

GO! Calgary

September/October 2006

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A Woman's Language

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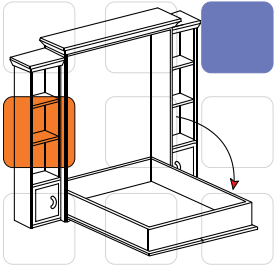
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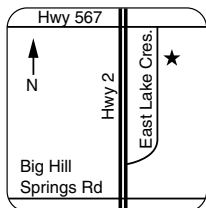
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Our Cover

Jim Playfair skates on to our cover this issue. The cover shot was taken by professional photographer Jody Crawford of Jomac Photography of High River AB.



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Thanks Calgary

/// Cliff Woodrow, Editor



It's hard to believe that Summer is over. It just seemed to fly by so fast. Can't complain however, as we had some great weather. Let's hope the nice weather continues into the Fall and the Winter is not too harsh.

Thanks to everyone who helped make our premiere issue of GO! Calgary a tremendous success. It is our continued desire to share interesting stories and photos about Calgary and its culture. Its appeal is to all who work and live in our great city. GO! is not high end but we are highly interesting. We're not about extravagance living but we are about extraordinary living. We are not about affluence but more about influence. We are more substance than style although we do feel our magazine has both. Everyday people from all walks of life. You may even find your next door neighbour on the cover of one of our issues. In a nutshell – that's GO! Magazine.

We hope you enjoy our cover story on the Flame's new head coach, Jim Playfair and we would graciously like to thank the Flames organization for allowing us to sit down one-on-one with the coach. It's going to be a great season. Inspiration and determination is what you'll find when you read about Brian McGregor in the "Calgary to Austin Pelonton Project - Cancer Warriors" story. We also took a close-up look at what living in a Long-term Care Facility was like as we had the opportunity to

meet with Terry Reindl who resides at the Bethany Collegieside Care Facility in Red Deer. What's it like to sell your car and use your legs, bike and transit to get around? That's what the Tombrowski family did and you can read all about it in our "Urban Camping" article.

We encourage your feedback so please don't hesitate to give us a call or email us your thoughts on what's in this issue or what you would like to see in future issues. It really doesn't matter if it's a local celebrity who lives next door or just a great recipe. It's your magazine and we want to bring together, all the things that make us who we are.

We are also planning a special section in our next issue called GO! Christmas. This is an opportunity for many local businesses to showcase their Christmas products. For details be sure to call our sales department at 403-948-7719.

For all of our other magazines (Airdrie, Okotoks, High River, Mountain View and Cochrane), be sure to check out our web site at www.gomagazines.ca. As each issue is published it is available online for you to read. This includes all back issues.

We also want to thank the local sponsors and advertisers who graced the pages of this magazine and hope that you will continue to support them with your patronage.

We want to hear from you.



Tell us about your favourite section or simply send in a recipe. Write to: The Editor, Energized.ca, Box 5119, 129 Bowers St. 2A, Airdrie, Alberta T4B 2B2 or email: cliff@gomagazines.ca

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Soccer at its finest...

Local Calgary boys represent Canada in France Championships

/// Story by Nadine Gendall



The love of a child knows no bounds. Anyone that has children (and even some that don't) recognize that what we as parents ultimately want, is for our offspring to have the very best, better than we had, of everything. You would donate your left lung to ensure that they have every opportunity to become all we see and hope for them. The unlimited time, money, energy, love and support that we exercise (not to mention patience and understanding) are all so that they can fulfill dreams of becoming singers, basketball stars, hockey players, actors or whatever it is that they pour every ounce of their being into. The things we do for our children we do with a smile because we know that somehow, somehow the efforts will be fruitful. Rodly and Glenna Point Du Jour and Joe and Gemma Poletto know exactly what it takes, what it means to stand behind your child and support their every effort. Their sons are the only two Albertans to make it onto a 14 member soccer team that gets to compete in France. The most amazing thing about this is that their sons play on the same team!

Vito Poletto (striker) and Dominique Point Du Jour (defense) help make up the 14 member team that will represent Canada in France at the Danone Nations Cup where not only do they get this once and a life time opportunity to play in such a league but they get to do it in front of Zinedine Zidane, the other major sponsor of this event. These two boys have something to be so very proud of as they were picked from among 5000 kids that tried out across Canada. This opportunity is rare, more than you can even imagine because you see they have literally one year to try out. In order to participate you have to be between the ages of 11 and 12 so if you don't make it the first time you try you won't ever have the chance again.

I wondered what it must have taken to make it, but I only wondered as far as the Polettos' front door. It takes family, it takes unison, it takes sacrifice and it takes support, all of which exuberates from the parents of these two talented young men. From the moment I was welcomed into their home I knew the passion these families had not only for soccer but for their children. These boys practice 5 times per week and this usually does not include games. They eat, breath, live soccer and they love it. But that also means that the parents do too! Joe states "most days I have to leave work earlier to make it to Vitos' practice which means that I pick up work afterwards and work until well after midnight." As we sit down to the best Italian cooking I have ever experienced, the boys can only sit for so long before they head outside in the backyard (one that they took the lawn mower to and made into a make shift field) and play soccer. Rodly says "I was wondering how long it would take them to head out their."

When I asked Joe (Vito Poletto's Dad) how he thinks it came to be that both boys made it, he states that truly it is the dedication of Munib Koric, the boys coach. "Munib even calls them at night if they have gotten hurt and checks to make sure that they are

okay and that is dedication" says Gemma Poletto, Vitos' Mom. I had to know why he was so dedicated and he begins a story of his own. He embarked on his journey of professional soccer in 1985 and continued playing at this level until 1996. He played with many different teams throughout his career until he finally moved here, where he began coaching. He kept at it but found that he was limited in what he could teach and as such his frustration mounted. Finally he threw all caution to the wind and started his own academy in hopes that it would allow him the freedom to do what he does best - coach. I inquired as to what he felt the main difference in his academy in comparison to where he was previously and he simply stated that his academy teaches European soccer. "The Golden Goal Academy" began with only three players, three short years ago, and has now blossomed into a 7 team empire. Rodly Point Du Jour states that he was scared when he first made the switch to which Joe added "Munib just told us "Don't Worry, you worry too much, just trust me." These two families are never happier at having done just that!

As the boys embark on their amazing journey we wish them all the best of luck but know in our hearts they won't need it - they have talent! Although it is not televised here I silently find myself chanting "GO! Canada GO!" as I think about them and all they and those that love them dearly have sacrificed to achieve this astonishing achievement. No matter what the outcome is, they come home winners.

