love that sugar rush. Poptarts.ca



### Nalgene Water Bottle (\$7-10.50)

See this thing? It's a Nalgene Lexan polycarbonate water bottle. It's practically indestructible and real simple to use – turn on the tap, fill it up with water (you can even put ice in it) and drink it, then refill. Using one of these inventions means you cut down on the pollution generated from manufacturing, shipping and disposing of those stupid, cheap plastic water bottles. This is Canada, where we have more fresh water than any other nation on earth. Store-bought bottled water is for suckers. Mec.ca



### Glerups Felt Slippers (various models, sugg. retail \$80-100)

Apparently there are over 7,200 nerves in your feet. So when you get home from a long day of work or play (or both) would you rather keep all those nerves cramped in a pair of tight, clammy socks or would you prefer they be as free as the sheep that once roamed the treeless hills of Europe like in that crappy movie Heidi? Then check out the Glerups felt slipper. In 1993 Nanny Glerup started making these fuzzy little buggers out of wool from the family's sheep farm. Fourteen years later, Nanny has a factory in Nepal and these felt shoes are so comfy and warm that people are starting to become addicted to wearing them. It's not known whether "Glerups slipper addiction" will be as harmful to society as crack cocaine or crystal meth, but widespread laziness and overall comfort levels are definitely on the rise. Glerups.dk

### **Autumn Movie Review**

### > Ski

### Seven Sunny Days/Matchstick Productions

Seven Sunny Days premiered to a packed crowd at the base of Whistler Mountain in mid-September. Under a crisp, clear night sky, DJs Mat the Alien and Peanut Butter Wolf kicked off the show and the movie itself was scorching. Highlights include Eric Hjorleifson charging in Bralorne, BC and Shane McConkey soaring in a squirrel suit, both redefining extreme. A killer afterparty ensued and Seven Sunny Days built the stoke and celebration of another winter approaching. -Andrew Bradley



### PNW / Theory -3 Media

These days you can pretty much blow that whole "skier-snowboarder" rivalry thing out of the water. No matter what you do you can't deny full-on balls-to-the-walls talent. I'm a snowboarder and watching PY LeBlanc rip actually made me want to go out and shred. Charlie Ager rode backwards bis whole part and stomped a 540

with gangsta steez off the lower Brandywine road gap... which if you've ever tried to hit that thing you know is really amazing. *PNW* has a decent concept and theme but lacked a bit in presentation and had me yawning in parts. Overall this vid shreds and is sure to be a staple in most local DVD players during breakfast this winter. *–David Rouleau* 

#### >Snowboard The Power Normal. Or, How I Survived the

### Quarter Life Crises / GNARCOREvideoplay

If you're looking for a fun feeling, well-rounded, wellfilmed, clean video with catchy techno-pop music and jump cut editing... you might want to consider buying something else. These guys don't really seem to care about much but it's working for them. GNARCORE's "short film" aspect is inspiring and deeply meaningful – tackling the quarter-life crisis and the internal struggle of one's direction and purpose in this crazy world. Worth a view. –Ronnie T. Winston

### Time Well Wasted / Sandbox

Kevin Sansalone and his sandbox kids have made a high quality, well rounded snowboard flick that still embodies that whole "snowboarding is all about having fun and hanging out with your friends" thing. Add in a really cool intro directed by ultra-creative Robjn Taylor and you've got a recipe for success and something that old Sansipants can really pay the mortgage with. That and Andrew Geeves has a part that will make Mac Dawg fill his pants... damn! Somebody sign that kid. *–David Rouleau* 



### Child Support / Defective Films

To say the movie was off the hook would be an understatement. Child Support was just the kind of snowboard video I've been wanting to see. High-quality well-filmed 16 mm backcountry shots somehow mixed beautifully with gritty, raw digi street rail shots and real deal lifestyles. Throwback footage of Tom Burt and Terry Kidwell was

totally vintage and somehow surprisingly relevant and on point and Mark Sollers – I'm going to go out on a limb here and say that this guy is the next It Kid to blow up out of Whistler. Not a huge part, but memorable hammers off a couple of famous Whistler landmarks that you gotta see to believe. –*David Rouleau* 

# Gallery

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Food

# **Elements** Urban Tapas Lounge

water

hey say breakfast is the most important meal of the day. This is especially true during rainy/slow season in Whistler because sometimes going out for breakfast is about all there is to do in a day. And whether you're a true breakfast connoisseur or just bored of eating Froot Loops, Elements Urban Tapas Lounge has got you covered. Since opening in September 2006, the 40-person-capacity restaurant tucked away on Main Street has been wildly successful with locals and guests alike.

