

July 2012

FREE

The Calgary Journal

Reporting on the people, issues, and events that shape our city



UFC

Calgary's Nick Ring
promises fireworks
at upcoming fight

149

Inside the Calgary Journal...



Photo by: Calgary Reviews/ flickr

Happy 100th birthday, Stampede! 50 Calgarians let us know what they think of the Biggest Outdoor Show on Earth

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To celebrate the upcoming UFC 149 we have dedicated five pages to mixed martial arts and the "Octagon" Starting on Page 12

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Melissa Molloy/Calgary Journal

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The Calgary Journal

EDITOR-IN-CHIEF PRINT
Melissa Molloy
Christine Ramos

EDITOR IN-CHIEF ONLINE
Trevor Presiloski

PRODUCTION EDITOR
Eva Colmenero

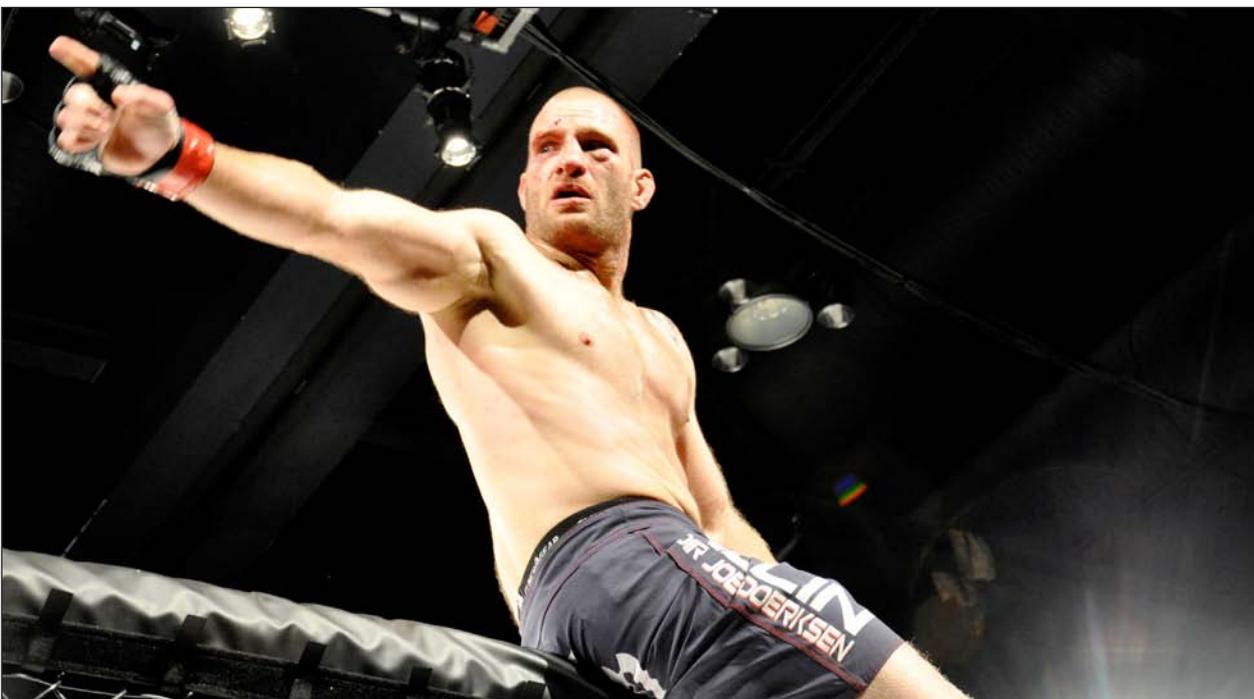
REPORTERS
Karry Taylor
Clayton Goodwin

SUPERVISING EDITOR
Jeremey Klaszus

PRODUCTION MANAGER & ADVERTISING
Brad Simm
PH: (403) 440-6946
calgaryjournal.sales@gmail.com

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CONTACT THE JOURNAL:
EDITOR@CJOURNAL.CA
403-440-6561



Calgary Journal reporters explore the world of mixed martial arts

Photo by: Melissa Molloy



Photo by: Celeste de Muelenaere

Organic produce 101: When to buy organic and how to grow your own veggies on page 18

Prayer in public

Street Church minister believes city hall atrium is a public space

CORINNE SATO | csato@cjournal.ca

It looks like an average BBQ in front of the steps of Old City Hall.

People who look down on their luck stand in line, waiting for the food.