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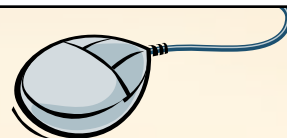
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Urban Camping

/// Story by Anna Wilson

With all of the current housing increases in Calgary, people are finding themselves at the mercy of the city. Cost efficient lifestyles have become a new trend in order to keep up with the tendency of the market. Maintaining the modern standard of living is proving to be increasingly difficult and harder to sustain in our expanding economy.

That's why Peter and Andrea Tombrowski were ahead of the game when they sold their one and only vehicle in order to rid themselves of an \$8,000 debt. A family of four, the Tombrowski's now look back at their seven solid years of walking and riding the bus and C-Train as a major accomplishment. Andrea describes it as, "freedom," when many of us car-inclined citizens wouldn't know what to do without one.

"We're free to make choices that mean something to us, rather than just being plucked up in the race of it all," says Andrea.

The freedom this family practices is impressive at the very least; since they primarily rely on their own two feet to get around, with city transit secondly. Anywhere from 1 to 10 km can be taken on in a day, with the weekly Costco trip averaging 6 km, there and back. Even though they rarely take the C-Train, they do find it to be a "reliable, clean and efficient" mode of transportation.

Tackling their daily and weekly tasks such as grocery shopping, commuting to work and visits to the mall and doctor seem to instantly take on new meaning. Instead of viewing transporting themselves as a chore, this young family sees it as a "slower, simpler and more purposeful and peaceful," way to live.

Most of the necessities are within a five mile radius to the Tombrowski's house in the southeast neighborhood of Fairview. The first grocery shop Peter accomplished is perceived as a "mind-boggling accomplishment," when he trekked to Co-op and back with a 20 kg (44 lb) backpack. "Over the past seven years, we have been pushing our mental and physical boundaries," states Andrea.

Instead of just experiencing this journey by themselves, the Tombrowski's wrote a book on their testament to living life without a vehicle entitled, "Urban Camping." They felt this title was appropriate given their excursions are relatable to an actual camping trip. "We need to be resourceful, creative and exhibit mental and physical hardiness to get the most out of the experience."

Hence the bundling and layering during the winter months when Gore Tex jackets, proper head gear, gloves, mitts and boots are not taken lightly. Winter traveling adds to the weight and bulk of the trip but doesn't deter them from engaging in their daily commute.



Their website, (www.urbancamping.ca), has a webpage dedicated to "The Art of Walking," describing anything from the gear you should wear to how to prevent one's self from pain and injury when taking on the city by foot. Their website also points out that while their lifestyle change may be directed towards the environment and instilling values into their children, "simplifying their lives" has proven to speak louder than words. They feel their example is meant to "desire to inspire and empower people to become more physically active, less vehicle-dependent and more competent in meeting the challenges of everyday life."

Andrea feels the worst part of their seven year journey has been people's pre-conceived notions that they "must be crazy to live without a vehicle. We believe we're often viewed as being poor, incompetent, and

someone to be pitied," exclaims Andrea.

Since the sale of their truck, this young family has created financial options directed towards self-initiated projects such as investing in a new computer. Ventures such as writing *Urban Camping* has brought them much more joy than paying for car insurance and gas ever could. "We knew that if we were going to sell the truck, then it would be a very long time before we would ever be able to afford a vehicle again," says Peter. "We were prepared to be in it for the long haul."

When asked if they would ever go back to being dependant upon the means of a vehicle, their swift answer is always "no." The two have no plans of buying one any time in the near future. "We don't need it," say the Tombrowski's. "Our experience is simply too rich without one."



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Long-term Care Facilities... A Closer Look

The thought of having to put a loved one into a long-term health care facility is probably one of the most difficult decisions for an individual or family to make. I remember having many heart wrenching discussions with my Mom about what we were going to do about my father who suffered from Alzheimer's. This was in the late 1990s when it was becoming more difficult for her to care for him. We never had to make that decision as he passed away in 2001 but the thought of not having Dad living at home was not one that we wanted to see happen.

These types of decisions are being made everyday across Alberta and indeed across our great country and the number one concern in making this decision is that our loved one is going to be looked after with love, compassion, dignity and respect. When we put someone we love into the hands of others we want to make sure that they are in a safe, healthy and structured environment. That their physical and emotional health and well-being are going to be looked after.

There are several different kinds of long-term care facilities each providing different levels of medical care, personal assistance, programs and support services. These would include...

Assisted-living facilities which usually provide private, apartment-style housing and offer a range of services. **Residential care facilities**, which include board-and-care homes, retirement homes, and foster care homes, typically providing a greater level of supervision than assisted-living facilities. **Continuing-care facilities** which provide skilled nursing care up to 24 hours per day. All aspects of care are provided, including medical attention, medicine, housing, meals, laundry, help with personal needs (such as dressing, bathing, and using the toilet), and other support services. Hiring health professionals or other caregivers to provide around-the-clock care in the home is another option.

To get a close-up look at what living in such a facility was like I recently had the opportunity to meet with Terry Reindl who resides at the Bethany Collegeseide Care Facility in Red Deer. Terry suffers from Multiple Sclerosis (MS) which is an unpredictable, often disabling disease of the central nervous system — the brain

and spinal cord. Terry has virtually no use of his legs, arms and hands so as we walked into his room he was using his computer which he does with an infrared device attached to his forehead. He explains that he can type about 25 characters per minute so he usually isn't too longwinded when sending emails.

Terry grew up in Alberta, having moved here with his parents when he was 14. He worked in the Oil patch for many years with his close friend Gord Westwood, who operated a Geophysical Surveying business. Terry also owned and operated a restaurant, gas bar and campground in Boundary, Alberta with his brother, Dennis. Terry loved to hunt and was an avid outdoorsman so when he discovered in 1987 that he had MS things started to change. "I remember I was doing some survey work and woke up one morning and my left side wouldn't wake up." said Terry. "That was first indication that something was wrong but it wasn't until later that I was diagnosed with progressive MS."

Over the years Terry's condition worsened, to the point that in 2000 he moved into a long-term care facility in Innisfail. "I came here to Collegeseide in 2003 because I was led to believe that they would be better able to meet my needs," said Terry. Terry explains that on the floor of the Collegeseide facility that he lives, all have some sort of physical disability but no mental illnesses like Alzheimer's or Dementia. "I came here because in the previous facility the majority of residents had these types of illnesses so the care was more oriented to looking after these people. We also have people here who have mental disorders but not on the ward where I live, so I expected the care to be more of what I needed."