"We've got the best breakfast in town," boasts manager April Solonyka and it's tough to argue with her. Especially if you like eggs benny. Head Chef Kate Yee has concocted six winning bennies to tickle everyone's taste buds. Personally I'm a huge fan of the Montreal smoked meat benny, but the BC lox, tomato/avocado or Portobello mushroom versions look fantastic as well. For traditionalists (or people who like to use fancy words for ham) Kate offers a stellar Canadian back bacon benny as well. All bennies come with a delicious side of potato tartlet and a single shot of berry smoothie to cleanse the palette. The honey ham and brie stuffed French toast is no joke either.

Of course breakfast is just the tip of the iceberg at Elements – one of the few restaurants in town equally popular with the morning or evening crowds. With 45 tapas items on their dinner menu (which changes twice a year) it's easy to see why. A lot of people are down on tapas due to portion size but Elements gives a larger plate of food than traditional Spanish tapas – the pulled pork sandwich and mini chorizo burgers are particularly filling while the various lettuce cups and wild salmon and ahi tuna tempura rolls ensure people keep coming back.

"We're always busy," April confirms, although she admits the food, created with the freshest, most local ingredients available, is not the only reason people keep revisiting Elements. "We're very fortunate to have the staff that we do," she adds; "they make the place." The admittedly friendly staff compliment the relaxed and cozy atmosphere – from the intimate feeling of the open kitchen and bar to the nifty layered artwork (local of course) to the sweet sounds of Rick Springfield and other classic eighties rock tunes on the stereo – Elements is a fun, unique restaurant that truly covers all the bases. Open until midnight on Fridays and Saturdays, a person could easily have dinner, some wine, even a few cocktails, and then be right back in for breakfast the next morning. I'm pretty sure they won't let you sleep there, but it would be pretty fantastic if they did.

- Feet Banks

Olements urban tapas parlour

The four elements combine to make a killer eggs benny.



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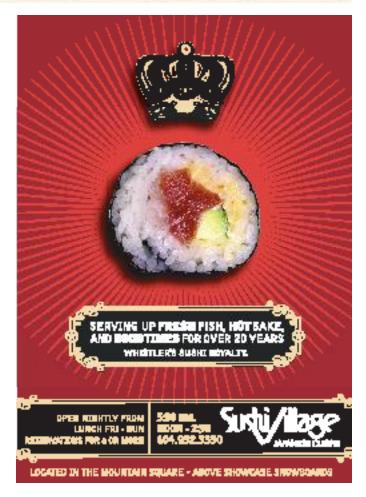
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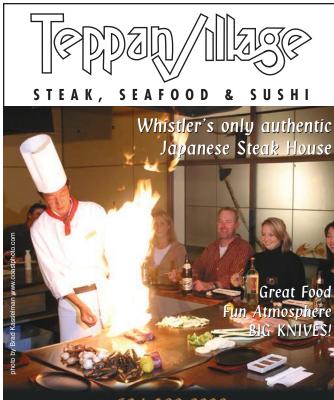
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# Eating Out in sea to sky country

### Hungry? Well you won't be for long around here. There are dozens of fantastic restaurants and eateries in Sea to Sky country and here are some of our favorites.

