

GEORGIAN BAY

mountain life

SPRING 2009



Trail MIX

THE EDIBLE BRUCE

**PADDLING THE
PENINSULA**

**STADTLANDER'S
NEW GIG**

**WHO TESTED THE
ELECTRIC BICYCLE?**



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Clay Doherty, waist deep at Banks, ON.
November 21, 2008.



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Addicted

Hopping out of his Toyota, boots splashing into the watery mud of the parking lot at Blue, my friend confessed:

“I’m addicted to skiing.”

And with a warm breeze rolling across our faces, the sun beating down ferociously, it was obvious that skiing was coming to an end. Sure, there would be a few more raucous days of bacchanalian spring corn ripping before the snow would be gone, but if he’s truly dealing with addiction how would he cope for the next six months?

According to the all-knowing source, Wikipedia, there are different definitions of addiction. From physical to psychological dependencies these definitions all share one key element. They all describe a recurring compulsion to engage in an activity, despite harmful consequences to the individual’s health, mental state or social life.

Could my friend really be addicted to skiing? It’s good for his health, good for his mental state, and good for his social life. But unfortunately, it won’t help him finish his chores, pay his mortgage or deal with the insurance company.

A bunch of people border on the addicted around here. Kayakers who drop everything during a good thaw and rising rivers to paddle out. Climbers who are out there every day on the sun-warmed rock of Metcalfe in those glorious few weeks before the bugs appear. Kiteboarders and windsurfers who call in sick on the forecast of a blustery spring day. And mountain bikers building trails in the woods, even though they’re not sure where their next paycheck is coming from.

While activities like skiing, biking or kayaking may be the cause of a mental health day here, a high-interest loan (for gear) there, or a few disagreements with your significant other, I blindly choose to believe the good that comes from such activity will always outweigh the bad.

And sure, my friend will spend spring eyeing up small patches of snow that hold on well into April, but eventually, he’ll have to move on (or go really far south). For now there are rivers to run, crags to climb and trails to hike. And I have no doubt that by mid-spring, hopping out of that same Toyota, neoprene booties squelching in the thick mud of the roadside, he’ll say to me, “I’m addicted to kayaking.”

They say that acceptance is step one in recovery. But personally, I don’t think he has a problem.

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Hero in a One-Piece Suit

To the Editor,

The lady in the maroon one-piece was Doris Brown [see ‘North Chair Old Timers’, ML Winter 2009, p.14]. She and her husband Ken are true old-timers at Blue. Regretably Doris has since passed away, but Ken is still going strong. She and Ken were/are undoubtedly two of the best skiers on the hill. Helen and I always enjoyed skiing with them and had great conversations on the lift. The celebration of her life was filled to overflowing with all who knew and loved and respected her. She is missed.

Jim Bull

A week after we received Jim’s letter a phone call reached us while out on an exploratory day of snowshoeing. It was Doris’ husband Ken. He had the maroon suit and wanted me to look at it to see if it was indeed the one I had written about. And after a shin-deep powder morning, I met with Ken at his place at the North end where his ski boots were just drying off. It was her suit.

As morbid as it is, he told me they had talked about how each of them wanted to die. Doris’ wish was to end on a ski hill, 50 metres from the bottom (so as not to inconvenience the ski patrollers). A month before her passing though, 11 runs in a row down Elevator Shaft didn’t phase the 71-year-old. And skiing on the slopes wasn’t how the final curtain call was to come.

“If you want to make my wife a hero, have at it,” Ken told me, with a glowing twinkle in his blue eyes, “because to me she is a hero.” –Ed.



Localism 101

Editor,

First of all, great magazine. I commend you on your portrayal of our area’s finest assets. Keep up the great work. I was inspired by an issue a while back on backcountry skiing in the area. Until then I thought the only place to ‘earn your turns’ was out west. I honestly never thought of doing it right here at home. I am having a hard time finding some sweet spots, though. I’ve hit the Chutes off Alpine and Georgian Peaks and some areas around Blue Mountain but that’s it. I was wondering if you could steer me in the right direction? I have spent hours looking at aerial photos (as a GIS professional I have access to all kinds of mapping information – even performed some slope analysis on areas) but still haven’t found anything. I understand a lot of recon is required and I have done some in Oro-Medonte where I live but not much in the Collingwood area. I’m really hoping you or one of your staff could point me in the right direction. I know these spots are valuable and you don’t want everybody to know, so I would respect that. I’m just an avid Telemark skier who wants to get more use out of his skins in Ontario. Your cover photo this winter has inspired me to search harder this season. Also, is the photo on page 87 really in Collingwood? Where? I want that line!

Cheers and have a great season!

Aaron Roininen

Reveal my secret stashes eh? Do you want me to set in a bootpack for you too? How about I you just give you my SIN number and all my banking information? Sorry, Aaron; it’s not going to happen. But that’s half the fun of backcountry skiing – the exploration. And yes, the shot on page 87 is in Collingwood, but the photographer Richard Roth won’t tell me where it is. I want that line too! –Ed.



Fair Spray

BY NED MORGAN

CONCERNED ABOUT APPLE PESTICIDES? YOU'RE NOT ALONE

It's a spring day and rows of blooming apple trees unfold beyond the dirt road. You stroll through the scented alleys, reminded that the apple tree, with its five-petal blossoms, is a member of the rose family. Bees ramble from tree to tree, doing the crucial work of spreading pollen. Suddenly, a machine growls in the distance and a cloud materializes. Pesticide. They're spraying the

orchard. Cover your face. *Run.*

In the 1970s, this scene was not farfetched. Most strollers in search of fresh air would flee a sprayer armed with the pesticides of that time, which included DDT, a now-banned insecticide linked to cancer.

Has our government taken steps to make apple pesticides safer today? The simple answer is — maybe.

According to the last government survey of pesticides in apple farming (2005) one of the most common insecticides in Ontario was phosmet, from a family of chemicals called organophosphates. It's a mouthful that industry and farmers shorten to 'OP' and it's from the same chemical family as the illegal poison gas sarin. OPs attack the nervous systems of most insects,



paralyzing and killing them.

An OP known by the trade name Guthion was banned in the European Union in 2006. Canadian and US governments are now phasing it out and will soon ban it. Phosmet (known by the trade name Imidan) may be heading toward a similar fate. Last year it was subject to a re-evaluation by Health Canada's Pest Management Regulatory Agency (PMRA), a process that could lead to a ban. The re-evaluation mentioned study findings that phosmet caused cancer in rats and mice.

From the wide application of DDT from the 1940s to the early 1980s to the emerging bans on OPs, the safety track record of commercial apple pesticides does not inspire confidence.

What of the new products that a few years ago began to replace OPs? Their manufacturers tout them as greener and targeted to individual pests. At face value, they seem to signal an end of the Kill Everything school of pest control.

One of these new insecticides goes by the trade name Calypso. Its active ingredient, thiacloprid, is from the chemical family of neonicotinoids which ape the natural insecticide nicotine.

Calypso is marketed as a reduced risk product that doesn't take down orchard do-gooders such as bees. According to some studies thiacloprid is far less toxic to mammals than OPs.

Is it safe? Neonicotinoids are now severely restricted in France after studies linked them to the recent collapse of the bee population there. Early in 2009, the European Parliament listed thiacloprid among several other new-generation pesticides as candidates for a possible future ban.

Another insecticide, trade name of Envior, carries an even more tongue-twisting active-ingredient name of spiroticlofen and is classified by the U.S. Environmental Protection Agency as "likely to be carcinogenic to humans" based on studies showing tumours in rats and mice.

Today's changing pesticide landscape inspires equal parts confusion and anxiety. But according to Ken Wilson, a grower and consultant for the Georgian Bay Fruit Growers Association, today's orchard should give us less fright than even a couple of years ago. Wilson says this area was the first to implement its own pesticide reduction program, which he oversees. He says

the days of calendar spraying, when farmers automatically applied product at regular intervals, is over. "And we've largely phased out OPs and we're onto new, greener materials that target the individual insect."

Ken Wilson agrees there is a lot of misinformation swirling around apples and pesticide and acknowledges that Europeans are questioning the safety of many new-generation pesticides. "It's a confusing state of affairs." Even in the bad old days of OPs, however, Wilson claims it was never as bad as rumoured.

"Years ago somebody told me this is 'Death Valley,' that we were dying of cancer up here. But according to the Medical Officer of Health at the time, no link was ever found between premature death rates and apple production."

In January 2009 the Grey Bruce Health Unit released new statistics finding incidence of cancer between 1986 and 2004 lower than the provincial average for lung, stomach, liver, pancreas, bladder and kidney cancers (though rates for prostate, colorectal and oral cancer were higher). No data explicitly links pesticide concentration and higher cancer rates, but the Canadian Cancer Society felt strongly enough about the link to host an international conference (in November 2008) called *Exploring the Connection: Pesticides and Cancer*. The proceedings will be published later this year.

The safety of pesticide chemistry seems locked in a repeating pattern: early on in their life cycle, chemicals

deemed safe are used widely. As years pass, studies link the chemical to some kind of health problem in animals or humans and governments begin to re-evaluate, often influenced by lobbyists, legal action or a trade partner's ban. Then the government follows with restrictions or a ban. Industry offers its next chemical – and the process begins again. Is this pattern set to repeat with new products such as Bayer's Calypso?

The PMRA and the Georgian Bay Fruit Growers Association encourage integrated pest management programs where chemical spray is used only when and where it's necessary. But even this conservative approach still overlooks something more fundamental – the soil the tree grows in.

Al Timmer has been growing apples on his farm on the banks of the Beaver River since 1978. A talkative and erudite man in his 70s, his conversation takes a while to settle into how to grow apples using fewer chemicals. Timmer believes soil biology is the key and a growing number of scientists agree with him, including Elaine Ingham, president of Soil Foodweb, Inc., an international group of soil biology laboratories whose ranks are growing (new labs just opened in Canada and the UK).

Quoting Dr. Ingham and other dirt luminaries, Timmer gives a basic explanation of soil biology. Each soil particle is an energy exchange site for bacteria and minerals, and if the equilibrium of soil is maintained – a balancing act

among several levels of living creatures, from bacteria to fungi to nematodes – an apple tree can strengthen its own pest and pathogen resistance. A farmer can achieve this equilibrium through careful application of mulch, compost and other biological products.

Timmer credits high-powered microscopes for not only revolutionizing soil biology by revealing the web of creatures forming it, but by changing modes of thought.

“Under a microscope we see valleys on every leaf surface in which things can grow. Now, apple scab is a fungus that can come along and colonize leaf surfaces. So why can’t *positive* things come along and colonize that same leaf surface? Let these tiny pieces of life produce antibiotics and kill the pathogen.”

By encouraging this ecosystem to flourish, Timmer can avoid what he calls ‘rescue chemistry’ – heavy spraying in a desperate attempt to fight off an attack already well underway. It isn’t just commercial farmers who fall back on rescue chemistry. Organic farming allows the copious use of sulphur to fight scab. (Timmer considers sulphur a broad-spectrum fungicide that also kills good fungi in the soil.)