One of the things that was appealing to Terry about Collegeseide is that it is adjacent to Red Deer College and there would be interaction with students. This is actually mentioned on the College's web site. *'Its unique home-like facility (Collegeseide) provides opportunities for students from the departments of nursing and rehabilitation, performing arts, humanities and computers.'* As Terry shares, this has not really been the case since he moved in, and although he has had some

visits from students it is nothing like he expected. "There is a lack of stimulation for sure," said Terry. "It's almost like the whole long-term care system that is being provided is for people that already have one foot in the grave. That may sound cruel but that's the way that I see it. They keep people clean and washed but that's about it." Terry informs me that he only gets a bath once a week.

One of Terry's main concerns is the staff shortage at the facility. "I'm not sure why but there seems to be a revolving door with regards to staff," said Terry. "I see new staff coming into the facility and I might see them once or twice and then they are gone. Every week there is somebody new."

Earlier this year families of residents that live at Collegeseide formed a support group (Autonomous Resident & Family Support Group or ARFSG). The purpose of the group is to inform, educate, explore concerns, share ideas and act on issues which will help see positive changes at Collegeseide, thus enhancing the environment and quality of life of the residents.

Obviously there are many long-term care facilities around Alberta and across Canada. This story is just about one of them. If you have any comments about your experiences regarding other facilities please get in touch with us. What goes on in these facilities is not just for the families of residents, but for all of us to reflect on, and if need be, get more involved. There may come a time where you or a loved one may have to consider moving into such a facility.

/// Story by Paul Oldford



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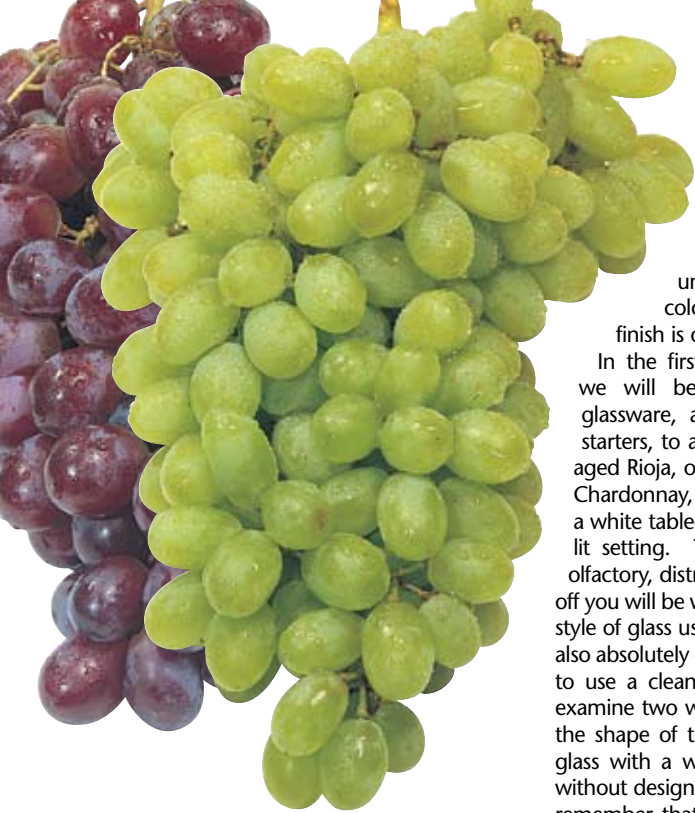
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Wine Tasting Tips

Part I

/// Story by Johanna Kraemer

In this month's issue we will be discussing an introduction to proper etiquette when tasting wine. We will be covering the first basic steps of wine analysis including the proper conditions in which to "taste" wine, the glassware, and the visual address of the wine. Although wine may be enjoyed on any occasion and in any setting, there comes a

time when just drinking wine is no longer sufficient. This is the point at which you want to truly appreciate the intricacies and character of the wine. Fortunately, a sophisticated and educated understanding of your wine's color, legs, nose, bouquet, and finish is only two articles away.

In the first part of this two part series we will be discussing proper setting, glassware, and visual examination. For starters, to appreciate the deep reds of an aged Rioja, or the hearty straws of a chilled Chardonnay, it is best to examine them over a white tablecloth or napkin in a clean, well lit setting. The less visual, auditory, and olfactory, distractions in the room the better off you will be while examining the wine. The style of glass used during your examination is also absolutely crucial. Obviously it is essential to use a clean glass, and never to taste or examine two wines from the same glass, but the shape of the glass is also important. A glass with a wide bowl and narrow mouth without designs is essential. It is important to remember that white and red wines require glasses of different shapes, preferably using a more fluted glass with whites while using a deeper, stouter glass for reds.

Now that we have addressed these issues, it becomes important to note that when examining wines, their accompaniments must also be of a particular type. Strong cheeses, meats, and breads are not recommended as your palate, the most important tool in your arsenal, is easily affected by strong tastes. Light cheeses, crackers, and possibly some meats or chutneys are acceptable. Curries and other spices are also not recommended. It is important to note the accompaniments while tasting wine as cleansing your palate with water or light snacks between samplings is needed for proper comparison.

Now the stage is set for your perfect wine experience and its time for the fun part. It is important to remember that you are "tasting" the wine now and this means, unfortunately, that you only pour a small amount of wine into the glass. A smaller

amount, approximately one third of a glass, allows you to swirl the wine within the glass and examine the smells and colors more acutely. A wine tasting typically begins with an examination of color. Begin by tilting your glass so as to stretch the wine nearly to the lip. Is the wine clear and free of sediment? What color are the edges of the wine? Thin or light wines may appear clear at the edge when young with color advancing to the edge in older wines. A brown or rust color on the edge is indicative of a well aged wine, while purples and reds tend to show youth in red wines. These subtle shifts in color can provide a great deal of information about the wine and what to expect when you smell and taste the wine.

After examining the color on the edge grasp the glass by the stem and begin to swirl the wine slowly, for beginners it is often helpful to place the glass on a table and move it in a circular motion until you are able to control the swirl. While you are swirling the wine take note of the color as it appears in the body. A heavy-bodied red wine will be nearly opaque to look through, a characteristic which also increases with age, while a light bodied wine will still allow light to pass through the body. The same is true for white wines, though they will never be opaque, a heavy, older white will have a deeper color than a light, young white. After swirling the wine to examine its body it is also important to examine the "legs" of the wine. The "legs" are the streaks which appear to flow down the sides of the wine glass once you have stopped swirling. "Legs" which appear quickly and are thin indicate a light wine, with a lower alcohol and/or sugar content. A well aged red may take several seconds for "legs" to appear. These long "legs" which descend slowly indicate a full-bodied wine with a high alcohol and/or sugar content. This concludes part one of the guide; make sure to watch for part two next issue when the nose, taste, and finish of the wine will be explained.

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Wine and Beer making Holiday Guide

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Sprott-Shaw Community College Taking students into the 21st. Century...