The collective noise of the street drowns out most

individual sounds, except for one voice.

"I used to drink like a fish, but have changed my ways."

A man on a box stands in front of the historic building. This is Artur Pawlowski, the street preacher.

With flags and a large cross behind him, Pawlowski preaches the word of God to anyone walking by on the street.

Although his volunteers agree with his message, one or two people jeer and loudly protest what Pawlowski has to say.

"God be with you," is his reply.

Pawlowski believes it is his right to pray in public, and he says that his new mission is to hold prayer groups in the city hall atrium.

"It's our democratic right to express our beliefs. It's freedom of peaceful assembly and freedom of religion," Pawlowski says.

Every Tuesday at noon, they gather in the atrium to sing songs and pray.

Pawlowski says that he "wants to pray for the wisdom of city hall politicians," and the best place to do that is in the atrium.

As may be expected, this public preaching does not go unnoticed.

Each week, Pawlowski has been issued trespassing bans from corporate security and tickets issued by the police.

City hall is not considered a public space.

"City hall is considered to be an office building," says Paul Tolley, solicitor with the city.

"People need to apply for permits and receive permission to hold events inside the atrium of city hall," he says.

Pawlowski and his group could ask to pray outside of business hours, so that he does not disturb people working in offices.

But for Pawlowski, praying outside business hours is not an option. He says he wants a place to pray during public hours, saying that "people should be able to pray for the politicians and their decisions," even if that means having a secluded room where people could pray.

RELIGION IN PUBLIC

Pawlowski says it is his right as a citizen to pray in a public space, however, the idea of "public space," and what can and cannot take place within it, might not be so cut and dry.

Justin Jalea, an instructor of religious studies at Mount Royal University, says that as long as Pawlowski is not breaking any laws, he should be able to "profess his faith in public spaces" — though the public also has the right to respond to his actions.

"There is no harm in being exposed to freedom of religion expression," Jalea adds.

Mormon men, for example, believe it is their mission to spread the word of religion to the public. At 19 years of age, men go all over the world sharing their ideologies with people.

"We do talk to people in public," says Larry Spackman, President of Calgary Alberta Stake of The Church Of Jesus Christ of Latter-day Saints. "We play a much quieter role and try to stay behind the scenes by making sure we obey the local laws as well as the laws of the land," he adds.

RELIGION IN GOVERNMENT SPACES

But what should government spaces be like? Should there be a prayer room at city hall?

"We have to think differently about certain places and spaces," says Jalea. He says that government buildings should be free of religion, in order to be fair, equal and show respect to everyone.

"It's not that religion is being suppressed and not welcome," he says. "Canada is so diverse, we want to cater to everyone and we have to be neutral."

Even some religious groups agree.

"We believe the state should not support any particular religion," Spackman says of Mormonism.

Pawlowski, however, says he would be happy with a prayer room at city hall, where he could have a place to sing, worship and pray.

For Jalea, this space for prayer in city hall doesn't sound quite like what the Canadian Charter means when it comes to freedom of religion.

"Artur has other places where he can express his religion and his fundamental rights, and his rights are not being suppressed," Jalea says.



Photo by: Melissa Molloy

Should street preachers be allowed to pray inside of city hall, rather than outside on the tops of coolers?

“Nobody will listen”

Members of local non-profit for people with mental illness say their program suffers after massive changes to staff and management



Photo courtesy of Stephanie Lovatt

Stephanie Lovatt, staff from Potential Place Clubhouse in Calgary, says that two “competing ideologies” have been at war with each other: the clinical vs. the Clubhouse Model.

MELISSA MOLLOY | mmolloy@cjournal.ca

On a stormy, spring day in Calgary, a group of 10 sit in the poorly lit basement of a popular coffee house in Kensington.

The emotionally charged group has come to tell its story; three are ex-staff and the others are members of a Calgary mental-health organization that they all say has lost sight of its original purpose of giving people living with mental-illness, or members as Potential Place refers to them, the right to move “from patient to personhood.”

Their concern results from the dismissal on November 4, 2011 of the organization’s founding executive director and several staff shortly afterward, and what the group perceives as negative changes in how Potential Place is run.

For staff member, Stephanie Lovatt, who has taken a leave-of-absence from the clubhouse, the sudden dismissal of the leadership team felt like a “power hoist,” and the end result of a battle between “two competing ideologies: the clubhouse model and the clinical model.”