While his apple operation is not certified organic, drawing from his background as an experimental psychologist focused on small-group research, Timmer divides his orchard into ‘test groups.’ Here he experiments with organic methods like planting garlic as a pest barrier and numerous low-impact applications such as pheromone traps.

He uses several certified

organic biological treatments, including a spray containing microbes that stimulate the growth of beneficial microorganisms in the soil and on foliage, a liquid fish formulation to enrich the soil and increase pathogen resistance and a product that naturally recycles all crop residue.

A glance back at the regulation history of pesticides over the last 60 years proves that we’re too often slow to recognize what’s dangerous. Commercial apples, more than any other crop, are vulnerable to a host of natural enemies and depend on the application of product. Chemical treatment options number in the thousands, and every one of them claims sound safety credentials. Health Canada’s PMRA requires 200 studies before it will register a new pesticide. But given the combination of treatments used, especially in apple farming, the synergy created by chemical agents reacting together in the environment could have serious unforeseen effects.

The safest future bet lies in the emerging field of soil biology. “Healthy soils promote healthy plants. It’s so simple when you think about it,” says Al Timmer. Everyone but the chemical multinationals would agree that farmers have a lot to gain by maintaining healthy soil to help lessen their dependence on synthetics.

I know I’m not alone in hoping that some day soon I can walk through a blooming apple orchard with nothing on my mind but the blissful sights and scents and the bounty of apples to be eaten in a few months. 



Michael Stadtländer looks to the future outside Haisai in Singhampton, ON

Stadtländer Strikes Again

BY ESTER O'NEILL

Walking up the laneway to Eigensinn Farm I spot Michael Stadtländer behind the wheel of a rusty old tractor clearing snow from a late winter snowfall. The spray of snow glitters like diamonds in the bright morning sun. With a short wave and a nod he cranks off the engine and climbs down from his seat. In olive-green canvas overalls, red and black checked wool coat, fleece-lined hat with earflaps and leather work gloves he looks more like a contractor than the world-renowned chef he is.

No stranger to hard work, Michael Stadtländer is a man of many hats: über-talented chef, successful farmer, advocate for Canadian cooking, builder, and potter to name a few. Now, after 16 years of creating at

one of Canada's ultimate dining destinations, Eigensinn Farm, Stadtländer is opening a new restaurant in Singhampton.

"I consider myself an artist," he says. "It would get boring for an actor to perform in the same play for 16 years."

Haisai – which means 'sincere greeting' in Okinawan dialect – is a testament to his passion for localism from the outside in. The siding is built of pine logged from his 100-acre property and logs from a stand of sun-starved cedars on a friend's property. Inside, rocks from his soil and clay from his pond line the walls. Wiarton limestone, knotted elm trunks, recycled tiles and many other dazzling natural pieces create the foundation. In addition, handmade furniture, plates, and

bowls put the unique Stadtländer stamp on everything.

But local ingredients aren't reserved just for the building. Over at Eigensinn Farm, Stadtländer and his able team of apprentices grow much of the produce and livestock he uses for his creations. The other products have been painstakingly sourced from the best growers and producers in the area.

If all goes according to plan, Haisai will open in May. The restaurant will seat 30 people inside with an additional 16 on the patio. A five-course menu to reflect the season will be offered for \$100. A separate menu will be featured for the patio. In addition to the restaurant Michael has plans for an on-site bakery, stemming from his

recent bread-selling success at the Creemore Farmer's Markets. Other plans include a dim sum Sunday menu as a tribute to his wife and talented business manager, Nobuyo.

Leaning back in a chair in the dining room of Eigensinn Farm, swigging coffee from a big clay mug, he smiles as he recounts his journey to this point and his plans for the future. With numerous projects always on the go, he's quick to admit that he hates routine.

Subsequently there is nothing routine about Stadtländer and if you can count on one thing, it's that Haisai won't be a routine restaurant. You can be sure that dining there will be an experience to remember – and savour. [ml](#)




Check out our Grey County
Bike Guide at mountainlifemag.ca.
COLIN FIELD PHOTO

Shameless Self-Promotion

In the evolving world of online magazines the idea of what a magazine's website is supposed to do constantly changes. And after dragging our heels for a while we've finally launched what our readers have been asking for.

We've united our Coast Mountains and our Georgian Bay editions into one all-encompassing source, so you can see what's going on out there as well as around here. We're also adding weekly online exclusives, so keep checking back at mountainlifemag.ca (make sure to check out the upcoming Grey County Bike

Guide for all your road cycling and mountain biking questions this spring).

With videos, photo galleries, interactive resource maps, photographer links and more we're striving to make mountainlifemag.ca one of the best and most useful outdoor lifestyle sites out there. We're putting more resources into it than ever to make sure you get the quality content you've come to expect from Mountain Life Magazine, with a few extra online bonuses. Check it out at mountainlifemag.ca 



BY COLIN FIELD

Logan Peat

FREERIDER SHOWS
WHAT'S POSSIBLE

"Look ma!"



"Look pa!"

WHILE BEING A PROFESSIONAL MOUNTAIN BIKER, FILMING FOR VIDEOS, SHOOTING FOR MAGAZINES AND TRAVELING TO REMOTE RIDING LOCATIONS IS THE ULTIMATE DREAM, LOGAN'S GOT A SOLID BACKUP PLAN.

In the world of freeride mountain biking there aren't many locals as well known as Owen Sound's Logan Peat. The 19-year-old has had his share of the limelight over the past few years and deservedly so. When he entered Ontario's infamous Havok Jam contest some three years ago, the judges immediately bumped him up to the pro class where he continued to impress. He dominated and took first place.

Since then, Peat has traveled throughout the continent, entering contests and making a name for himself. He placed 13th at Whistler's Crankworx in 2007, won *Drop In's* 'Be a Dirt Bag' contest and entered slopestyle contests like Creston, BC's Goat Style Bike Jam, Crankworx Colorado and the Red Bull Roundup.

Coming from a province where parents are often more

supportive of sanctioned sports like hockey or soccer, seeing the support Logan's parents give him is refreshing.

"They like when I ride," says Logan. "They say if I'm not getting a job I better get out riding. It's really good. We have a lot straight up from our house, and it's pretty sweet. My dad lets me use the tractor from work, so we build jumps there. It's got a nice line there. It's good place to chill."

And watching him 'chill' at this lot is an education in what's possible in the air on a mountain bike these days. 360's, 720's, tailwhips and other technical stunts are routinely attempted and stomped. Seeing his family and friends gather around on a spring afternoon, relaxing and enjoying each other's company from the comfort of a lawnchair, it makes you wonder why more families

aren't embracing the sport with such enthusiasm.

While being a professional mountain biker, filming for videos, shooting for magazines and traveling to remote riding locations is the ultimate dream, Logan's got a solid backup plan. Currently completing the Adventure Tourism and Outdoor Recreation course at Alberta's Lakeland College, he's also been accepted to Capilano College's Mountain Bike Operations certificate program in September. Former Collingwood residents Laura Woolner and Mark Schmidt of the International Mountain Bike Association run the course, where Logan will learn the skills necessary to build, maintain and run mountain bike terrain parks, jumping parks and trail systems. This skill set will no doubt keep him tightly linked

with an industry and a sport he obviously loves.

Sponsored by Santa Cruz bicycles, Deity components and Martin's Bicycle shop in Southampton, Logan plans to attend the Qashqai Challenge series in Europe this summer before heading back out west.

"I want to shoot some videos," he says. "There are people that want to film, not big budget, but stuff that will get my name out there. I really, really enjoy filming."

And if there's one local whose YouTube videos are every bit as inspiring as some of the world's top pros, Logan Peat is the one to watch. ml

FOR FOOTAGE OF LOGAN'S SKILLS
CHECK OUT
the video tab at
mountainlifemag.ca



The Blue Mountain House floats in a sea of grain.

Rooms with a View

BY PAT WHYTE

BEAVER VALLEY HOME STANDS OUT AS A DESIGN TRIUMPH WHILE BLENDING HARMONIOUSLY INTO THE LANDSCAPE

Rolling up the gravel driveway that undulates through farmer’s fields towards the Blue Mountain House, one can’t help but wonder why anyone would build a house so far from the road. That is, until you turn around. Behind you the Beaver Valley spreads out to the

west and as the sun goes down, shafts of light bursting through the clouds, you can see all the way to Georgian Bay. With nary a road in sight. Taking advantage of the scenery, the entire western wall of the Blue Mountain House is glass.

And it’s obviously the reason why you would want the privacy that a mile-long driveway gives you. Situated on 100 acres of still active farmland, the house was designed by Toronto’s 3rd Uncle Design, Inc. “When you look at this house

it's not built like a house," says 3rd Uncle architect Paul Syme. "It's a concrete slab on grade, it's got no basement, and its primary structure is steel beams and columns, then on top of that is a big wood roof."

The single level, 3300-square-foot house floats in a sea of grain in the summer, which suits the owners, who are both from the Prairies, perfectly.

"Its influences would be things like the Prairie houses of Frank Lloyd Wright," says Syme. "Even stronger influences would be things like the Case Study houses of California which were done after the Second World War by people like Eames. They were studies in industrial construction applied to residences."

"Other influences were things like cottages in northern Ontario,"

says Syme. "For instance the whole underside of the roof is fir ply, which used to be the standard finish on the inside of cottages because it was cheaper than drywall and much more durable. In this way we tried to achieve the modesty of a cottage even though it's not in that style."

With a sustainable agenda, the home is designed to take advantage of passive solar

"WHEN YOU LOOK AT THIS HOUSE IT'S NOT BUILT LIKE A HOUSE. IT'S A CONCRETE SLAB ON GRADE, IT'S GOT NO BASEMENT, AND ITS PRIMARY STRUCTURE IS STEEL BEAMS AND COLUMNS." – 3RD UNCLE ARCHITECT PAUL SYME

Chow time.



Checking to see if there's any mail.



The master bedroom.

heating and cooling and is well ventilated to minimize the need for air conditioning. A concrete slab on grade is easily warmed using in-floor heating.

Recently the Niagara Escarpment Commission gave the house an Achievement Award, praising the site location and the way it blends harmoniously into the landscape. The Commission also praised the home's architectural details, building materials and colours, and the low height and flat roof for maintaining the natural scenery while adhering to the property owners' desire for panoramic views.

Construction of the home took just over a year to complete.

"Because it was an unusually designed house there were all kinds of special challenges. None of the trades were particularly familiar with the construction techniques because they aren't typical. They all really rose to the challenge and in the end, I think they all had a lot of fun doing it."

For the owners, who are regulars on the ski slopes of the area, along with their three kids, the Blue Mountain House was their first time through the process of building their own home. And they are more than happy with the results. [ml](#)



The living room.



'The plank.' And our model who outperformed Palmer by 17 seconds on her first attempt.