Always striving to offer the right programs based on the needs of the community, Sprott-Shaw designed programs to retrain military personnel after World War II. The training included Morse Code, Radio Broadcasting and Aviation. The college established a broadcast station for the school which was formerly known as CKMO, and is now 1410 CFUN. The legendary broadcasters Jack Cullen and Ernie Rose were graduates of the school and many well-known students including world renowned Artist Emily Carr spent time with Sprott-Shaw on their journey towards accomplishing their dreams.

In 1964, Ernie Henderson, of Henderson Colleges, bought Sprott-Shaw and was the owner until his death in 1974. The Victoria school was then bought by Commander Robert N.G. (Bud) Smith, who operated it until 1988 when Terry Hackett purchased the school. But the real growth truly began in 1991 under the leadership of Dean and Sherri Duperron. With their vision and tremendous determination, along with highly trained staff, the college has grown to over 25 locations across the province of B.C., Alberta and internationally, including the Middle East and Asia.

One of the newest campuses in Calgary is located on McLeod Trail SE. This location was opened about 2 years ago and there are also two other campuses in Edmonton and Red Deer. According to Bev Sillito, Regional Director for Alberta, the Calgary campus is somewhat unique in that in addition to offering the traditional Business and Healthcare programs they also have a Digital Animation and Digital Media Arts programs. "They are two very exciting offerings for our students as there are so many career opportunities in film, video and computer graphics," said Bev. "The demand for this type of work is rapidly expanding everywhere."

Jason, Admissions Advisor at the college, explains that the students who enter the Digital Animation course are trained to work in the movie and film industry. "We cover both

classical and digital animation," said Jason. "Classical teaches the students the basics of drawing, storyboarding and other fundamentals that have been around for many years. Once they've completed classical they move into digital animation using state-of-the-art Maya Software where they learn to take their drawings and storyboards and transform them into 3D computerized animation." Many of today's animated movies and video games use this technology and in a rapidly growing market for this type of talent it's easy to see why more students are looking to enrol at the college.

The Digital Media Arts program offered at the college covers many of the fundamentals for students who want to work in the graphic arts field. This includes learning to draw with programs like Adobe Illustrator, photo manipulation with Photoshop, page layout and design with Adobe's InDesign software as well as web site design, video production and DVD authoring. "We bring in industry professionals to evaluate and assess the student's work," explained Bev. "This not only helps the students but also helps us with the content of the program and together with our Advisory Board ensures that we are current with what is going on in the industry." Upon graduation the students have a complete print and interactive CD portfolio as well as their own web site. "These are great tools and for many of our graduates they can start doing contract work immediately," said Jason. Bev explains that in fact many of the students work on related projects for clients at home while attending the college. Both the Digital Animation and Digital Media Arts courses are one year programs.

Although the digital courses are a hot bed of activity at the college they also offer Business Programs, such as Advanced Business Management, Professional Business Management, Marketing and Sales Essentials and Computer Business Skills. Depending on which program you choose the course length



Not too many colleges have been around for over 100 years, so it stands to reason that you must be doing things right if you've got that kind of a historical perspective. Sprott-Shaw Community College has been a leader in education since 1903 when Robert James (RJ) Sprott became partners with William Henry Shaw of Shaw Colleges and they opened the first Sprott-Shaw school, called Vancouver Business Institute. In 1913, RJ Sprott and James Beatty opened Sprott-Shaw College in Victoria, which has been in continuous operation since its opening. The college survived economic recessions, two World Wars and the Great Depression, all making its foundation stronger for today.



/// Story by Paul Oldford

is anywhere from 25 to 45 weeks.

For students interested in Healthcare the college has a Retail Pharmacy Technician course as well as a Community Support Worker – Assisted Living and a Community Support Worker – Social Services course. There are also two Administrative Programs; Business Office Concepts and Administrative Assistant..

Lisa is one of the college's advisers and as we take a tour around the campus, Lisa points out some of the student's artwork which is proudly hanging on the walls. We get to meet some of the students and their instructors who are eager to show us some of the projects they are currently working on.

The modern campuses of Spratt-Shaw now train over 4500 students each year. All locations feature small class sizes, qualified instructors, hands-on training and a friendly, appropriate learning environment for adults of all ages. During the past century, Spratt-Shaw Community College has built a solid reputation with both the private sector and government. This reputation is based not only on training excellence, but also on Spratt-Shaw graduates' enviable record of securing successful jobs after training. In all cases, the College's goal is to help students to obtain employment at the conclusion of their studies and to open the door for life-long learning.



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GO! Flames GO!

A GO! exclusive interview with
Flames Head Coach

Jim Playfair

/// Story by Jeremy Freeborn



Photography by Jomac Photography



Heading into this year's NHL season, there will be a new head coach for the Calgary Flames, Jim Playfair. A new coach, but make no mistake about it, many of the team's defense-first philosophies will stay status quo. Former Head Coach, and still General Manager Darryl Sutter will remain a key influence in the Flames' day-to-day on-ice operations. Playfair, a native of Fort St. James, British Columbia, played 21 games for the Oilers and Blackhawks in his brief NHL career and has been no stranger to the professional hockey coaching ranks. His resume includes three years as head coach of the St. John Flames of the American Hockey League, where he led the Flames to the 2001 Calder Cup and the last three years as an assistant with the Calgary Flames, under Sutter's tutelage. Below, is the in-depth conversation I had with the new bench boss of Calgary's most renowned professional sports team.

Q: Jim, you are about to enter the most challenging position you've had in your professional hockey coaching career. What assets do you think you have personally, that will make the Calgary Flames a successful hockey team for the 2006-07 season and beyond?

A: "I think my ability to motivate people and my passion and desire to compete to win are two of my strengths that I think will be a huge benefit for us".

Q: Even though you've never been a professional head coach in the National Hockey League before, you have had 14 years of coaching experience. From your years at St. John, Michigan, Dayton and as an assistant in Calgary, just to name a few, is there anything specifically you learned from your coaching experiences before that will help you in your new position?

A: "The important consistent details of coaching are not to get too high and not to get too low. I think it is really important to have a real clear vision of where you want to

get to and get a real clear message across to the players. It is also important to maintain the identity of the hockey club consistently. I think those are the real strong details that allow a team to be successful for a long period of time and I think over the course of my coaching career, I've really understood that".

Q: In the press conference, where the franchise announced your new position, General Manager Darryl Sutter stated he thought he had made a mistake, and was a little disappointed he didn't hire you a year earlier. What are your personal thoughts on this matter, and do you feel that you are more prepared now than last year to take on this new role?

A: "I don't think Darryl made a mistake. I think the big thing is that the experience I gather over the years is valuable and is going to help me become the best coach I can possibly be. So I think when you look forward to where we are now, I think the path I've taken is the best path for me and I think the guidance and advice from Darryl (Sutter) and (team president) Ken King will be valuable going forward."