However, current Potential Place executive

director, John Rook, says that he does not agree with allegations that the organization has forgone living by clubhouse standards, and Jeannette Waegemakers Schiff, chairperson for the Potential Place board of director’s insists that the standards are being followed “better than they were previously.”

A former member, who the Calgary Journal has agreed not to identify, describes the clubhouse model as such:

“In the clubhouse model we are not patients, we are not clients, we are members of an organization,” she says. “How we view it: we manage our clubhouse, and (staff and member) are colleagues and equals.”

Potential Place Society, as described on its website, is a mental health organization that helps members living with mental illness continue with education, work-placement and obtain long-term housing. They also have a clubhouse where members can go on a volunteer basis to participate in a “work-ordered day”.

For the last 14 years, Potential Place has used the person-led, “clubhouse model” which, as described on the Psychosocial Rehabilitation Canada’s website

as a process that helps members increase their capacity to be successful and satisfied in the “living, working, learning and social environments of their choice.”

The rehabilitation model is acknowledged internationally, and follows a strict set of egalitarian and collegial principles known as the “International Centre for Clubhouse Development (ICCD) standards.”

This past November, when the founding executive director of 14 years as well as the program manager were terminated on the same day, many members and staff say they were left feeling confused, and unprepared for what they felt was a sudden and unwarranted decision.

“No member was aware of what went on. We got back from a day-trip and our executive director and our program manager were not there to greet us,” the former member says. “We were told the executive director retired, and that was a lie.”

Schiff, however, says that “In any organization it is generally not up to the clients, nor up to the junior

staff to decide when senior management has some job performance issues.”

Schiff says that the decision to terminate the executive director came after a year and a half of consideration by the board, details of which she says she cannot elaborate on due to an ongoing lawsuit between the former executive director and Potential Place.

For his part the former executive director Gord Young, would not comment due to the current litigation.

Another member of the clubhouse who is currently living in one of twWo apartment buildings owned by Potential Place, says that the news came as a shock to him, because as he saw it, life at the clubhouse had been going very well as it was.

“At Clubhouse I had a voice, and I started feeling like a person again instead of a patient,” he says, wiping tears from his eyes. “Those relationships were there to help me feel better about myself as a human being, not just a person with mental illness.”

This member and all others present expressed a great concern that since the change in management, Potential Place has “only used the clubhouse standards that they want to use” while overlooking others.

“There are people who wanted to believe that things were going well,” Schiff says. “I can (say) that that the clubhouse was in danger of losing its accreditation and losing its operation, and also losing its funding.”

The group of ex staff and members has caused

considerable “stress” for Schiff and her new team at Potential Place.

“It’s been hard because we have had this faction of people out there who have used every means possible to try to discredit the board, and they have cast serious doubt,” she says. “They have raised issues with our funders and they have tried to cast doubt about some of the board members.”

Ex-staff member and registered social worker, Brandy Kiessling, says that she remains passionate about the cause because working under the clubhouse standards is not so much a job as it is “a movement.”

Kiessling, who was terminated from her position at the clubhouse, says that a group of approximately 25 have begun a member-run grassroots movement that organizes weekly meetings in the coffeehouse basement, as well as keeping in touch using Facebook and making frequent “calls and text messages” to each other. Several ex-staff have chosen to volunteer their time, she says, because of strong belief in the clubhouse philosophy.

These meetings, however, pose a high level of concern for Schiff, who says that she believes that it is the ex-staff members that are doing most of the organizing.

“I can understand their sense of upset, but not the way they have chosen to deal with it,” she says of former staff. “Not to the extent that they have tried to take vulnerable people who have a mental illness and coerce them.”

“They have created upset and anxiety about changes, which we felt were positive. All of our

statistics suggest that we made a move that was far overdue,” she says referring to the current level of participants accessing Potential Place, which according to Rook is “between 40 and 50 participants a day.”

For a former member, however, the sense of loss is still palpable.

“All of these professional people got to make decisions with Potential Place and the management,” she says. “But in all of this, not a single member has had the opportunity to voice their disapproval and be listened to.”

“We are clubhouse.”

EDITOR’S NOTE: Potential Place held their annual general meeting on June 27, 2012. The Calgary Journal will be writing a follow-up for our August edition to find out how members feel about the present changes, and to see what the next chapter is for this local resource for people living with mental illness.