Walking the Plank

BY JEFFREY PALMER

A GOLF PRO MEETS A CHALLENGE TO STRENGTHEN HIS CORE, IMPROVE HIS BALANCE AND OUTPERFORM A SENIOR CITIZEN

The golf season is right around the corner – close enough to let your imagination wander to the emerald hue of fairways and the smooth tempo of a swing that stripes the ball right down the middle of the season's opening hole.

This winter my father-in-law, Bruce, threw down a somewhat insulting gauntlet. He challenged me to a series of exercises he discovered by Greg Wells, an exercise physiologist with the Royal Canadian Golf Association. In a way that can only be described as cocky, Bruce proposed that if I couldn't achieve what he had, I should consider hiring a personal trainer. I had been called out by a 69-year-old retired systems engineer. As a 38-year-old golf professional, this would be an embarrassing contest to lose.

CHALLENGE 2 – BALANCE

Balance is one of the most important aspects of the golf swing. It allows a player to develop accuracy and can also lead to more power. To develop good balance, stand with hands on hips on one foot. Place the dangling foot just below the knee of the other foot. See how long you can keep the heel of the foot you're standing on off the ground without using your arms. Golf professionals typically last 33 seconds in this position.

Bruce's Time: 4 seconds


This exercise is humbling. It sounds a lot easier than it is and will leave you thankful you don't walk a tightrope for a living. I've made this a part of my regular routine and have not come close to the touring pro average. My main objective, though, was to edge out the primary enemy – pops-in-law. I wobbled a bunch of times until steadying myself and lasted a whopping six seconds to again bask in the glow of my winning time.

After sending my results to Bruce and gloating in the way a competitive son-in-law might, I realized he had also achieved his desired result: he got me to focus on my health and challenge myself. And my game is also more than likely to improve.

CHALLENGE 1 – THE PLANK

'The plank' is an exercise for developing core strength and protecting the lower back from injury. To perform 'the plank' support yourself with your forearms and toes, keeping the body straight (see image). Touring golf professionals typically last 153 seconds.

Bruce's Time: 75 seconds

To prove I was in better shape than my aged challenger I dove into 'the plank' with the enthusiasm of Tiger Woods at the Masters. Hitting the floor of my basement, 'the plank' seemed quite comfortable ... until my wife pointed out I was cheating. I had unintentionally raised my backside slightly above my spine, making this exercise easier. Once I assumed the correct position, my abdominal muscles and glutes screamed in pain. But I persevered out of sheer stubbornness. Gasping, I fell to the floor after 120 seconds and celebrated the feeling of sweet victory that comes from outperforming a senior citizen. 

Jeff Palmer is wondering how long it will be until his father-in-law speaks to him again. He's also ready to challenge other senior citizens. Palmer is the owner of the Palmer Golf Institute at Lora Bay.

BY FEET BANKS
PHOTOGRAPHY BY RICH GLASS

Even Cowboys Wear Lululemon

No, they don't — I'm just a hay farmer but I sell to cowboys and everyone knows they don't wear Lululemon. They don't even wear T-shirts. Real cowboys wear Wrangler jeans and long-sleeve shirts with snaps, not buttons. This is the standard outfit for all occasions, from riding the range to delivering calves to tossing 70-pound bales of hay on the back

of a truck in 40°C heat. This outfit is the Cowboy Way, one of their unwritten laws.

Yoga, on the other hand, is the Eastern combination of breathing practices, physically stretched-out postures and meditation. Despite being the largest fitness fad to hit the Western world since Suzanne Sommers' ThighMaster, yoga hasn't infiltrated the Cowboy Way

just yet, but *Mountain Life* wanted to see what would happen if it did. So they sent me, a yoga virgin, into a Power Flow class. I dressed appropriately.

"If you want to enjoy yoga, come in with an open mind and heart," advises instructor Elana Kopp. The fact that no one in the class bats an eye at a dude dressed as a scarecrow

chugging water out of a recycled vodka bottle proves that as far as openness goes, these yogis practice what they preach. "You're going to be very warm," Kopp adds as I slip off my boots.

Inside the studio, it's all mirrors and hardwood and hotter than a good cooking fire but luckily, the stunning blonde to my right turned out to be another yoga instructor,

THE FACT THAT NO ONE IN THE CLASS BATS AN EYE AT A DUDE DRESSED AS A SCARECROW CHUGGING WATER OUT OF A RECYCLED VODKA BOTTLE PROVES THAT AS FAR AS OPENNESS GOES, THESE YOGIS PRACTICE WHAT THEY PREACH.

Like a kid in a candy store.

Dana Friesen, and she agreed to keep an eye on me. I agreed to keep one on her as well.

"Most of my classes are about 90 percent women," Dana explains to me as she warms up by touching her head to her knees. "Although I teach a class of highschoolers that is 18 boys and two girls." I mention that is the opposite of our class today and she shrugs. "Get a female wearing spandex and the young boys will show up."

Dana admits she doesn't care if you're coming in for the tight

pants, stretching and exercise, or if you're just stressed and constipated. "Whatever you're here for, you'll get the other benefits, too – yoga is a gateway."

Before I can ask her to elaborate (and give me her phone number), the class begins. Talking or asking questions is not really allowed in yoga, although we do start off with some group 'Ooohhhmmmmms' that reverberate around the room with surprising strength and sonic depth. No idea what the point of

them is, but whatever.


The yoga itself is less painful than being gored by a bucking bull but it's certainly no sunset walk in the field either. Fighting my way through the various poses, muscles I didn't know existed begin to ache and my hip and leg tendons scream for mercy. By the third Downward Dog I'm sweating so profusely I can no longer find quite as much humour in the head-down-ass-up sexuality of the pose. My 65 percent polyester shirt and thick denim layering isn't helping things, either.

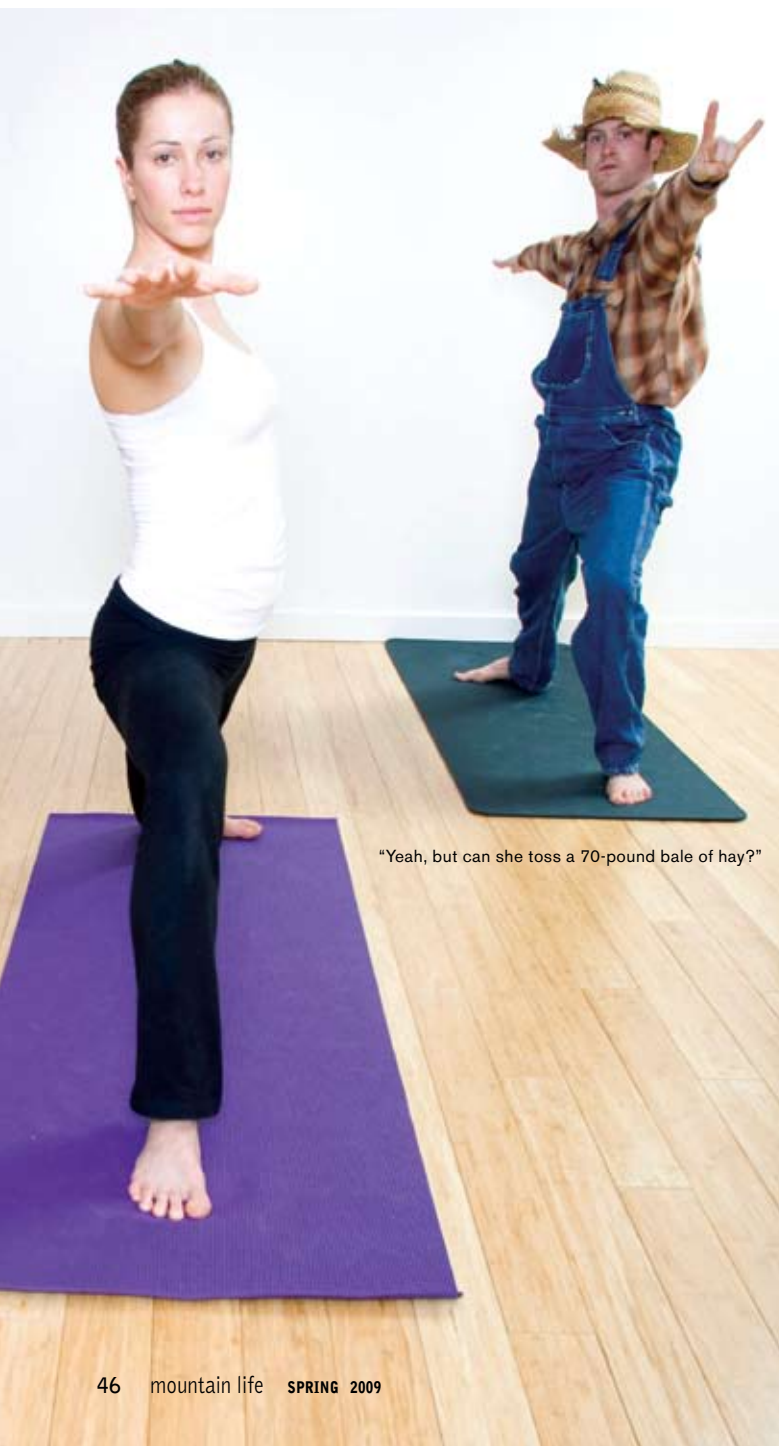
There's a stereotype that yoga people are all really weird and hippie but Dana is quick to differentiate between traditional yoga and the more popular Western variety.

"For most people it's a fitness thing," she says. "Western yoga is not so much about the spirituality

as about balance, coordination, flexibility and muscle power. Or people do it to reduce stress because it's a chance for the mind to grow quiet. Just getting people to breathe differently is good for them."

My mind is more worried about passing out from loss of fluids and making sure I don't fall over, but when the hour-long class is finished I do feel loose, limber and energized. Later that evening while out drinking with my buddies I even bust off a few of the yoga moves. It feels good.

There's no doubt that yoga is healthy but I am not sure it will catch on with the cowboys; their standard outfit seems a bit of a hindrance. Next time I'll make some alterations – cut-off overall jean shorts just might be the next big yoga trend. And I'll need a new tractor to drive around. Yoga makes you too stiff to walk. 



"Yeah, but can she toss a 70-pound bale of hay?"



"Hotter than a good cooking fire."

Yoga Tips for dudes who want to give it a try

- #1 Go with a friend; that way you can suck at it together and you won't feel like such a knob.
- #2 Dress for success. Yoga doesn't need to be so serious. Wear a lycra wrestling costume or the shortest shorts you can find. A big mustache is funny, too. Showing that you aren't self-conscious and know how to have a laugh at your own expense will make for a more enjoyable experience within the group. Yoga is not about looking cool.
- #3 Expect to get addicted, even if it's just for a month or so. You'll be surprised how much more alert and good you feel afterwards. And it's a good place to meet fit women and talk about chakras and stuff.



Dinner.

BY LESLIE ANTHONY
PHOTOGRAPHY BY PAUL MORRISON

The Bella Coola Lure

2,000-METRE SKI DESCENTS, 200-KILO GRIZZLY BEARS AND 20-POUND SALMON MAKE SUMMER AT BRITISH COLUMBIA'S LEGENDARY BELLA COOLA HELISPORTS A TRIP OUT OF THE ORDINARY. WAY OUT OF THE ORDINARY.