Q: What changes in terms of coaching style and overall philosophy will be different or the same compared to Sutter? Are there some similarities?

A: "The changes are going to be I think in personalities of Darryl and I. I think that's where it ends. I think beyond that the defense-first mindset, the hard work-ethic mindset, all those details of what it takes to win every night, the preparation, those things don't change, no matter what. That's the main focus of our coaching staff."

Q: The city of Calgary loves hockey, and there is a lot of pressure from the community for the team to be successful. Does any of the civic pressure to return to the Stanley Cup Finals, as in 2004, concern you?

A: "The deal was for seven years so the

expectations weren't very high around here. I think in going to the Finals and winning the division, the expectations are being pushed up to a level now where we're better prepared and better equipped. When you put together a top end team the expectations to win are excellent and that is exactly what you want. It's more about the step-by-step process (from) day one of training camp towards that end result of winning the Stanley Cup."

Q: In your playing days, you played 2 games with the team that drafted you, the Edmonton Oilers. We all know about the provincial rivalry that exists in this hockey-crazed territory. Does it make it a little bit awkward that you have been part of both sides of the rivalry?

A: "No, not at all. I clearly understand the battle of Alberta and obviously the importance of us beating Edmonton every single game we play them is a top priority for us. It's not awkward at all. It's about getting points out of each and every game, especially against Edmonton."

Q: On the ice, the team suffered a bitter disappointing loss to the Mighty Ducks in last year's Western Conference Quarterfinals. The feeling by many was that the team didn't have enough offense to go deep into the playoffs. With the additions of Alex Tanguay from Colorado and Jeff Friesen from Anaheim, do you think the club has addressed the problem?

A: "First of all, I think our team is obviously based on defense and I think with our goaltender (Kiprusoff) winning the Vezina Trophy and only giving up 200 goals, we did a really good job of playing to our identity. I think the ability for us to create more scoring chances and to finish more scoring chances is obviously what we're always trying to improve upon. Obviously the addition of the players is important, but also the development and growth of making sure we'll still put ourselves in position to win every night by playing defense is really important. The funny thing is what do more goals mean? (If you) get more than the opposition, you win. So, I don't know if the feeling is you have to score 285 goals to be a good team, and give up 200. So, for me it's not about as opposed to scoring more goals but win more games and I think we can do that with the mindset of our organization."

Q: Is there going to be more pressure on Jarome Iginla to score?


A: "I think it's not about putting pressure on one player to score, it's about putting pressure on our entire group to be strong defensively and create more scoring chances. From that mindset, we will be able to create more scoring chances. That's the mindset of our organization. It's not about Jarome

scoring more goals, it's about our team playing to our identity."


Q: Heading into the season, what are your personal goals for the hockey club? What would you consider a successful season for the Calgary Flames?

A: "First of all our personal goals are obviously to be coming out of training camp in excellent and physical, mental condition. It's important to re-establish our identity, to re-establish respect in the National Hockey League, to make the Saddledome the toughest place to play in the National Hockey League. Our next goal is to make the playoffs, and from there we can make a heavy push toward our ultimate goal of winning the Stanley Cup."

With all the excitement building around another hockey season in Calgary, the pressure will be on for the Flames to compete at a very high level. Jim Playfair will constantly be scrutinized and second guessed by a million Flames fans in the city. However, this rookie head coach is extremely knowledgeable about the direction that he wants to take the Flames. In staying even keel, and not moving very far from the team's identity and philosophy, Playfair will be an instrumental part in the Flames' overall success this season and beyond.



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PROTECT YOUR COMPUTER AND DATA

/// Story by *Diane Henders*

Remember how the “electronic age” and the “paperless office” were going to make our lives so much easier and more productive? To some extent, that has happened – at least until the day your computer quits or your data gets lost or damaged. Then it seems more like purgatory than paradise!

Here are a few hints to help keep your system running smoothly:

Back up your data, including your email and calendar. How much data can you afford to lose and then re-enter piece by piece, before your business grinds to a halt and/or you rip out every hair on your head? A day? A week? A month? Whatever the answer is, that’s the maximum amount of time you should have between backups for your critical data. There are many different ways to back up data, and backups don’t have to be complicated. You should also consider whether your biggest fear is a computer crash, or a fire or break-in. If you’re concerned about catastrophic events like fire, you should store backups off-site.

Save your work regularly while you’re on the computer. Crashes can happen due to power failure, computer problems or human error. If you get in the habit of saving your work every few minutes, you won’t have to redo as much if your computer crashes.

Don’t panic – check your recycle bin. When you delete a document, it goes to the recycle bin on your computer before it is permanently deleted (unless you delete from a network drive). For Windows computers, double-click on the Recycle Bin icon on your desktop, then right-click on your document, and select Restore from the popup menu.

Always use the correct shutdown procedure to turn

off your computer. For Windows computers, click the Start button in the lower left corner of the screen, then select Shut Down. If that doesn’t work, you may have to push and hold the power button on your computer to shut it off, but you should only do that if you can’t use the Start button.

Restart your computer if you’re having problems. An error in one program can drag down the performance of all your programs. If everything seems to be slowing down, or if you’ve gotten an error such as “This program has performed an illegal operation”, shut down your computer (using the correct shutdown procedure), and then restart it. This frees up your computer’s memory and lets it start fresh.

Buy a combination UPS (Uninterruptible Power Supply) and surge protector for your computer. Surge protectors alone will protect your computer from power spikes, but sags or “brownouts” can do just as much damage. A UPS contains a battery that keeps power steady, and usually costs under \$100. The extra benefit to using a UPS is that if the power fails while you’re working, your computer won’t quit right away. You usually have about 10 minutes of battery power, so you can save your work and correctly shut down your computer.

Computers are wonderful – when they work! These simple techniques can help save you time, expense, and frustration.

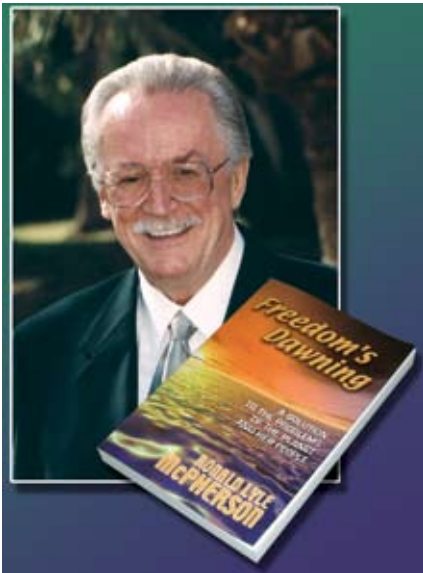
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/// Story by Ronald Lyle McPherson

Our minds are trained to look for proof of something before we accept it as a fact. This has been a big stumbling block for many people in their ability to accept the possibility of the existence of God.