FACTS ABOUT MENTAL ILLNESS IN CANADA:

- 1 in 5 Canadians will have a diagnosed mental illness over a lifetime
- 1 in 5 children are dealing with a mental health problem
- 1 in 9 individuals have a serious anxiety disorder
- 1 in 10 has depression or Bipolar Disorder
- 1 in 100 will develop Schizophrenia over their lifetime

“At Clubhouse I had a voice. I started feeling like a person instead of a patient - a human being not just a person with mental illness.”

—Potential Place Member

THE COST OF UNTREATED MENTAL ILLNESS IN CANADA:

- A Canadian study found that two-thirds of homeless people using urban shelters suffered from some form of mental illness.
- Of the 10 leading causes of disability worldwide, five are mental disorders: major depression, schizophrenia, bipolar disorder, substance abuse disorder and obsessive compulsive disorder.
- By 2020 it is estimated that depressive illnesses will become the second leading cause of disease burden worldwide and the leading cause in developed countries like Canada.
- Less than 4% of medical research funding goes to mental illness research.
- The Business and Economic Roundtable on Mental Health has evaluated the impact of depressive disorders on business productivity. It estimates that economic costs of mental illness are the equivalent of 14% of corporate Canada’s net operating profits.
- A report published by Health Canada estimated that mental health problems cost of \$14.4 billion in 1998.

Sources: Mental Health Awareness Week website (miaw.org)

FACTS ABOUT STIGMA AND MENTAL ILLNESS:

- Negative attitudes toward mental illness remain widespread throughout society, leading to stereotypes, fear and discrimination.
- An individual might not seek treatment or might delay seeking treatment because of the stigma associated with mental illness.
- Not all mental illness gives rise to functional limitations. The majority of persons who have mental illness improve over time and lead stable and productive lives.
- Stigma and discrimination tend to remain and can affect the person long after the symptoms of mental illness have dissipated.

Sources for this and above: the Canadian Mental Health Association website (cmha.ca)

Wishing Stampede a happy 100

To celebrate the centennial year of the Stampede, the Journal took 100, divided it by 2 and asked 50 Calgarians why they love or hate the Stampede.

CLAYTON GOODWIN, MELISSA MOLLOY & CHRISTINE RAMOS

"It starts too early; it always rains. When the Stampede is over, it means summer is here. If I was planning the Stampede, I would put it at the end of July."

- Chris Laptos



"I love the Stampede. There's a vibe in the air that gets you stoked to have a good time." – Dana Sekulich

"I want to go to see what it's all about, and I actually just got my rodeo tickets." - Tyler Deveau

"I hate it because it's way too busy and there's too many 14-year-old drunk girls walking around. And the kids spitting on you from the gondola – eww." - Rosemary Makhoul

"I dislike the collective agreement that comes over the city to participate in the parties even, corporate downtown allows disturbing displays of drunkenness." - Toni Provens



"I think it's really good for the city. It's great for the local economy, and I think the city is going to be alive before and after the Stampede this year because it is the 100th year." - Ross Mundy

"For me it has always been a place of amazing memories from when I was younger. I have gone every year. There is always excitement and new things to try." - Danielle Maerz

"I love the food at Stampede but that's it. It was a lot more fun when I was single and young though." – Carmie Nicolas

"Love the excitement, the food, the business, the free eating for 10 days, the parade, chuck wagons, watching the kids faces when they go on rides. What's not to love?" – Tova Lacroix Matchett

"It's bitchin', but Nashville North smells like piss." - Amy Clifford



"I love it because the whole city gets rowdy." – John Crisfield

"Hate it. It's not a true representation of what Calgary

is. Because of it, you have random tourists coming to Calgary throughout the year wearing cowboy hats. I suppose it's good for our economy but that's the only advantage." – Christine Pangilinan

"The city is much more lively and everyone's attitude isn't so serious, they're much more chill." – Mark Neilsen

"I love Stampede because ladies seem to like a guy in a cowboy hat and hot-damn do I love the ladies in theirs!" – Billy Mooney

"I love the Stampede; it represents Calgary getting back to its roots." - Tamania Jaffri



"I love Stampede for the drinks and the hot girls. Everyone's in one place looking to have a good time for two weeks." – Chayce Mindra

"Being from Calgary – you kind of get over the Stampede. I hate how gross the city gets but I do love the beer gardens and the rodeo. And the cowboys!" – Nabila Lalani

"I hate Stampede because of the prices but mostly the crowds. But the rodeo is quite entertaining. I like



that the whole city gets on board for it." – Scott Dixon

"I recommend people go on the slingshot with a gasmask-bong on." - Bryan Wesenberg

"I love how the entire city turns into one big party for 10 days." – Marisa Kristiansen

"Jean shorts." – Joe Provens

"Love it. You get to wear cowboy boots, dress cute and meet people who are visiting Calgary. I hate it because I get sick of country music, I spend all my money and get too drunk. Then, it's depressing when it's over."