What's the Buzz?

There's a mosquito in the helicopter. The pilot doesn't notice. The guide doesn't notice. Even the photographer is oblivious to the insect's spastic flight and constant buzz. Not that it's going to sting anybody through all the Gore-Tex and ski boots and helmets, but it's the kind of thing that can only happen when you're loading up a

chopper for a twilight ski mission in spring. Having ace air-jockey Richard Lapointe land the six-seat A-star 20 metres from the hot tub and 100 metres from our beds went a long way toward taking the edge off the usual heli-scramble. The mosquito thinks so, too. Within minutes, Lapointe sprinkles two groups across several unnamed peaks, and we're

throwing long contrails of corn up at high speeds on slopes that bend steeply into the green idyll of the shadowy valley. Skiing a glacier in spring you are, quite literally, slicing through time, layers and eons revealing themselves as snow melts from the faces of giant, jacked-up blocks, and it all seems bigger, bolder, sharper in the alpine evening.



The hardships of heli-skiing.

Shangri-La-La

Bella Coola lies at the head of a tortured network of islands, inlets and fjords, 150 kilometres inland from British Columbia's central coast. The mountains rise directly from the sea to 3,000 metres; steep, heavily glaciated, and very snowy. A hybrid coast-interior weather pattern offers deeper, drier snow than areas closer to the Pacific Ocean, and more stability than further east. Deceptively chiseled peaks drop 2,600 metres to valley floors — much like Europe and not at all like anywhere in North America, including Alaska. It all translates to ski routes down massive powder aprons, through convoluted glacial seracs, and a bouquet of lengthy, inviting couloirs. A dozen ski and snowboard films made this place heli-skiing's new Shangri-

La — ironic given that this was precisely the terminology used in both Nuxalk native legends and by white explorers to describe the lush, treed valley of meandering rivers and abundant fish and wildlife.

Animal Farm

There's more to this place than ripping legendary, big-mountain runs: we also cast lines for giant Chinook salmon on the equally legendary Antarko and Bella Coola Rivers. And the rustic scene at historic Tweedsmuir Lodge is no less legendary. Guests are an eclectic mix this week — Iceland, Scotland, New York, Toronto — all game to wrestle fightin' fish from rushing waters and enjoy heli-high sunsets. A typical lodge vignette sounds like you're making it up: Chowin' savory

seafood appetizers and sipping cocktails on the deck while a croquet game ticks away below the watchful gaze of bald eagles. Black and grizzly bears wander the grounds with impunity on their way to see what the river is serving up, sending us scrambling for cameras that only get stowed when the dinner bell summons us to another gourmet feast. The lodge occupies the site of an ancient village named Stuie. In Nuxalk, it means 'beautiful place to rest.' Word.

Guide Book

Every morning we face a crazed camp counselor clasping a clipboard, disheveled in a hoody and track pants, dirty-blond hair escaping the confines of a soiled baseball cap, hand-rolled cigarette behind his ear. He barks news



The payoff of heli-skiing.

updates, weather reports and bad jokes. He looks like he should be cleaning garbage bins or fiddling under the hood of a truck, but no — he's the owner and director of Bella Coola Helisports. Rough, rude, and remarkable, cowboy guide Peter 'The Swede' Mattson is synonymous with the history of big-mountain skiing in B.C.'s Coast Range. The Swede might be just another northern Euro who loves slam-dancing and Iggy Pop, but for years he was also the most in-demand guide and location coordinator for Canada's considerable film industry. Though celebrated for his wiry ways, when you get past The Swede's crusty exterior and peel away the layers you find a heart of gold with more tales than you can imagine. He's tack sharp in the mountains, scary when he's drunk, and, more importantly, loved by all.


Fish Story

Fishing guide Leslie Koroluk was born in northern Saskatchewan and has fished all over Canada from B.C. to Labrador to the

Arctic. He was a hand-logger on the B.C. coast before turning to guiding. Now 65, he lives in Bella Coola with a wife 30 years his junior and a two-year-old. Propped in the bow of his drift-boat, he talks about the effects of climate change and commercial fisheries — first they destroyed the herring and ulican, salmon's natural food, then fished the salmon mercilessly for decades. Once 20 canneries squatted in the inlet; now there are none. "Commercial fleets destroyed the fish stocks," he says, "and native abuse is ruining what's left." This day the Antarko's boiling waters are at a 35-year high, flooding into the surrounding cottonwood forests where bears splash through looking for stranded salmon. The ripping current is so strong you can hear rocks rushing along the river bottom like glass beads. "Conditions are tough today... but we'll find some fish," he says. And we do.

The Goods

We make massive, glacial runs to

valley-bottom lakes in the morning, then fly over inlets to shoreline hot springs in the afternoon, where we soak, beach-comb, pick mussels, watch whales, seals, eagles. Several rainy days bring visits to native mask- and totem-carvers; we hunker in dark studios listening to rain and the spirit-animal legends that drive local mythology. And then suddenly, the gloom lifts and we're out there in a half-million acres of prime ski terrain again, readying for another 1,000-metre sunset descent in silky, sun-softened corn. To our surprise, when we step from the chopper on a north-facing slope we see that the previous days' clouds have left 15 centimetres of fresh. New snow is as welcome as the 12-kilo salmon we landed a couple hours ago, grilling on a barbeque at the lodge. The air is warm this evening but the snow is cold and dry, refrigerated from underneath by the glacier. How good is this run going to be? Even the mosquito gets out of the helicopter to see. 



the edible bruce

BY ESTER O'NEILL



Leeky fiddleheads.
COLIN FIELD PHOTO

GUIDANCE FROM AN OUTDOOR PROFESSIONAL REVEALS A SEASONAL FEAST ON YOUR FAVOURITE FOOTPATH

Scanning the parking lot behind the Grey Sauble Conservation Authority a mild wave of anxiety overtakes me; how on earth will I recognize Dr. Gino Ferri? Weeks of planning have led us here, but there are way more cars than I expected. One deep breath later and the driver-side door of the car beside me opens. Out steps a healthy, vigorous looking man wearing a light nylon safari suit. As he loads a backpack full of field guides I realize this has got to be the man I'm looking for.

An avid outdoorsman, Ferri divides his time between instructing wilderness survival with Survival in the Bush, Inc. and co-ordinating the Wilderness Experience Certificate Program at Georgian and Loyalist Colleges.

Among the many courses offered at Survival in The Bush are an Introduction to Edible Plants and the weekend-long Advanced Edible Plants Workshop. And it's in this vein that I arrange to meet Ferri. I hope he can introduce me to the plethora of wild edible plants that grow along the Bruce Trail.

My teacher wastes no time getting down to business. The first lesson takes place in an open field under the cool spring sun. Cross-referencing and deciphering Latin in order to correctly identify a plant, I quickly realize this is serious business. A false identification or a misunderstanding of these

basic skills can lead to an upset tummy, and worse.

Packing up the field guides and heading to the tree line reveals lesson number two. While dark jeans and a black t-shirt may be fashionable, it is clearly not proper hiking attire. I am bombarded with mosquitoes and black flies as Gino looks on (slightly mockingly), bug-free, in his light beige, nylon hiking gear. I have a lot to learn from this wise, wise man.

As we approach the beginning of the trail I look ahead into the forest. To my untrained eyes, it's the same as a lot of the forest along the Bruce Trail. There are trees and rocks, low-lying green plants, moss and a trail – all the usual suspects. I turn to Ferri and see his eyes are alight.

"I can see about 50 edible plants from here. How many are you interested in learning about today?"

We decide to stick to the basics: edible plants common across the Bruce Trail and 'easy' to identify with few look-alikes. As we wander through the bush stopping at a clump of trout-lily here and a patch of wild ginger there, the way I see the forest shifts. What seemed like a random patch of greenery opens and reveals salad greens, leaves for tea, salt-substitutes and all the ingredients necessary for delicious candy. My tummy begins to growl.

But all is not fun and games.

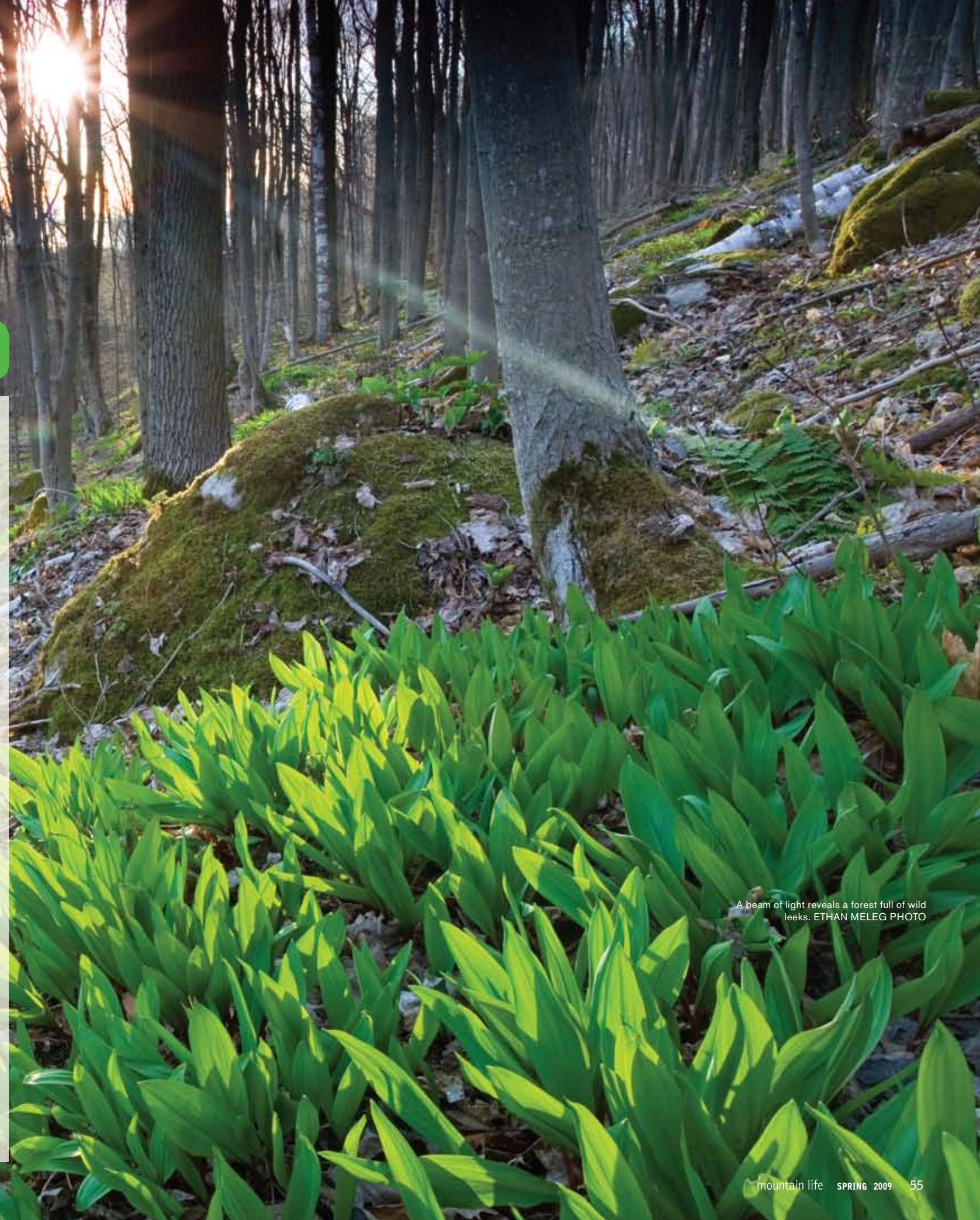
While foraging for wild plants has a certain romance about it and fits well with the current trend of eating local, certain rules must be followed, especially for the novice. Most importantly, don't eat a plant unless you are absolutely positive of its identity. There are poisonous plants that can look like harmless edibles.