HORSESHOE BAY The Boat House Troll's Restaurant

BRITANNIA BEACH Galileo Coffee Company\*

### SQUAMISH

Brackendale Bistro The Burrow\* Eagle's Nest Howe Sound Brew Pub Klahanie Roadhouse Parkside Restaurant Pepe and Gringos

The Shady Tree Pub Sushi Sen\* The Watershed Grill\*

Wigan Peir

The Wild Wood

### WHISTLER

21 Steps Araxi Bavaria Bearfoot Bistro Blacks Pub The Brew House\* Canadian Snowmobile\* Champagne Restaurant & Bai The Den at Nicklaus North Dubh Linn Gate\* Dups Burrito Edgewater Elements Urban Tapas Lounge\* Garibaldi Lift Company (GLC) Hoz's The Keg Mongolie Grill Morgan's The Mountain Club Pasta Lupino Quattro Ric's Grill Rim Rock Café South Side Diner Splitz Grill Sushi Village' Thai One On Teppan Village\* The Wild Wood Bistro

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	Across from scenic Shannon falls. Great burgers, nice views. Hwy 99.	604-892-5132
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	Who knew high-class Mexican restaurants even existed? These guys, that's who. Just off Hwy 99 and Garibaldi Way.	604-898-3606
	Wings, wings, wings, Thursday specials. Hwy 99.	604-898-1571
	Squamish's best sushi, affordable too. Hwy 99 and Garibaldi Way.	604-898-8235
	Sip a fresh pint and look outside at 200+ bald eagles at one of the best viewing spots on the river. <i>Brackendale.</i>	604-898-6666
	Best fish & chips in the corridor. Fantastic pies. Dine in and see for yourself. Hwy 99 and Garibaldi Way	604-898-3834 wiganpier.ca
	Breakfast specialists, but lunch and dinner are pretty good too. Hwy 99.	604-815-4424 wildwoodrestaurants.ca
	Climb above it all for big, good meals or lounge upstairs in The Attic. Whistler Village.	604-966-2121 21steps.ca
	High class service and meals, award winning wines. Whistler Village.	604-932-4540 araxi.com
	Take it back to the old country with this classic Oktoberfest venue. Main Street.	604-932-7518 bavaria-restaurant.com
	Oysters, wine, and lots in between. Yum. Whistler Village.	604-932-3433 bearfootbistro.com
	Near the base of both mountains, scotches & sometimes live music. Whistler Village.	604-932-6408 whistlerpubrestaurant.com
	Beer made on site, big portions, good times. Town Plaza.	604-905-2739 drinkfreshbeer.com
	Mountain Top Fondue – Nothing says 'ski town' like fondue. Blackcomb.	604 938-1616 canadiansnowmobiling.com
ar*	A new place to unwind in comfort and style. Whistler Village.	604-932-3433
	You don't need to be a golfer to shoot par at this place. <i>Nicklaus North</i> .	604-938-9898 golfbc.com
	Great beers, authentic Irish cuisine. St Paddy's day goes off. Whistler Village.	604-905-4047
	These boys roll up the best fatties, fat burritos that is. <i>Main Street</i> .	604-905-0210 604-922-0688, adaptator ladge com
	EDIOV 2 GUILAT MA2L FIGHT ON THE WATERS OF SCADIC (PREDILIZION LIAKA, HWW QQ	buy yay -ubxx addawatar-lodda.com

Enjoy a quiet meal right on the waters of scenic Green Lake. Hwy 99. Best Eggs Benny ever. See review this issue. Main Street. Right above the Whistler Village Gondola. Killer après. Live music. Whistler Village. Creekside's old faithful for good food and great drinks. Creekside. Always good. But Billy Miner Pie is Feet's favorite dessert. Whistler Village. Customize your meal exactly how you like it. Whistler Village. Great focus on organic ingredients. Creekside. Casual food, extensive Pacific Northwest winelist. Main Street. Fantasitc pasta and the soups are truly divine. Very affordable. Main Street. Italian cuisine and fine wines - a winning combo. Main Street. Surf and Turf it up. Whistler Village. Best restaurant in Whistler, hands down. Just go. Creekside. A Whistler Tradition - a Beltch for Breakfast. Roast Beef night rules. Creekside. Probably the best hamburger you'll ever eat in your life. Main Street. Whistler's original sushi joint. The partyingest place in town. Whistler Village. Get your fix for authentic Thai food. Upper Village. Ninja-like chefs cook right at your table. True family fun. Whistler Village. Most popular breakfast joint in Whistler. Big dinners too. Whistler Racquet Club.