– Taylor Frederick

"I think it is the best event the city has."

- Gerry Mumford



"It's an interesting phenomenon how hats and boots seem to equalize everyone in industry for 10 days a year." – Colleen Bangs

"Love. Mostly the food and dressing like a cowgirl." – Jessica Pratt



Photo by: Calgary Reviews / flickr

"I **love** the party atmosphere but I **hate** the cheating and lack of morals during the Stampede." – Anne Keinick

"In a city full of big business and hustle and bustle - it's a chance to let your hair down for a while." – Danette Klyne-Matchett

"I don't know if I **love** or **hate** it. I have lived in Calgary for almost nine years and have never been. I haven't gone because I have heard such negative feedback." – Amanda Osborne

"I think it's really lame how they jack the price of water on the grounds."
- Amber Lloyd



"The thrill of going to the Stampede has long lost its luster. Vanished along with my youth." – Sean Naish

"**Love** it. All I want for Christmas is stuff for Stampede!" – Brittani Doecker

"I **love** the cowboys, rides and mini-doughnuts. I **hate** knowing that my life is entrusted to a toothless dude in a purple shirt that looks like he is higher than a kite." – Susana Garrido

"I like that the city comes together as a collective for the Stampede and we all dress up in our cowboy gear." – Cathie Truong

"I **love** the Stampede because I love the cowboys! Cowboys are like the original bad boy!" – Mackenzie Mercer



"I just moved here from Toronto, and I am really looking forward to going."
- Ana Hernandez



Photo by: Danteling / flickr

"I have always disliked the price. The cost of entrance, the cost of food... very little is available that the working poor can handle." – Jan Bacon

"I **hate** it because of the long lineups and the scary rides that always have accidents." – Lillian Zhen

"I **hate** country music and cowboys. If I go, it's only for the rides. They over price and rip people off." – Adis Martinez

"I **love** the good music that comes to town. I **hate** the drunk old people that stumble around the beer gardens – it's embarrassing." – Marcello Virzi

"Too expensive." – Tiernan Joiner

"The influx of tourists drives me nuts. The foods pretty good, except for the deep fried pickles – they're disgusting." – Melissa Rowson

"I **love** the Stampede because it gets people off their couches and into the streets." – Tyler McDonough



"I take the week off work so I don't have to deal with the C-Train during Stampede."
- Dara Welch

"Stampede is not only a place filled with enchanting sights and enticing sounds and smells, but it is also a time when the whole city comes alive. The crowd is rowdy without being obnoxious. The music is goodhearted and carefree." – Tori Smith

"**Love** the people and the energy. **Hate** drunks." – Penny-Lyn Johnson

"I **hate** the Stampede because of the influx of traffic and if you want to use Calgary Transit, it's so over-packed and it's a pain in the butt." – Erin Anderson

"I **love** it because you can go out with friends all the time, try amazing food and see some awesome concerts and the rides!" – Regan Schmidt

"I don't have any use for it. It is just for tourists."
- Dave Smith



"It's a great event for the whole city." - Val Mumford

"I **hate** the Stampede! Too many drunk people in one area." – Joanna Borromeo



Photo by: Calgary Reviews/ flickr

Body image in India

A writer's trip to Asia leads to a new perspective on fitness

JESSICA CLARK | jclark@cjournal.ca

We leave behind the three young girls on the ghats at Varanasi. I'm examining the careful lines of drying henna they've drawn on my palm. I feel decorated, ornamental and finally a part of the place.

Between the heat and illness and an aversion to the food, I've lost 15 pounds over the month of travel in India. I feel confident and healthy. And when a group of young men walk by me and my pal Corinne, I feel friendly enough to smile.

They respond to my gesture by calling me "fatso."

The comment is a blow that hurts my heart like a fat blockage in an artery. And it's the second time on the trip a stranger has pointed out my imperfection.

Back home in Canada, I weighed the same. I've always struggled with the numbers on the scale, but no one has dared make mention of the winter cushion which pads my rear end. In Canada, I am safe beneath layers of wool and my friends' assurances that I "carry it well" or that I'm just naturally "curvy."