Ferri explains that when harvesting wild plants there are significant conservation, legal, health and environmental concerns to respect as well, including harvesting responsibly and selectively to ensure enough of the plant is left to grow and flourish for years to come. Gathering edible plants in areas free from pollutants or chemical treatments is also important, as is not picking endangered or rare species.

As we near the end of the trail, formal lessons wane. Dr. Ferri begins to philosophize about the wonders of wild plants and their potential.

"Nature provides if you know what to look for or how to find it," he muses. "With growing food-safety scares and recalls perhaps it's a time to look to the wild and traditional methods of gathering and preserving, instead of grocery-store shelves."

And as every step in the forest now reveals to me a veritable feast, I couldn't agree more.



A beam of light reveals a forest full of wild leeks. ETHAN MELEG PHOTO

the edible bruce

dandelion

(*Taraxacum officinale*)

While these familiar plants may be the bane of landscapers everywhere they are prized in the foraging world where there is no such thing as a weed. The oblong, sharp and irregular-lobed leaves are high in vitamins A and C and can be eaten raw in salads, sautéed lightly, or smothered in cheese sauce and broiled for a delicious gratin. They are best picked before flowering. Young flowerbuds can be pickled like capers. Once in bloom, use the flowers for fritters or for dandelion wine. Naturally, avoid harvesting from lawns or areas where chemicals have been sprayed.

trout lily

(*Erythronium americanum*)

Trout lilies (also known as dog-toothed violet or adder's tongue) are low-growing edible plants found in clusters in wooded areas of the Bruce Trail. In early spring, when still young, the trout lily is a single silver or grey-mottled smooth leaf on a purple stock. A yellow flower develops later in the season. The leaves are best enjoyed when young, before flowering, tossed in a salad of other baby greens with a light vinaigrette. The leaves have a bright, slightly peppery green taste.

violet

(*Viola*)

Violets are a common sight in spring all across the Bruce Trail and add a sunny splash of colour among the bright greens of spring. The plant can be recognized by the five-petalled flower and the upside-down heart-shaped leaves. Both the leaves and flowers are edible, but the leaves especially are packed with vitamin C. Shade-harvested violets have a nicer taste than those growing in sunlight. Add leaves to salads, sautés or soups. Flowers can be candied or tossed into salads for a striking contrast to greens.

WHAT SEEMED LIKE A RANDOM PATCH OF GREENERY OPENS AND REVEALS SALAD GREENS, LEAVES FOR TEA, SALT-SUBSTITUTES AND ALL THE INGREDIENTS NECESSARY FOR DELICIOUS CANDY.

Don't forget to eat your greens. And yellows.
COLIN FIELD PHOTO

the edible bruce

wild leeks

(*Allium tricoccum*)

Also known as wild onion, wild garlic or ramps, wild leeks are prized among gourmets and are a treasured edible plant during spring. A patch of wild leeks can be recognized by the onion-like scent before spotting them. The plant has two or three broad, smooth, light green leaves and grows in patches. Harvest the entire plant, right down to the whitish bulb for use in soups, salads, sautées, stir-fries or pickles. Look for wild leeks in rich moist soils and deciduous forests along the Bruce Trail and share your secret stash with your closest friends only. Because you are digging the roots, be sure to leave more in a patch than you take to ensure growth in the years to come.


fiddleheads

(*Pteris pensylvanica*)

Look for these epicurean delights in moist areas along the edges of rivers and swamps. Fiddleheads are the emerald-green tightly-coiled beginnings of the ostrich fern. Gather when less than six inches high and still tightly curled. They are inedible once unfurled. Use in salads or as a side vegetable. Be sure to gather furred fronds of the ostrich fern only, as other ferns may be toxic. Keep your eye out in summer for a patch of easily recognized ostrich ferns and remember the spot for spring to be sure of the variety.

wild ginger

(*Asarum canadense*)

One whiff of the root of this wild edible and you'll be craving gingersnaps. Though more subtle in flavour than the store-bought tropical variety, there is no mistaking its gingery taste. Identify the plant by its two large heart-shaped leaves atop two wooly leafstalks. Nestled between the stalks is a single maroon bell-shaped flower that blooms from April to May. The long horizontal roots grow not too deep in the soil and, once cleaned, can be candied, infused for tea or dried and powdered for use as a substitute for commercial ginger. Look for wild ginger in wooded and rocky sections of the Bruce Trail. 

DIY

Don't pick and eat wild foods unless you're absolutely positive you know what you're doing. A good way to learn is take a course with Survival in the Bush, Inc. Visit survivalinthebushinc.com for course descriptions, dates and details.

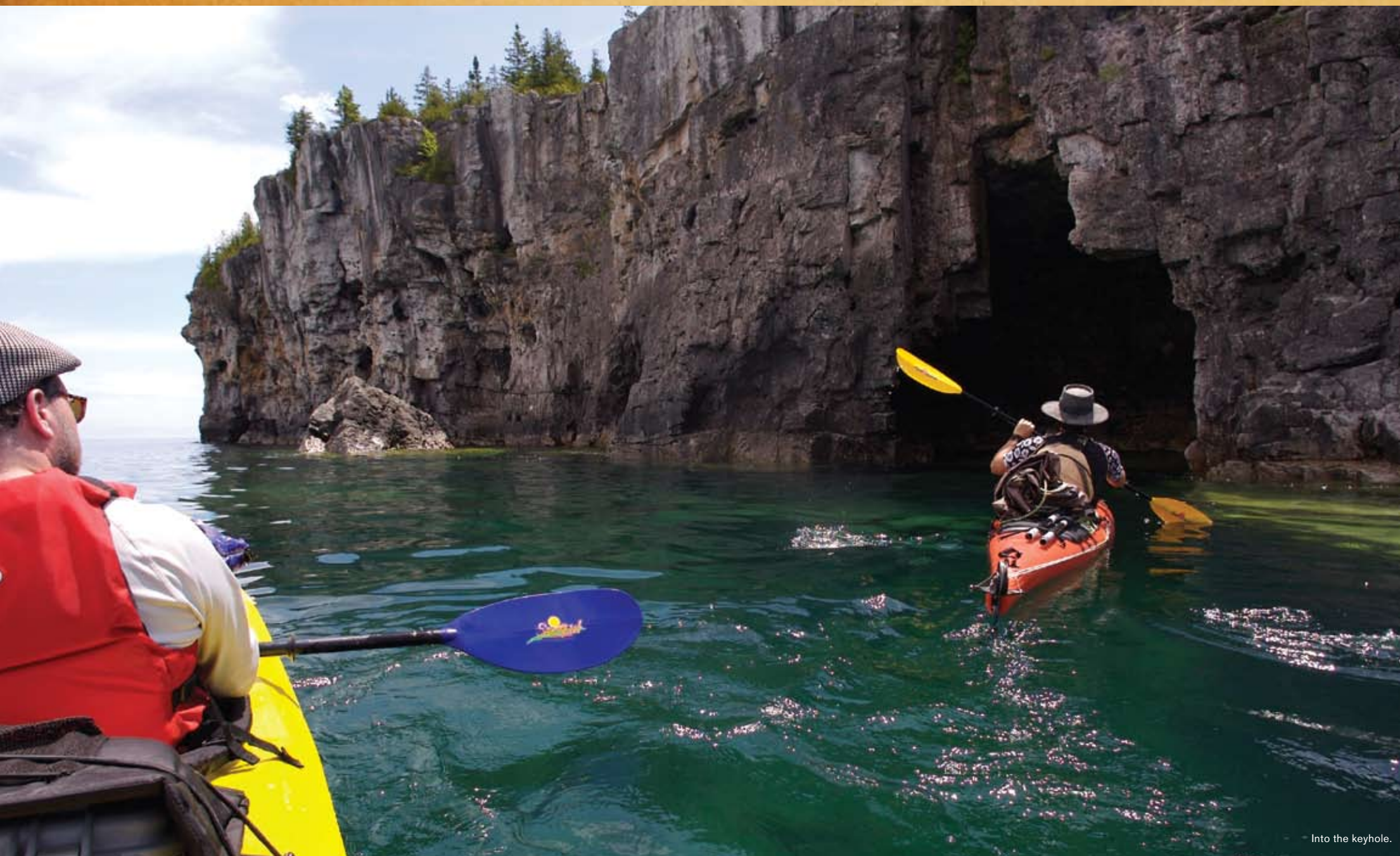
How can you have any pudding if you don't eat your greens?
COLIN FIELD PHOTO

BIG SWELLS, FRIGID WATER AND INEXPERIENCE CAN'T SWAMP
OUR CORRESPONDENT-KAYAKER ON THE WILDEST AND MOST
HAZARDOUS STRETCH OF THE BRUCE PENINSULA