Modern technologies such as the cell phone, computer and Internet allow us to tap into tremendous volumes of information. It also provides a means of simultaneous communication involving billions of people. All of which gives us an insight into how our access to God is possible — assuming you believe there is or might be a God (or whatever name you prefer) or hope there is.

Religious leaders teach us that we should have faith in God. But maintaining this faith can be challenging for many of us, especially when we encounter personal traumas or when we see the horrendous atrocities repeatedly happening in our world, whether occurring naturally or man made.

Some of us with a faith in God have on occasions experienced an answer to our prayers. This of course helps strengthen our belief that God exists. But what about all those people whose faith has waned or dissipated entirely because they haven't perceived their prayers as being answered? And what about all those who simply do not believe there is any such thing as a God?

Many of us, including me, have found it next to impossible to logically comprehend

how a God could listen to every person on Earth at the same time, let alone every entity in the Universe. As for God to be available to converse with each entity simultaneously, well, that's really mind boggling, as is the magnitude of the Universe itself.

Not too many years ago, when we didn't have telephones, radios, or TV's, the only methods of communicating that people knew about were the spoken or written word, pictures and visible signals such as flags, light and smoke. At that time people could not possibly have believed there would be any other way to converse. Oh, to be sure, there were Seers, spiritualists and psychics that indicated they had a heightened ability to communicate on a mental or spiritual level, but few people believed in such capabilities.

Then in 1876 along came Alexander Graham Bell with his invention of the telephone that enabled people to talk and send Morse code signals over a wire. Following soon thereafter (1901) Guglielmo Marconi succeeded in receiving the first, through the air, trans-Atlantic radio signal at Signal Hill in St. John's Newfoundland. As a result of these two inventions people could now communicate and transfer information at speeds previously unimaginable using methods never before dreamt of (except perhaps for those few people throughout history who had exceptionally perceptive abilities such as Nostradamus).

Now we have cell phones, BlackBerries, satellites, global positioning, and computers, all of which have expanded exponentially our communications capabilities. Once again we are believers in a new way of conversing with each other that here to for was thought impossible.

From oral to visual to wire to air to satellite, each previously unbelievable progression in the means of communicating resulted in profound changes in people's belief systems — especially when they experienced for themselves how these spectacular new systems worked.

But the Internet is what presents us with the logic needed to take the next quantum leap in coming to believe that God can actually be present at all times for all people — and that you can converse with Her/Him whenever you want.

Before the Internet came into being, who would ever have thought that a person could connect into so much information so rapidly so easily, or that it could be available in so many places to so many people at the same time. Once we understand the amazingly broad availability of the Internet it is merely a logical progression to wrap our minds around the possibility that a Supreme Being (God) could be everywhere at all times. But, of course, many of us would still like to have some "proof" that God exists.

Well, lets take it a step at a time.

If you already believe that God (or whatever name you prefer) exists go to step 2.

Step 1. For those of you who don't

believe God exists but never the less would like to test the waters, this first step is of key importance. Have you ever heard that for something to come into being it must first be visualized? It's true. So, if you would like to experiment why not give it a try — what have you got lose? Visualize that God does exist, is present everywhere, and that you can access Her/Him whenever you want. It doesn't matter how you visualize what God is or looks like, your concept will undoubtedly change as you continue along.

Step 2. Find a quite space, sit comfortably, relax and think about what you would like to talk about with God — any topics, any questions, any comments. Maybe you will hear God reply or maybe not. As with any new skill you need some practice before becoming proficient. How much practice depends on a multitude of factors, but with a bit of consistency, perseverance and determination success will be yours.

Step 3. Once you Go God and make contact try having a conversation with Her/Him. Again, as with all things new it will probably take you a bit of time to get the hang of this type of exchange. At first it might be a one sided conversation with you doing all the talking, but keep practicing and make sure you listen as much as you talk or maybe more. You will be amazed at what can flow from these experiences.

Step 4. It is up to you what you do with the information you receive.

With the quantum leaps in communications that we have seen in the last hundred plus years — from sound and sight to wire to air to satellite — logic tells us there will be more huge advances in our future. What will the next big jump be? Although not overly common, mind to mind communication already takes place for some people. Undoubtedly this capability will accelerate for multitudes more in the future. But, for the betterment of our Planet and its people as well as our Universe, lets hope and pray that the next gigantic step in communications will be individual conversations with God by all people.

Go God, live in peace, love, have fun, enjoy.

Ronald Lyle McPherson is the author of Freedom's Dawning: A solution to the problems of the planet and her people (order your copy at www.facilitism.com) an enlightening new book that outlines how our societies can function for the benefit of all WITH NO TAXES utilizing a newly conceptualized system called Facilitism. Ron, a Chartered Account for almost 50 years and an International Business Consultant can be reached at ron@facilitism.com

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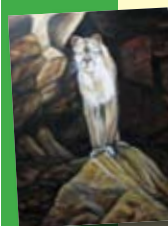


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Staph Infections Breed In Sports Equipment!

/// Story by Craig McLeod

Staph Infections are becoming an increasing problem in the world of amateur and professional sports. Researchers have discovered an unbelievable amount of bacteria residing within sports equipment. This unclean equipment, which is covered in mucus, sweat, blood, and dead skin, provides a prime breeding ground for bacteria, fungus and mould. This leads to infections so severe that children are becoming critically ill and in some cases dying as a result of these infections. This issue has been ignored until recently, when Staph Infections were traced back to the deaths of some American high school football players. The only common factor in their deaths; they all shared poorly cleaned sports equipment!

What is a Staph Infection?

A Staph Infection is the result of skin exposure to the dreaded bacteria Staphylococcal Aureus. This bacterium can cause skin infections such as pimples, boils, and/or infected wounds. It can also cause more serious, potentially life-threatening bloodstream infections and pneumonia. "So how does this affect my child?" you may be asking! Research has shown that the risk of an infection significantly increases when a child has been in contact with contaminated sports equipment. This has turned into a serious issue for players, coaches, parents, and school administrators.

Who Needs To Be Aware Of This and Who Should Take Precautions?

Without question, leagues and organizations that are responsible for their own equipment need to be aware of the health risks. (ie: schools, hockey & football programs, lacrosse, ringette, etc) This is especially important where the equipment is passed on from one person to the next, year after year. Craig McLeod owner of Calgary Sport Wash Centre says "the most important

thing a parent can do for their child, is to have their equipment cleaned." He goes on to say "Many parents ignore the stench and just chalk it up to being part of the game. However, parents need to ask themselves "What is causing this equipment to stink?" They will then realize that there's much more at stake. There's a health risk involved."