But in India, I am fat.

SOMETHING TO CHEW ON

"Hindus believe in karma," our yoga instructor says. "Every choice you make reflects and resonates throughout your life."

He looks at me and says, "For example, if you've had too much food, then you get fat."

I glare at him for the remainder of the class, unable to relax into a back bend, or calm the fury in my mind.

The trip to India was an opportunity for cultural immersion. And I learned fast that the culture stresses outward appearance as much as they promise spiritual enlightenment.

But they're also just honest to the point that it's blunt fact.

I am fat. And how could I have tried to hide from that for so long?

I knew before embarking on the trip that I would not escape such a weighty personal issue. I worried that the months of sloth, late nights and high-calorie alcohol binges associated with journalism would manifest itself in my physical inability to keep up with the field school group during all those temple tours.

But I really never thought anyone would say anything to me.

WEIGHING MY OPTIONS

While in India, we stayed at Sri Ram Ashram (an orphanage) in Haridwar. The children living there don't incorporate exercise in their routines as an afterthought, or a chore. They use fitness to bond and interact with one another. It's a form of communication and a source of constant growth.

One of the activities at the Ashram was a choreographed Bollywood routine that our field school group would perform for the kids. We were slated to perform last. There were groups of kids



Photo by: Corinne Sato

Jessica Clark (left) and Keisha Kipling model their saris for the Bollywood dance performance.

performing feverish dance numbers for us — all of them so in-tune with the music and the movements of their own bodies.

I wanted that kind of awareness and health for myself.

I decided to follow their example when I returned home to Canada. I'm enrolled in a summer boot

camp. I'm also riding my bike to work and giving up the couch sessions with my friends in favour of basketball games and frisbee golf. And in the fall, I will rekindle my forgotten passions for belly dance.

Before leaving to Asia, my friends and family joked about attaining enlightenment. I don't know if that's what I'd call it, but I'm starting to feel lighter already.



Photo by: Melissa Molloy

Almost 30 and in love with Bieber

Yeah, I got tickets to his concert. Did you?

CHRISTINE RAMOS | cramos@cjournal.ca

I get it.

I should be ashamed of my love for “the Biebs,” my pet name for Justin Bieber. I’m almost 30. But I’m not at all embarrassed of my love for him.

In fact, going through the Starbucks drive-thru a couple days back, I had Bieber’s “Believe” blaring in my car as I rolled up to the window. While the barista handed me my latte, I asked her if she had yet to hear the new Bieber. She replied, “I don’t know if you’re joking or serious right now.” I was entirely serious and I told her so. “You need to get on that, it’ll change your life and make you oh so happy.” The girls laughed. At the very least, I made them happy but I attribute it to Bieber’s voice making me happy and in turn, happiness spreading like wildfire.

I fell in love with him after the whole Bieber Fever phenomenon. Like most people, I heard “Baby” and thought it was catchy but I seriously thought I was listening to a little girl. Even after seeing him on “Ellen” I thought he was a female. His side swept hair and lithe, lanky frame confused me.

It was a long-distance phone call with a longtime girlfriend that ignited my love for the Biebs. She confessed catching Bieber Fever however reluctantly and we giggled like schoolgirls over the phone about how adorable and talented he is. I proceeded to YouTube all his videos and fall in love with the boy I’d come to call the Biebs.

I’d blast his “MyWorld 2.0” album in my apartment

and dance like a fool, while my puppy scrambled to get out of my feet’s way.

When the film “Never say Never” (a biopic-concert film about Justin) came out, I had to see it. However, finding someone suitable to go with was a problem. I tried to coerce my cousin to go with me; we could bring her four-year-old daughter Juliana as our decoy I pleaded. That didn’t pan out. Eventually, it would be my 50-year-old aunt that would entertain my need to see the Biebs.

I asked her if she had yet to hear the new Bieber. She replied, “I don’t know if you’re joking or serious right now.”

I cried when I watched it. I loved him so much more seeing his history cut and edited on YouTube. His sense of rhythm displayed at such an early age drumming on a chair; his busking on the streets of Stratford, ON; grinding on his guitar for his YouTube fans; all of it culminating in the pop star that he is today selling out Madison Square Garden. I was on the edge of my seat the entire time. I cried out of sheer joy.

There was no denying my love for him any longer. “Go see ‘Never say Never,’” became my mantra. I’d tell strangers.