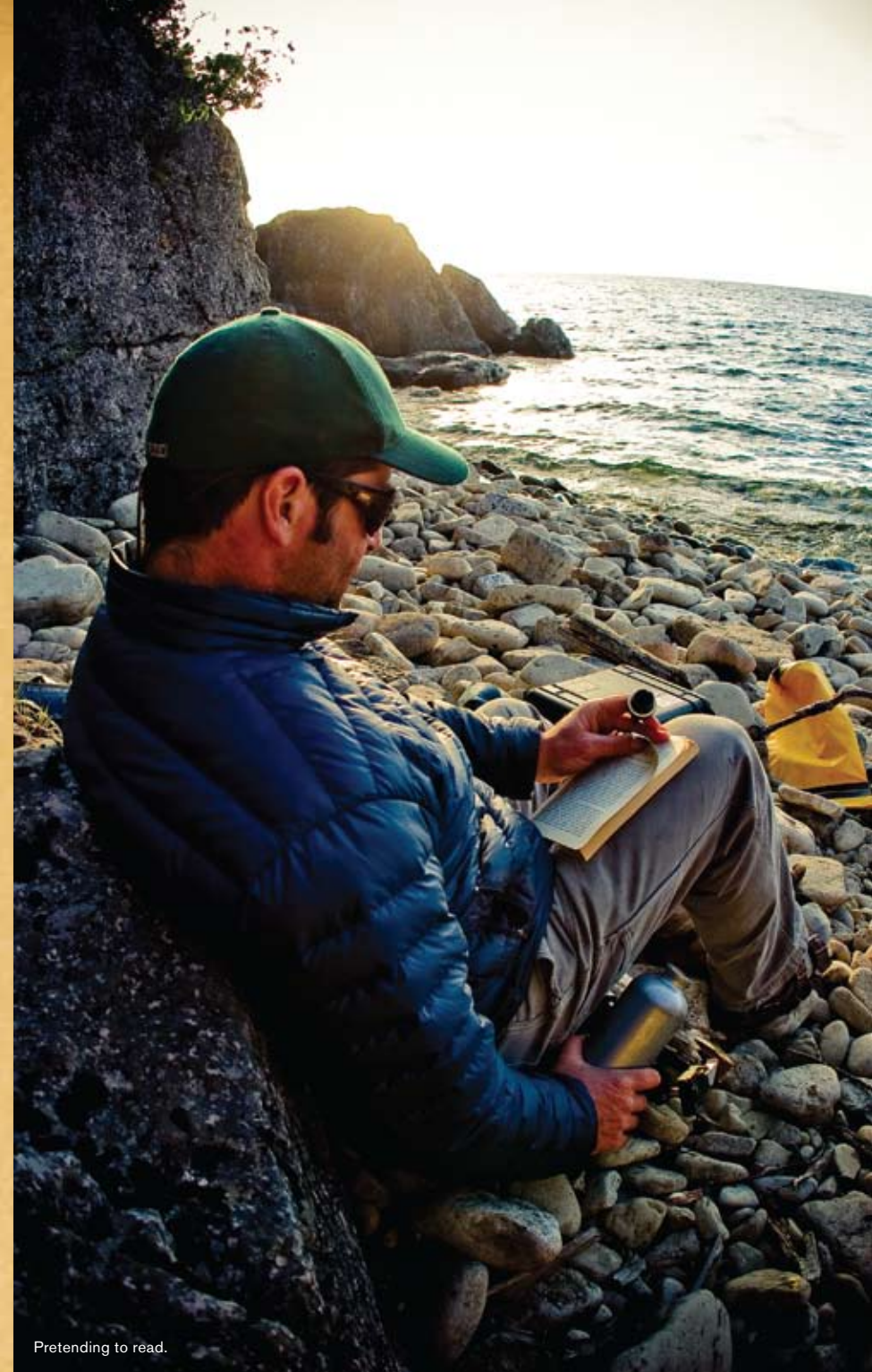


Paddling the Peninsula

BY COLIN FIELD
PHOTOGRAPHY BY COLIN FIELD
AND GLEN HARRIS



Into the keyhole.



Pretending to read.

THE PROBLEM WITH HANGING OUT WITH EASYGOING DUDES IS YOU'RE CONSTANTLY FORCED TO ACT AS THOUGH THINGS AREN'T A BIG DEAL. SO WHEN WE PUT TOGETHER THE ANNUAL MOUNTAIN LIFE KAYAK TRIP FROM TOBERMORY TO CABOT HEAD, THE FACT THAT I HAD NEVER REALLY KAYAKED BEFORE WAS IGNORED.

In reality, I felt about as steady in a kayak as I do standing on a windsurfing board. Which, by the way, isn't very steady. Add to that a steady wind, four- to five-foot swells, a couple thousand dollars worth of camera gear in my boat and the foresight to pack nothing but cotton clothing and it seems as though I didn't quite think some things through.

And as we paddled with all our strength out from Big Tub Harbour and into the crashing swells, I began to wonder if acting chilled out

about this was a good idea. Had I actually bitten off more than I could chew? Sure these guys were confident in their own abilities, but what about mine? Had anyone considered how terrifying it can be wobbling uncontrollably, as wave after wave crashes across your bow? Had anyone thought about the fact that swimming to shore in the icy water of spring is potentially life-threatening?

The trip, which in theory offers the best possible vista of coastal Niagara Escarpment, took us out of Tobermory, past Fathom Five National Marine Park and down the length of Bruce Peninsula National Park, an area notorious for bad weather and shipwrecks. Giant pebble beaches line the shore and massive cliffs rise from the water where they meet the thick cedar and mixed forests of the Pen-

insula. The aquamarine water looks Caribbean but in the spring it's cold – and it's always dangerously deep.

Bruce Peninsula National Park (one of only 42 national parks in Canada) is the largest remaining chunk of natural habitat in southern Ontario. Four hundred million years ago the region was covered by a shallow tropical sea and contained a reef similar in size to Australia's Great Barrier Reef. The sea has since dried up and fluctuating water levels over millennia have eroded the limestone and dolomite of the Escarpment creating great caves and multi-featured shorelines.

With 43 of Ontario's 60 orchids found on the Peninsula, and thousand-year-old cedars clinging to the cliffside (in 1988 Dr. Douglas Larson of the University of Guelph discovered an 1845-year-old cedar



State-of-the-art sailing technology.

ADD TO THAT A STEADY WIND, FOUR- TO FIVE-FOOT SWELLS, A COUPLE THOUSAND DOLLARS WORTH OF CAMERA GEAR IN MY BOAT AND THE FORESIGHT TO PACK NOTHING BUT COTTON CLOTHING AND IT SEEMS AS THOUGH I DIDN'T QUITE THINK SOME THINGS THROUGH.



Lost at sea.



"There was this one time..."

on Flowerpot island), Bruce Peninsula National Park is a true gem of Ontario's beauty.

Thankfully once we rounded the bend out of Big Tub Harbour, the wind was at our backs. Which meant we were rolling with the four- to five-foot swells as they pushed us gently on our way. And we soon realized we could use the wind, too. Barging up together we fashioned a sail out of a tarp and our paddles and we cruised along at a mellow clip for the rest of the day. Being barged up felt safer than being alone.

When we finally disbanded and rode the sketchy sideshore waves onto the rocky beach for the night I wobbled uncontrollably with amateur nervousness, successfully filling my boat with water and drenching my sleeping bag. It was going to be a cold night.

But Mennonite sausage from Meaford's 100 Mile Market sizzling on a fire-heated frying pan, fine scotch and good conversation around a campfire (and friends willing to lend you dry clothes) will keep anyone warm through the night.

In the morning we packed up slowly and once again were blessed with blue skies and the wind at our backs. And we had another successful day of sailing. Stopping along the shoreline we explored nameless caves that went deep within the Escarpment, discovered old iron boilers from boats that had wrecked on the treacherous seas of Georgian Bay and enjoyed the pristine waters and amazing views of Ontario's rocky spine.

As we set up camp just outside Rocky Bay, the full moon casting its blue-light glow across our rocky campground, I absorbed the warmth

of the fire. I couldn't help but appreciate the versatility of the kayak. We were on a beach that was as empty as could be and we'd barely seen any signs of humans for two days. It felt as wild as Southern Ontario could get. And the only way to get to this spot was by kayak. Cabot Head's dark profile, our final destination, loomed in the distance against the starry sky.

In the morning, when I sat in my kayak and rolled down the slope of the pebbled beach into the cold water of the Bay, for the first time since the trip began, I didn't wobble uncontrollably. I finally felt somewhat comfortable in a kayak. And I felt confident I'd be exploring the shorelines of Georgian Bay by kayak again; as soon as possible. [ml](#)

DIY

Thankfully, two of my five companions were trained kayak and whitewater rafting guides. And I wouldn't have done this trip without them. Although the weather co-operated with us, a shift in weather could turn this trip catastrophic in an instant. Please consider your ability while planning this trip and if you have any doubts, hire a guide. Check out a short video of our trip at mountainlifemag.ca.

suntrail.net 1-877-882-2958

thorncrestoutfitters.com 1-888-345-2925



Ryan Markham, Scotch Peak, ON.
GLEN HARRIS PHOTO

mountain life



Jay Stiles, Durham, ON.
COLIN FIELD PHOTO



The seven members of
Drawnward in Rankin Inlet.
CHRISTOPHER WAHL PHOTO

Drawn Together

BY MELANIE CHAMBERS

CLOSE TO THEIR ONTARIO ROOTS OR UP IN THE ARCTIC, THE DRAWNONWARD COLLECTIVE OF ARTIST-NOMADS SHARE A REVERENCE FOR THE CANADIAN LANDSCAPE

In the late 1990s, seven artists drove out west in three separate vehicles – a milk truck, a van and a Volkswagen Rabbit. One vehicle got separated. Unable to call one another – before cell-phone mania – everyone decided to take different routes. They assumed they'd just meet up in BC.

A couple of hours later the roads intersected – they were unwittingly reunited.

It's an apt story for a group of seven men whose lives converge on many levels: friendship, art and nature. Jeremy Down, Paul Mantrop, Christopher Roberts, Steve McDonald, Gordon Kemp, David Marshak and Rob Saley are Drawnward, a collective of like-minded artists who feed off

one another's encouragement, ideas and camaraderie.

When they began more than a decade ago – self-described nomadic renegades in their 20s – their rustic trips, often a month or longer, included circumnavigating Newfoundland via sea and land, and spending a month in the remote and mythical Queen Charlotte Islands painting near sacred totem poles. Drawnward has repeatedly been compared to the Group of Seven for the travels that inspire their work. In the Arctic they found an Inuit word that describes this ethos: *Nuna Kajjaarnaqtuq* – land that revives the mind, body and soul.

Initially, the Group of Seven comparison wasn't too far off in

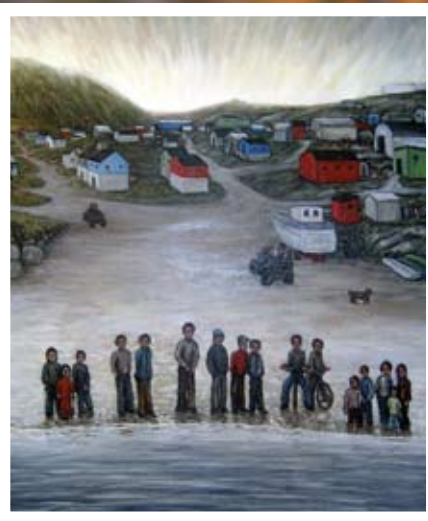
terms of their style. They painted landscapes in one form or another using oil and acrylic paint on eight-by-ten panels. "It was easy to critique and comment on each other's work back then because it was so similar," says Rob Saley. Today, they are finding their own rhythm.