What is Being Done To Prevent The Spread Of This Disease?

Unfortunately, not much! Parents need to take action when it comes to their child wearing dirty, contaminated equipment. Equipment worn by others and then not properly cleaned is like having your child sleep in a hotel bed where the sheets weren't changed between guests! Would this be acceptable to anyone checking-in to a hotel? Of course not!

What Can I Do To Protect My Family?

PREVENTION is the key when it comes to eliminating the risk of being exposed to Staphylococcal Aureus. No one thinks it will happen to them until it does. There have been several recent cases of Staph Infections right here in Calgary and if you need more information on what you can do to prevent this from happening to your children contact Craig McLeod at Calgary Sport Wash Centre. They utilize the patented Esporta system, which has been developed specifically for cleaning, sanitizing and deodorizing sports equipment.



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ALBERTA PONDERES ALTERNATIVE METHODS FOR OIL RESOURCES

Inevitable depletion of supplies could put us in the world's spotlight

/// Story by Anna Wilson



At the rapid pace that North Americans abuse the irreplaceable amount of oil resources left on our continent, the path to our own demise is not hard to fathom. The detonation date has not yet been set, but it's been estimated by geologists and economists that we have anywhere from five to 30 years before our restricted supplies diminish.

In an article in the September issue of National Geographic 2004, it shows the U.S. consuming as much as a quarter of the world's oil. That translates into about three gallons per person every day.

A cool 85 million barrels of oil are burned a day throughout the planet that cannot be replaced. With the cost of gas remaining at an affordable price, there's no obligation to conserve resources. The average consumer doesn't dare think twice about preserving supplies...yet.

These trends correlate with the Hubbert theory, (also known as the peak theory), which was named after the geophysicist who created it. Proposed in the United States in 1956, the theory predicted oil production peaking between the years of 1965 to 1970, followed by a steady decrease. The bell-shaped curve prediction proved M. King Hubbert right when production slowly increased, peaked in 1971, and is now on the steep decline. Thus forecasting the availability of oil in the U.S. will be drained by the year 2050, hence the need for preventative measures and other alternatives.

Clayton Thatcher, geophysicist with Encana, says many oil companies have already begun to plan ahead based on these developments.

Thatcher explains that, "technical advances are in effect to mine oil and natural gas from known accumulations that were formerly deemed uneconomic but have vast reserve bases associated with them."

Thatcher seems confident that when faced

with the need for alternative methods the resilient human will prevail. Currently the Oil Sands Discovery Centre in Fort McMurray, Alta, possesses the biggest oil sand reserves on earth. The Alberta Energy and Utilities Board claim that the province contains between 1.7 and 2.5 trillion barrels of non-conventional oil. To put our untouched supplies into perspective, Saudi Arabia is in second place with 261.9 billion barrels.

Thatcher says advances such as enhanced oil recovery methods are not under dispute whether they exist, but whether the oil can be extracted economically.

"These play types have essentially started to transform the oil and gas industry," says Thatcher. "The concept is only in its infancy and is in comparison with conventional prospects." Thatcher explains that Alberta has already analyzed the means for such projects and knows that since they're so large scale, they will require huge up front capital costs. He says that B.C. is also growing accustomed to the reality of the industry and is allowing companies to drill for more well locations.

As much as the two provinces plan ahead against the depletion of oil, the quantity of resources is dependant upon the demand. "The reaction to the demand will take considerable amounts of time," says Thatcher. "It is more of a long term trend than an instant outcome."

With more than enough oil to go around, and the evaluation of alternative methods being put into consideration, it's possible that the rest of the world will rely on the province when resources are scarce. Thatcher is convinced that current resources "should be enough to fuel the world's need for a long time to come."

"We're already the largest importer of fossil fuels to the United States and they will only turn to us more in the future," says Thatcher.



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Calgary to Austin Pelonton Project Cancer Warriors

/// Story by Nadine Gendall

As I sit in a popular coffee shop waiting to meet Brian McGregor I ponder what it means to be a cancer survivor. I think about what it would be like to sit there and hear a doctor tell you that the biopsy they just performed was cancerous. I wonder how, if it was me, I would begin to tell my family, my kids the devastating news. All of these things that I wonder about, Brian has already lived through. He has gone there and returned, using his experience to ignite his personal fire. A fire that fuels his passion and helps him to inspire what CTAPP (Calgary to Austin Pelonton Project) calls Cancer Warriors rather than survivors because to everyone at CTAPP, that's exactly what they are.

I finally get to meet Brian and hear his story. He explains that it began with his wife buying him the Lance Armstrong book "It's not about the bike". This peaks Brian's curiosity and he decides to do a self examination. Low and behold, he finds a lump in one of his testicles. Even though he knows that he is not in the normal age range he went in to have it checked anyway. His Doctor told him that it was probably nothing to worry about but Brian had this nagging feeling that something just wasn't right. Two months later; he went back again where this time his Doctor sent him to see a specialist. The same day of his specialist appointment, an operation was scheduled where they removed one of his testicles. Two weeks later Brian received that dreaded phone call; the biopsy had determined the lump was cancerous. They immediately put Brian under surveillance and four months later the cancer had spread. As Brian explains "some cancers are slower spreading like an oak tree where others spread like dandelions. The dandelions can usually be killed with one dose of round up but that oak tree – well it's much harder to get rid of!" He immediately underwent aggressive chemotherapy. He endured four consecutive rounds of chemo and received the news that he was cancer free.

During Brian's first round of Chemotherapy, he had an opportunity to meet Lance Armstrong. It was during this first encounter, where there was an awkward silence that his wife, Maureen, pips up and tells Lance "Brian likes to ride too!" This statement begins the set of events that has forever changed Brian's life as it led to a discussion about the Austin charity ride where Lance ends it with "You can beat this" and Brian responds "I'll see you in Austin!"

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Brian had become accustomed to setting goals throughout his cancer life and he continued this post-cancer, beginning with the Calgary to Austin Pelonton Project. This ride began last year with 23 riders and takes place this year from September 27 – October 5th. The riders participate in a relay style ride from Calgary to Austin to take part in the Lance Armstrong Foundation (LAF) Ride for Roses. When I asked Brian the best part of establishing CTAPP he stated that there were a couple of things to top his list.

The cancer experience affected his son in that most boys live to compete with their Dads. When they're little they fight Dad for Mom's attention and as they grow their ultimate goal is to beat their Dad, but his son, Evan, beat his Dad too soon. To be able to do this ride was like showing Evan that he can still compete.