A lot like every other one on earth, but with a better view. *Hwy 99.* Pemby's favorite joint. Great food, big servings, fun people. It's an institution. Notice how every Sea to Sky town has one? Because they rule. *Portage Road.*  604 932-0688 edgewater-lodge.com 604 932-5569 wildwoodrestaurants.ca 604-905-2220 604-932-4424 hozspub.com 604-932-5151 thekeqs.com 604-938-9416 604-932-3010 604-932-6009 themountainclub.ca 604-905-0400 pastalupino.com 604-905-4844 quattrorestarants.com 604-932-7427 ricsgrill.com 1-877-932-5589 rimrockwhistler.com 604-966-0668 604-938-9300 604-932-3330 sushivillage.com 604-932-4822 thaioneon.com 604-932-2223 teppanvillage.com 604-935-4077 wildwoodrestaurnts.ca

604-894-2290 604-894-5700 ponyespresso.ca 604-894-0114 wildwoodrestaurants.ca

More listings can be found at mountainlifemagazine.ca \*Browse this issue to find ads for these establishments







squamish, bc VON 1TO at the intersection of hwy.99 & garibaldi way in the spectacle homes building

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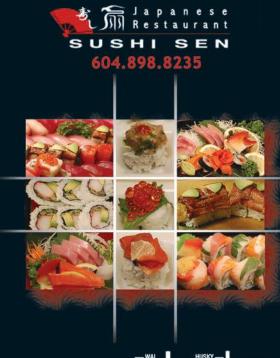
Cheers to the people that serve and drink our beer in Squamish, Whistler and Pemberton.

### Thanks for your support.

- Black's Pub • Bigsky Golf & Country Club
- Buffalo Bills
- Citta's Bistro
- Firerock Lounge
- Hoz's Pub
- Monks Grill
   Pony Espresso
- Samurai Sushi
- Southside Diner
  Seven
  Shady Tree
- Shady Tree
   Tapleys Pub
- Thai One On
- Twenty One Steps
- Watershed Grill
- Wildwood



www.russellbeer.com



40382 Tantalus Way Garibaldi Highlands (Squamish), BC (just off Hwy 99)



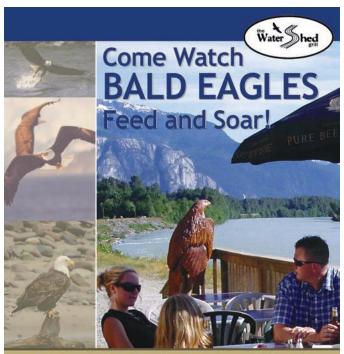


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Book your Christmas Party Now! Private Bookings Available Riverfront Dining - All Season Heated Patio **WINTER BALD EAGLE AND WILDLIFE VIEWING** Enjoy salmon, pastas, steaks, homemade burgers and more. **41101 Government Road , Brackendale** 

Tel: 604.898.6665



" where mother nature is the chef "

summit lodge & spa 102b-4359 main st. village north 604 932 5569 elements@wildwoodrestaurants.ca

# Autumn Events

Even though it's probably pouring rain outside, there's quite a lot going on in Sea to Sky country. The name "Slow Season" is actually a bit misleading so check out these local events and remember to dress warmly.



### **TURKEY SALE AND SWAP**

October 6-9, Base of Blackcomb Mountain Acres of new and used ski/snowboard gear available at prices so low you'd have to be insane to miss it. Either that or too stuffed from all the turkey. Things start rolling at 9 am, get ready to stand in line. Whistlerblackcomb.com

#### **DINE & UNWIND**

September 1 - October 31, Whistler Sample sumptuous regional, organic cuisine and 3-course prix-fixe menus at 21 local restaurants then relax and rejuvenate with special offers on spa and wellness treatments. Whistler.com/dineunwind