Rob often paints once-loved objects such as a Newfoundland dory by the seaside. David Marshak, their Torontonion connection, sometimes paints urban street settings, while Gordon Kemp has an eye for sculpture. Jeremy Down is more abstract; his paintings feel like dreams using movement and colour. Christopher Roberts often experiments with materials. Paul wants to capture nature in

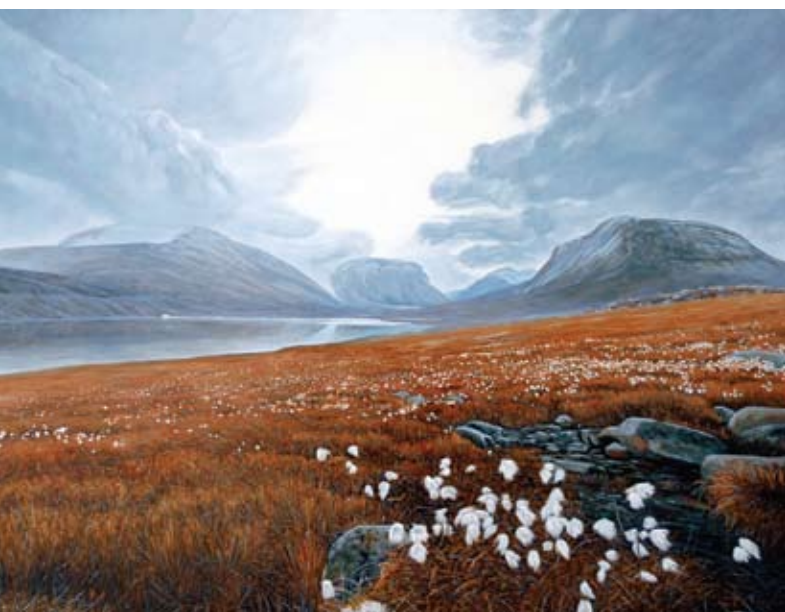
transition such as the pink light that shines on the snow before sundown. Finally, Steve prefers drawing to painting.

Sometimes painting with frozen fingers or craning over a riverbed, it's during their 'working trips,' when the outside world is shut off that the work flows. At supper, after a day in the woods, they reconvene and reveal their work. "We egg each other on to do better and get better through constructive criticism," says Paul Mantrop from his Collingwood studio. "We have a culture as Canadians and part of that is huddling together and staying warm."

After attending the Ontario College of Art and Design (OCAD) in Toronto, David went to study in



Rob Saley working.
GLEN HARRIS PHOTO



Florence, Gord, Paul, Steve, and Robert decided to follow. "That was a seminal time for us as a collective," says Paul. "There were enough people in Italy to convince us that what we were doing was real and we took that home with us."

Their first informal show was at an antique store; Steve was asked to show some work and called up the guys to contribute. Where one went, others would follow. Each show follows a theme – often from their last trip – but all reveal a reverence for the land. Today, their exhibiting centre is Collingwood's Level Gallery, and they show frequently in Toronto.

In 2005, and again in 2006, the Kivalliq Inuit Association invited the group to Rankin Inlet to help develop an art camp for Inuit youth. One young girl, Ippiksaut Friesen, was particularly touched by the group.

Before Drawnward visited, Ippick couldn't imagine art as a career. "I thought: 'I'm not smart enough, I'm in school all day and I doodle, but I can't do much with doodles.' Then, I see these guys doing it. They were real artists making a living."

She went on to study at Emily Carr University of Art + Design in Vancouver.

Today, mostly in their 30s, the Drawnward artists stay closer to home establishing roots and families; month-long trips have become two-week jaunts. "It's like herding cats to get us all together now," says Paul.

But that's not to say the music has stopped. Everyone has projects and all are within shouting distance of one another (though Jeremy lives in BC). Their next trip, up the coast of Labrador, is slated for the summer. All seven will be there. [ml](#)

Gear Guide

BY COLIN FIELD

Giant Twist Freedom DX (\$2399)

Sure it isn't the coolest looking bike on the planet. It doesn't reek of sex appeal, nor does it bring to mind big air, or record speeds. But it does have a European practicality that stinks of common sense. It looks like a comfort bike, but there's more to it than that.

While Giant will say it's not technically an electric bike, batteries do help to move this thing along. Giant calls this Hybrid Cycling Technology; there's a sensor in the cranks that turn the engine on when, and only when, the rider is pedalling. The engine works as hard as your legs work. A 300-watt motor in the front hub pulls you along, while a Shimano Nexus eight-speed internal hub keeps things simple and compact in the rear.

Giant has been in the electric bike business now for over ten years and they really know what they're doing. Two big lithium-ion batteries power the thing and claim to have 70 miles of energy in them. They fit easily, and compactly into the pannier system and even come with locks in case you're in the big bad urban environment.

So how does it ride? Really, really well. You know when you buy

a new bike and the instant you hop on, everything seems quicker, smoother and easier than your old klunker? Well multiply that by about 30 percent and you'll get an idea of what it's like to ride this bike. It's effortless.

With a number of different settings including Sport for maximum assistance and Eco for battery life conservation, lights on the console constantly tell you which battery you're using (left or right) and how much power is left in them. And if you do run out of power, no worries, it pedals just like a normal bike.

If you're looking for a commuter bike, this is the one. The downsides are that it's expensive and heavy (unavoidable with these batteries). And sure it doesn't look that cool, but getting around without puking out exhaust is getting cooler and cooler (no pun intended).

Giant's really on to something here. And with a 125,000-square-foot factory dedicated to electric vehicles Giant is definitely one to watch in the years to come.

giant-bicycles.com



Picks from the Locals



(1)



(2)



(3)



(4)



(5)



(6)



(7)



(8)



(9)



(10)

1) Suunto t3c
This heart rate monitor wristop takes the guesswork out of your training.
[Cameron, Skis & Biikes, Collingwood \(705.445.9777\)](#)

2) CRP recycled plastic Muskoka chair
Canadian-made in Stratford, Ontario, from 100 percent recycled plastic available in numerous colours.
[John, Squire John's, Craigleith \(705.445.1130\)](#)

3) Ed Hardy Vintage Tattoo sunglasses by Christian Audigier
High quality, vintage-style eyewear designed by famed tattoo artist Ed Hardy.
[Armand, Envy Eyewear, Village at Blue \(705.445.3168\)](#)

4) Bell Drop DH helmet
Eight vents, an integrated roost guard, and a super-adjustable visor are on the long list of features of this downhill/freeriding helmet.
[Kris, Kamikaze, Collingwood \(705.446.1234\)](#)

5) Antinea by Lise Charmel
For the woman who appreciates styles that combine comfort and beauty.
[Dana, Tingle, Village at Blue \(705.445.6768\)](#)

6) Fabrizio Gianni rayon V-neck
The touch of Lycra makes for perfect wear under suit jackets. Featured on Oprah's O List.
[Dana, Echo Trends, Village at Blue \(705.446.1496\)](#)

7) Spudski
Introducing Spudski, the hottest, hippest design in potato mashers new from London's Black & Blum.
[Leslie, Interior Motives, Thornbury \(519.599.5013\)](#)

8) Paprika Herbal Treatment
The hottest treatment in town – essential esthetic services, body treatments and wellness therapies.
[Liz, The Lilly Pad, Club Intrawest, Blue Mountain \(705.445.6433/1.866.553.1655\)](#)

9) Hanna Hats of Donegal
The timeless appeal of pure Irish tweed, bespoke-tailored in rich shades.
[Karen, Grey Heron Designs, Thornbury \(519.599.3443 greyherondesigns.com\)](#)

10) Karito Dolls
Multicultural dolls that help the young learn about other kids around the world.
[Laurie, Cardboard Castles Children's Emporium, Creemore \(705.466.9998\)](#)

FEATURE RESTAURANTS

**The Mill Cafe**

One of Thornbury's most acclaimed casual fine dining experiences. Overlooking the dam and mill pond, the exceptional location matches perfectly with the diverse and innovative menu. Salmon Dance Catering also available for any occasion.
themillcafe.com
519.599.7866

**Rusty's at Blue**

In the heart of the Village, Rusty's patio boasts the most picturesque view of the mountain. Choose from corn on the cob, steak, smoked ribs, chicken, and burgers and more. Catch the game or throw down your best moves on the dance floor.
rustysatblue.com
705.445.2718

**Kaytoo**

Located in the bright yellow Mill Pond Boathouse, Kaytoo is hard to miss in the Village at Blue Mountain. Kaytoo explores what it means to be Canadian through its coast-to-coast inspired menu. With an outstanding three-level patio right on the Mill Pond, Kaytoo is one of the Village's busiest spots.
kaytoo.ca
705.445.4100

**Breadalbane Street Bistro**

An informal bistro restaurant in the 1860 Breadalbane Inn in the heart of downtown Fergus. Offers fresh local products and global cuisine. Awarded the 2008 Gold VQA Restaurant Award. Also dine or imbibe in Fergusson Room gastro pub.
breadalbaneinn.com
1.888.842.2825

**Chez Michel**

Nestled in a century building on the main street of Creemore, Chez Michel is a French country restaurant that dresses itself in the bright colours of Provence and prides itself on exquisite food and excellent customer service. You'll be thrilled by Chez Michel's classic French cuisine, desserts and extensive selection of fine wine.
chezmichel.ca
705.466.3331

**Windy O' Neills Irish Pub**

In the heart of the Village at Blue Mountain, the true Irish atmosphere will have you unwinding with one of our 17 draft beers. Our hearty pub fare is all you'll need, from our famous Fish 'n chips to our traditional Irish stew to the Windy's mixed grill or signature steak.
windyoneills.com
705.446.9989

**BBQ Boyz**

Thornbury's smokin' good BBQ Boyz is here. Traditional BBQ takeout and delivery located on Hwy. 26 with out-of-this-world flavours of pulled pork, ribs, chicken, brisket and more. Huge patio, too! 58 Arthur Street, Thornbury.
519.599.5500

**The Georgian Bay Club**

There are some things in life that make you say 'wow' and most often it is one of Jeff Anderson's culinary creations, the executive chef at the Georgian Bay Club. You can take an annual 'Social Membership' at the Club and find out for yourself.
georgianbayclub.com
519.599.9949 ext. 229

**Georgian Manor**

Georgian Manor Resort on the west side of Collingwood (Highway 26) is known primarily as a private vacation retreat, but its exquisite hotel rooms and restaurant are open to the public. The Manor Room offers such delicious fare as grilled salmon, rack of lamb, ribs and seafood penne. A Breakfast Buffet is served on weekends.
georgianmanorresort.com
1.800.482.7894
or **705.445.9422**

**3 Guys and a Stove**

3 Guys offers quality dining with an international flare in a casual atmosphere in the Village at Blue Mountain. The menu takes simple, often familiar foods from around the world and adds a twist. Celebrity chef and owner Jeff Suddaby aims for multilevel flavour and seasoning and good food for those with active lifestyles.
3guysandastove.com
705.446.3595

**Azzurra Trattoria**

A blue gem in downtown Collingwood, Azzurra has a longstanding reputation for blending classic Italian dishes with up-market contemporary cuisine. Pastas, desserts and pastries are crafted in-house with fresh, seasonal ingredients. Warm terra cotta tile and timeworn wood under candlelight frame a fine collection of Canadian landscape art. "Pranzo Italiano" dinners are a lively and unique way to accommodate larger tables.
azzurra.ca
705.445.7771