Brian had some extra space on a donated flight from Calgary to Austin when he heard about Heather Brittner. She was undergoing chemo at the time of last year's ride. Brian explains "During my treatment all my wife wanted was to somehow give me the

opportunity to be normal again." Inspired by his wife's wishes he extended an invitation for Heather and her family to join them on the ride in Austin where Heather traveled on a tandem bike. By giving Heather and many others this year something to look forward to, it gives them what Brian's wife had wished she could have given him.

Last year Brian was able to participate in a solo ride with Lance and Robin Williams (one of Lance's biggest supporters) where he gave Robin a hat. This hat had become CTAPP's signature (even Sheryl Crow had been spotted wearing one). Brian hopes to be able to make that hat a known symbol of all they and their warriors strive for – support for not only themselves but also their own heroes-their caregivers. CTAPP is working towards assisting the Wellspring Calgary facility. This facility is an after cancer treatment center opening in approx. 6 months where patients and their families obtain all kinds of desperately needed support. CTAPP's goal this year is to raise \$300,000 to assist in the success of the facility. If you or your organization would like to know more about how you can help please visit www.ctapp.org.



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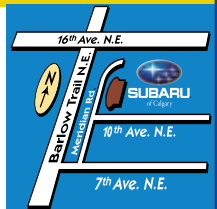


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A Woman's Language

/// Story by *Debbie Thomas*

When flowers are sent to the office, women gather around the bouquet as if it is an idol to worship and are eager to know who it is for, secretly wishing it is for herself. "What's the occasion" is the first question from their mouths and if the answer is "Oh, just because he is thinking of me," the women instantly become envious and slightly hurt that their partner doesn't think of them "just because" anymore.

Women love to be romanced, to feel the

passion, all the time. Not just the first three or four dates, but ALL THE TIME. She wants to think she is the most important person in your life, more important than your car, your friends, sports and even your mother and she needs you to show and tell her that as often as you can. If you stop doing the things you used to do for her in the beginning of your relationship, it may be perceived that you don't care anymore. She may start to feel used and taken for granted. This feeling may lead to disastrous and destructive thoughts and the longing to hear sweet nothings again – from ANYBODY. It's better that YOU step up to the plate before someone else does. If she is feeling lonely, in the company of others she may soak up every word that comes out of someone else's mouth and get all excited just to have someone listen to her. She craves attention and wants to be put back on the pedestal again.

When she suggests doing something together or tells you what her favourite flower is, pay close attention. What she may be saying is that she wants you to take her out on a date and send her flowers. If women doesn't draw you a picture, you have to decipher the emotions, the body language, the facial expressions and all the strange noises that have meanings but are not in any dictionary. Be fearful if you do not pick up on hints. Take her subtle hints as if they were plastered on the jumbotron. If she is too subtle for you, and you don't understand what she is asking for, it may be construed as a sign that you don't care anymore. So, before you start pulling your hair out and



getting mad at her for not just coming out and saying it, take some time to soak up the hints. What she is really trying to do is to get you to think of what she wants without having to say it, so it would look like it was your idea in the first place. It would make her feel loved to know that you are thinking of ways to make her happy. If all else fails, ask her.

Debbie Thomas
Author of *FOR MEN'S EYES ONLY: The Ultimate Guide For The Romantically Challenged*.
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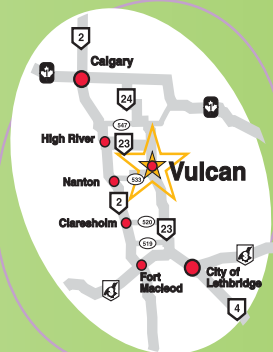
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MONEY MATTERS



with Mark Bodnaryk



Numbers Don't Lie, They Just Don't Tell the Truth

With the recent surge of housing prices in Calgary in the last 18 months, many families are finding themselves with incredibly increased house values and substantially lower mortgage balances. The result is banks and mortgage companies doing record numbers of home equity lines of credit, or HELOC's in the Calgary area. These lines of credit are given using the positive equity of the house or property as collateral, and with some lenders giving money to as high as 100% of the appraised value of the real estate property. It is now easier than ever to have an influx of \$50,000, \$100,000 or more at your instant disposal.

Many people are using these property value increases to make large purchases, such as appliances, renovations, furniture or other investments. However, a large number of people are using these cash injections to purchase a vehicle or vehicles they would not normally be able to afford. On the surface, it looks reasonable, purchase a \$40,000 vehicle at 4% on a home equity line of credit and your payment is relatively small. Once a line of credit is secured to your property, you can then take advantage of the cash back programs and dealer incentives a dealership may offer on brand new cars, because in their eyes, it is a cash deal, as opposed to a finance deal. Wow, best of both worlds, a great discount and paying as little as possible for a monthly payment, sounds great!

So what's the problem? The problem is that most HELOC's are a majority interest only payment, meaning that your wonderful low monthly payment is not going towards the balance of your vehicle and having it paid off isn't going to happen until it has 390,000 kilometers on it, you have made \$70,000 worth of payments on it and your looking for a 16 year old kid in the neighborhood to mow your lawn for the summer in exchange for it. The payment is based on a small percentage of the balance plus interest, much like a credit card, and we all know how well just making the minimum payment on your credit card works out.

What's the alternative? Dealer financing. All automotive dealerships provide financing for the vehicles that they sell, whether it's new or used. Financing through a dealership tends to be slightly cheaper than taking a car loan out from a bank, simply due to sheer volume. Think about how many cars you personally finance through a bank as compared to how many a car dealership does. Now why would you take out a car loan at 8% and make a higher payment when you can just put it on your home equity line of credit? A car loan has a term and set numbers of payments, meaning you know when it will be paid off,

and cost of borrowing is laid out up front (i.e. interest paid). Another bonus is that on brand new cars, interest rates start at as low as 0% with some manufacturers. One more big advantage to taking a car loan instead of a line of credit which is almost always overlooked is that you are never more than a phone call away to finding out what you owe on your beautiful new car. However, on a home equity line of credit, you probably won't only have your new car on the balance. Other incidentals will surely arise such as vaccine for the dog, Johnny's new braces or that trip to the Bahamas you have been dreaming about. Things like these are finding themselves onto home equity lines of credit, blurring the true number that you owe on your vehicle and causing you to continue paying for it a lot longer than you should. Also, when financing through a dealership, you are introduced to different finance and insurance products that you may not be aware of that can help protect your investment that a bank may not offer.

These are a few key reasons to keep your vehicle purchase and your real estate investment separate. The only thing the two should have in common is the garage. Remember that nothing is free and anything you borrow must be paid back. A wise man once told me the only thing worse than paying too much for something is paying too little.

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