### **POWER WITHIN LEADERSHIP MASTERY** PROGRAM

October 12 - October 14, Whistler

A multi-day conference featuring respected leaders/ speakers in the areas of business, finance, leadership and personal development. Speakers include Anthony Robbins, Dr. Laura D'Andrea Tyson, Arianna Huffington and many more. Go team! To register call 1.866.994.2555 Powerwithin.com

### **BIRD COUNT ON THE ESTUARY**

October 14, Squamish

Join the Squamish Environmental Conservation Society (SECS) for their monthly bird count. Expert and beginner birders alike are invited. A great way to learn more about the birds in our estuary and get to know other birders in Squamish. Dress for the weather (it can be very windy) and bring binoculars if you have them. Meet at 8 am at the restaurant in the Howe Sound Inn at the South end of Cleveland Ave. Naturesquamish.ca

### LUMPY'S EPIC

October 13, Pemberton

In memory of local legend Lumpy Leidal this 10 km+ trail ride is fun-focused and not just for the hardcore. No pre-registration is available so show up at One Mile Lake with \$15 and all funds raised go towards building the Pemberton Valley Loop Trail. Potluck to follow the race. Call 604.894.6618 for details.

### **HEAVY HITTING B-GRADE HORRORFEST**

October 30, Millenium Place, Whistler

Mountain Life Editor Feet Banks and local artist Chili Thom host their own short film festival featuring local movies full of blood, guts, nudity, and crappy acting. And the next day is Halloween, the best day of the year. Ticketmaster.com

### **BIRD COUNT ON THE ESTUARY**

November 4 Squamish See October 15 for details on this monthly event.

#### ARTrageous

November 8, Whistler Whistler's original art party. Featuring a showcase of emerging and established artists, plus a multimedia exhibit, dancers, circus acts, body painting, tarot card readers and psychics. Really, psychics. Didn't see that coming, did you? Or maybe you did. Call 1.800.WHISTLER

### **CORNUCOPIA 2007**

November 8 – November 12. Whistler Cornucopia celebrates its 11th anniversary of fine wines and fine foods. There's no wine rave this year, but still plenty to do. Whistlercornucopia.com

### WINE'D UP

PHOTO: JORGE ALVAREZ

November 8, Dusty's Bar and Grill, Whistler It's the Whistler Search and Rescue Society's 8th Annual Winemakers' Gourmet Dinner and Auction featuring Renowned chef Bernard Casavant. Call WB Guest Relations toll free at 1-866-218-9690.

### PEMBERTON LIBRARY FUNDRAISER

Sometime in November It might be a wine and cheese, it might be a fondue.

# PHOTO: JORGE ALVAREZ

Details were still in the works at press time but one thing is certain – it's always a good idea to support your library so give them a call in October sometime and find out more. 604.894.6916.

### **REMEMBRANCE DAY**

November 11, 11 am

It doesn't matter what town you're in, this is an important day for all Canadians so get to your local cenotaph (in Whistler it's by the Fire Hall) and pay some respect to the men and women who've fought for our freedom.

### NATURE WALK AND MAMQUAM REUNION

November 18, Squamish This walk will take you through a series of newly constructed channels that reconnect the waters of the Mamquam River back into the Mamquam Blind Channel through the Loggers Lane creek complex. Watch spawning salmon as they once again access these waters. 1 - 2:30 pm. Meet at the pullout on the Centennial Way dike. Naturesquamish.ca

### WHISTLER BLACKCOMB OPENING DAY

November 22, Blackcomb Mountain Obviously, it's a big deal when the mountain opens. Some years they open ahead of schedule. Pray for snow. Whistlerblackcomb.com

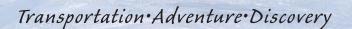
### WHISTLER FILM FESTIVAL

November 29 - December 2, Whistler A four-day celebration of film featuring 90+ films, special guests and big prizes, as well as innovative opportunities/ workshops for filmmakers, a free outdoor screening, great parties and the ski hills are usually not very busy. One of the best events of the year. Whistlerfilmfestival.com

If you have an event you'd like listed please email feet@mountainlifepublishing.com.









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