To this day, when people say they don’t like Bieber or don’t understand why I love him, I tell them – go see “Never Say Never, then come talk to me.”

Which brings us to now. I hate to brag but I have tickets for the Oct. 12 concert at Scotiabank Saddledome. That’s right!

I joined the Bieber fan club to get pre-sale tickets.

My colleagues looked at me in disgust as I squealed while signing onto the BieberFever.com website. I debated aloud whether to get the \$26.97US quarterly membership or not. The thought of being at his concert was enough to hand my credit card over to “the cloud.”

In addition to getting pre-sale tickets, I also get “the incredibly #swag JB purple flat brim, flex fit hat, plus a Bieber Fever membership card!” So says the website.

I have yet to get my hat. But yes. I have tickets and well, when “the Hollywood Reporter” reports that Justin’s whole U.S. tour sold out in an hour and CBC reports the Calgary show sold out in minutes, I have the right to brag.

So there you have it haters, I got tickets. And I’m not upselling them on Kijiji for a profit. Nope, instead, I will hopefully have my hat and my happiness to share with all the other girls – old and young – who love the Biebs.

Is elder abuse in your neighborhood?

Many different types of abuse affect older adults in Calgary

ANTHONY TRAC AND NILUS TONG | Calgary Science School Students

According to the International Network for Prevention of Elder Abuse (INPEA) an estimated five million cases of elder abuse occur in the world every year.

Here in Calgary, estimates are more difficult to find; however, according to a recent report by the National Seniors Council between four and 10 per cent of elderly Canadians have experienced some type of abuse.

Many of us do not know elder abuse is happening all around. The reason is that elder abuse is sometimes inflicted by one surprising group of people: those who care for the elderly.

The Alberta Elder Abuse Awareness Network provides a common example of elder abuse: An elder named Peter has called in his niece to take care of him. Sometimes when Peter walks too slowly, his niece shoves him and leaves a few bruises on him. Later when a neighbor has heard enough of Peter's cries, she calls the police to investigate. When the police come, they find Peter bruised on the bathroom floor. This type of elder abuse is physical abuse, which are often perpetrated by family members or care workers.

However, this is not the only kind of elder abuse. Another type of abuse that occurs is financial abuse, which involves the manipulation of an elder's wealth for personal gain. The Alberta Elder Abuse Awareness Network website on financial abuse provides a scenario. Janet received help from her grandson Nicholas to do errands. She let her grandson drive her to where she needed to go. When it was approaching winter, her grandson offered to go by himself to let his grandma rest in warmth. She trusted

him to buy the groceries and deposit money in the bank. Several months later she realized that even though he brought groceries home, he kept the change every time he went. Her grandson was just treating himself to her wealth.

One more type of abuse is psychological or emotional abuse, where people begin to speak to or treat the elderly in a way that causes emotional pain and distress. This can include threatening an elder, mocking them, terrorizing and also isolating people from elders.

According to Chuck Couillard, executive director at Covenant Health Lethbridge/Medicine Hat, there is yet another different kind of elder abuse that is a problem in Alberta: abandonment. Abandoning your elders

when they need someone to look after them is the wrong thing to do. They've cared for many people in the past and now they need loved ones to care for them.

Knowing that these various

kinds of abuse are a problem in our society, the question becomes how we can minimize this problem? One way we can help bring a stop to elder abuse is by bringing awareness to this topic by supporting World Elder Abuse Awareness Day, during which people are encouraged to wear a purple t-shirt to show their support for the elderly. However, the biggest thing we can do is report any known elder abuse to the police.

Each and everyone one of us should thank an elder because we wouldn't be here if it wasn't for their actions in the past. The respect they deserve in their retirement is all they need to have a happy and peaceful life.

Elder abuse is sometimes inflicted by one surprising group of people: those who care for the elderly.



Photo by: Karry Taylor

Veteran Don Zabel fought alongside thousands of other Canadians in the Korean War.

Some veterans face grim future after war

Society has responsibility to take care of soldiers

CHARLIE JOHNSON AND SEHEJ SHERGILL | Calgary Science School Students

During Canada's nine-year mission in Afghanistan, our government has deployed over 5,300 Canadian Forces members overseas to fight on behalf of our nation.

Although soldiers face many challenges fulfilling their roles overseas, when they return home their difficulties are not over. According to the Globe and Mail, one quarter of returning Canadian soldiers from Afghanistan suffer from various mental health problems such as post-traumatic stress disorder (PTSD) and depression.