**Raven Grill**

Located in the heart of the famous Lora Bay fairways, Raven Grill offers casual yet elegant menu choices prepared by Executive Chef Geoff Kitt. Reservations recommended. Also choose from an exciting selection of special wine-tasting dinners, jazz brunches and themed cooking classes. The spacious Raven Grill is ideal for corporate groups or private parties from 12-200 people.
ravenatlorabay.com
519.599.7500

**Sweetwater Restaurant & Bar, Cobble Beach Golf Links**

Executive chef Jeritt Raney presents classical cooking with modern innovation featuring organic, local and seasonal ingredients. Enjoy lunch or dinner in our dining room, fireside lounge or the Bridgewater Room overlooking Georgian Bay. Gatherings up to 16 enjoy the privacy and elegance of the Dunvegan Room.
cobblebeachgolfinks.com
519.370.2118

**Copper Blues**

The first restaurant to open in the Village at Blue, Copper Blues is a true Village pioneer. Featuring a casual yet sophisticated menu for lunch and dinner daily, diners can enjoy AAA steaks and seafood, wild game and much more. Copper Blues boasts a spectacular view of the Mountain and of Village events plaza.
copperblues.com
705.446.2643

**reed's restaurant+bar**

Located on an historic downtown site with Meaford's largest patio, reeds restaurant+bar offers an exciting option to Bay area dining. With an ever-changing menu featuring seasonal, locally sourced foods, Chef Jesse Reed and Chef de Cuisine Matt Tomlin use thoughtful cooking to deliver a rewarding dining experience.
27 Nelson Street, Meaford.
reeds-restaurant.com
519.538.0009

**Bridges Tavern**

Located in the area's first brick mansion, Bridges Tavern has been recently renovated and re-opened with a refreshed atmosphere of warmth, friendliness and sophistication. Casual dining menu items include Grilled herbed calamari, Bridges baby back ribs braised in Peeler cider, Chicken flatbread pizza and many more. Live music, monthly DJ events, private functions, parties welcome.
bridgestavern.com
519.599.2217

**The Lighthouse Restaurant**

A Tobermory tradition for over 30 years, steps away from the ferry terminal. Casual dining, steaks, seafood, Greek food and much more including fast food takeout menu at back with traditional and Greek pizza. Open May-October daily at 4 pm. Hwy. 6 & Carlton St.
519.596.2281

**Princess Hotel**

Overlooking Little Tub harbour, the Princess Hotel's dining room and patio is centrally located in beautiful downtown Tobermory. Bring your own wine. Large menu highlights include Georgian Bay whitefish and Greek-style roast leg of lamb. 34 Bay Street South, Tobermory.
tobermoryprincesshotel.com
1.877.901.8282



John Davies, self portrait, Three Stage.
JOHN DAVIES PHOTO

Georgian Bay eXtreme

Sports Film Festival

Call for Video Entries

Calling all riders! Calling all filmmakers! The new Georgian Bay eXtreme Sports Film Festival (GBX Film Festival) is inviting independent, amateur and professional filmmakers to send in their DVDs. The festival will showcase the talents of extreme sports enthusiasts as well as the skills of filmmakers. The festival is extending the call for entries further than the shores of Georgian Bay to the entire Great Lakes region and beyond. The festival is seeking films 1 to 20 minutes long. Deadline for entry is July 1. Screenings take place in the Collingwood area at the end of September. For more information or to download an entry form visit gbxfest.com

March 13-April 26

Janet Jones: Dada Delirium

Tom Thomson Gallery, Owen Sound
Janet Jones merges imagery inspired by sterile public spaces like the lobbies of multinational corporations or hyper-lit passages on the Las Vegas casino strip with the destabilizing, yet ecstatic blur of technology. All welcome to join us for the opening reception on Friday, March 13 at 7pm.

tomthomson.org

March 19

The Stone Angel

Meaford Hall
This film adaptation leaps onto the screen with elegance and ease, fulfilling the emotional power of the original novel. "A tastefully reverent, fundamentally sincere treatment of Margaret Laurence's 1964 Manitoba-based novel." – *Variety*.
1-877-538-0463; meafordhall.ca

March 24

Spring Lecture Series - The Mythology of Ancient Egypt

Grey Roots Museum & Archives, Owen Sound
This illustrated lecture, given by Daniel Kolos, explores the mythology of the ancient Egyptians. Kolos is the co-author of *The Name of the Dead: Tutankhamun Translated*, a book on hieroglyphs. Free with museum admission. 519.376.3690; greyroots.com

March 25

Introduction to Kayaking

Stone Tree Golf & Country Club, Owen Sound
Bring your own swimsuit & towel, basic swimming skills are required. Topics: choosing the right equipment, kayaks - materials & design, paddles, spray

skirts, clothing, safety equipment, other accessories. Pool session topics: entry techniques, strokes, bracing, wet exit, rescue techniques, safety. Call Suntrail Outfitters 519.935.2478

March 27

Reel Paddling Film Festival

Roxy Theatre, Owen Sound
RPFF showcases the best paddling films of the year from around the world. Sponsored by Suntrail Outfitters. Roxy Box Office: 519.371.2833.
reelpaddlingfilmfestival.com

March 28

Arrogant Worms In Concert

Roxy Theatre, Owen Sound
The Arrogant Worms turn out a seamless blend of words, music and message. Their fantastic stage presence, brilliant lyrics, rapier wit, and tight harmonies have entertained audiences across North America. Roxy Box Office: 519.371.2833

March 28

The Secret Life of Bees

Meaford Hall
This film about the need for love, family and redemption explores our undeniable desire for a sense of belonging and often the daunting journeys that we must navigate to achieve it. 4pm & 7pm. \$10. 1.877.538.0463; meafordhall.ca

March 29-30

Gallery Night at the Movies:

The Reader

Galaxy Cinemas, Owen Sound
In post-WWII Germany, teenager Michael Berg becomes ill and is helped home by Hanna, a stranger twice his age. Stars Ralph Fiennes, David Kross and Kate Winslet, directed by Stephen Daldry and based on the award-winning novel by Bernhard Schlink.
tomthomson.org/movies

April 2-May 18

Springlicious

Village at Blue Mountain
Get up to the Village at Blue to arouse your senses with the annual spring shop-and-savour experience. This annual event showcases dinner menus at our incredible selection of restaurants and a wide range of discounts at our retail stores.
bluemountain.ca

April 2

Wilderness Pleasures:

A Practical Guide to Camping Bliss

South Shore Centre, Barrie
From traditional gear to cool camp gadgets and making bush martinis, author Kevin

Callan will share his philosophical views on why we like to go camping and how to make it more enjoyable and stay out longer. As always he will share more new routes to paddle in Temagami, Algonquin, Quetico and the Kawartha Highlands. 7:00pm to 9:00pm. sojournoutdoors.ca

April 4

Mother Daughter Art Show by Lynda Valcourt and Leslie Davis: opening reception

L.E. Shore Memorial Library, Thornbury
Multimedia art show including stained glass amd portraits. Join the artists for the opening reception 2:00-4:00pm.
thebluemountainslibrary.ca

April 10

Outerbridge: Magical Moments in Time

Meaford Hall
Ted and Marion Outerbridge have combined real life experiences with a unique fusion of magic, dance, and theatre - and the result is Magical Moments in Time. This world-class illusion show has played to sold-out houses and standing ovations across Canada and in Europe. 8:00-10:00pm.
meafordhall.ca

April 19, 20

Gallery Night at the Movies:

The Necessities of Life

Galaxy Cinemas, Owen Sound
An elegiac film that examines Canada's heritage of multiculturalism. Set in the 1950s, an Inuit man, separated from his family and alone, is brought to a Quebec City sanatorium to be treated for tuberculosis. tomthomson.org/movies

April 22

Passport to Restaurant Careers

Beaver Valley Community Centre, Thornbury
Hosted by The Town of The Blue Mountains and community partners, this one-day event is geared to local youth 17-30 years of age, providing the chance to interact with local culinary and service professionals to understand the roles and opportunities in the industry. To register, contact Lisa Kidd: lkidd@thebluemountains.ca; 519-599-3131 ext. 282.

April 24-26

Georgian Sound Festival –

Jazzmania

Thornbury & Clarksburg
The 18th Annual Georgian Sound Festival, featuring Jazzmania Friday, Big Band Saturday, Jazz Brunch, Sunday and Gospelfest Sunday, returns to Thornbury and Clarksburg. The Festival is a three-

day musical weekend offering fabulous jazz, Big Band and gospel musicians and professional swing and ballroom dancers. Ticket Outlets: Stuff to Read, Meaford; Thornbury Pharmacy; Riverside Graphics, Clarksburg, Blue Mountain Music, Collingwood. georgiansoundfestival.ca

April 30

Wilderness Medicine Course

Barrie Canoe and Kayak Club
Introductory, 4-day course focusing on patient care in extreme environments with limited resources. 8:30-5:30pm.
wildmed.ca

May 1-June 21

Persona Volare: EXPO

Tom Thomson Gallery, Owen Sound
Persona Volare is a ten-member artist collective. For EXPO, each member has created a work that is a response to or is in conversation with an artwork from the collection of the Tom Thomson Art Gallery. All are welcome to join us for the opening reception on Friday, May 1, 7 pm.
tomthomson.org

May 2

Bruce Trail Tree Sale

Canadian Tire Parking Lot, Collingwood
9 a.m.- 3 p.m. A variety of coniferous and deciduous trees available, both bare root and potted, 3-4 years old. Proceeds from the sale will be donated to the Bruce Trail Legacy Fund. Info: 705.445.5849.

May 16 & 30

Georgian Triangle Earth Day Celebrations

New Life Church, Collingwood
Saturday, May 16, 7:30 pm: Voices For Nature: The Nylons & Elizabeth May. An evening of song and dialogue celebrating Earth. Saturday May 30, 7:30 pm: A talk by Thomas Homer-Dixon, author of *The Ingenuity Gap* and *The Upside of Down*. 519.599.5461; georgianbayearthdays.org

June 19

The Third Annual Parking Lot Party

L.E. Shore Memorial Library, Thornbury
Dust off your party shoes for musical guests, BBQ, kids' activities and much more. 4:30-late. In conjunction with the Parking Lot Party, the Summer Fun Art Show is an open medium, summer-themed art show calling for your entries. Deadline for Entries: Wednesday, June 3. Opening Reception: Friday, June 19 from 5:00-8:00pm.
thebluemountainslibrary.ca

Taylor Rowlands roosting a new
line in Collingwood, ON.
COLIN FIELD PHOTO

BY LAURA AIKEN

**“In the spring, at the end of the day,
you should smell like dirt.”**

MARGARET ATWOOD

Next Issue: 110 KMPH ON A
SKATEBOARD? WHAT?

HIT UP mountainlifemag.ca FOR ONLINE EXCLUSIVES, VIDEOS,
WEATHER UPDATES, DINING GUIDES AND HOURS OF ONLINE FUN