Both of these disorders can bring many consequences. For veterans, they can affect their quality of life as returning military personnel sometimes have difficulty reintegrating into society. In extreme cases, some soldiers become homeless and struggle to survive.

Former warrant officer, Luke Carmichael, 69, is a 19-year veteran who spent most of his military career in the Canadian Airborne Regiment. Although a courageous and brave soldier, the last decade his life has "revolved around acquiring food and remaining warm."

"I spent eight years in the woods," Carmichael said in a 2010 edition of Legion Magazine. "My whole life revolved around getting food and keeping warm."

Carmichael lived in a tent on the west coast of Vancouver Island where

the winds rage and the rain floods. In these conditions it's difficult to stay dry. Once you are wet, the chills travel up and down your spine, and drying out by a campfire is not as pleasing as it may seem. After 10 harsh and unrelenting years, Carmichael was eventually persuaded by a Legion service bureau officer to "come in out of the cold" to the Cockrell House in Victoria.

Although this was not the life that this veteran wanted or had ever foreseen there were no other options for this courageous and hard working soldier.

Carmichael's story is one that can be recounted among hundreds or even thousands of veterans. We are not sure exactly how many because many veterans are ashamed of their circumstances and do not wish to be identified. Struggles such as addictions and PTSD prevent them from seeking help. These difficulties continue to exist as Canada continues to be involved in conflicts around the world.

Luke's story reminds us of the continual struggle that many returning soldiers face. These men and women gambled their lives for our benefit. Some were wounded and killed so that we can live in a great nation where freedom and democracy thrives. Is it not reasonable to expect us, as a society, to treat them like they should be treated — as heroes?

Calgary: Energy leader or gorging?

An argument for more biodiesel, less fuel

CHRISTIAN BESOIU AND LEKSZI NAGY | Calgary Science School students

Beijing is a city filled with so much smog, some health specialists say that just by breathing in the city air it is as if you are smoking two packs of cigarettes a day. Although Calgary may never get to this stage due to our smaller population and expansive prairie landscape, Canada is a major emitter of carbon dioxide. The Union of Concerned Scientists says that Canada produces 17.24 tons of carbon dioxide per capita, ranking our country the 7th most carbon-emitting nation in the world. It is because countries like Canada have failed to control our emissions that this issue has become a worldwide problem.

Scientists and popular journalists such as Gwynne Dyer predict that climate change will affect more than just the health of our earth; it will impact our society, government, economy and political structures. Rather than looking at the impact of climate change on the planet, in his book, *Climate Wars*, Dyer explores how we as national communities will respond to this global crisis. Outlining many disastrous scenarios, some of the worst include a government collapse in Mexico due to lack of water and deteriorating agriculture.

In this particular outcome there would be mass migration from Mexico to its closest and wealthier U.S. neighbour. To stop an overflow of people flooding America, the U.S. would then implement a wall keeping these people back, thus creating a new "iron curtain" between the two countries.

As we can see the consequences of not taking action on global warming may be catastrophic. Here at home our lack of regulation of the dirty oil sands has led to negative responses from other countries and humiliated Canada on the international stage. Yet we have the resources in Canada and in Calgary to relieve our addiction to carbon-based fuels.

The solution to boosting our international reputation and to ensure a safe and sustainable future is clean fuels such as biodiesel. Biodiesel can be combusted in any regular diesel engine without modifications. Adapting to biodiesel would be an extremely easy and beneficial way to help modify our current energy consumption. The Canadian government is investing up to \$34.1 million dollars

in a facility in Lethbridge, Kyoto Fuels Corporation, that can produce 66 million litres of biodiesel a year. Biodiesel is thus accessible, practical and reliable. With carcinogenic gases lowered by 93 per cent and carbon emissions cut in half, biodiesel has an obvious advantage over regular diesel.

For many people, however, biodiesel is an issue of food versus fuel. Last year the biofuel industry in the U.S. used nearly one-fifth of the country's corn crops. Although there are other types of biofuels, biodiesel stands out as the most efficient and most cost effective renewable fuel to mass-produce. New technologies have reduced the need to consume as much farmland, and some companies grow "crops" of algae in the ocean so that they are not taking away food, but rather a resource that will grow back without as much impact on the planet and society.

However, a move to biodiesel is not going to happen naturally. The best way to increase our use of biodiesel is to either give government grants to companies who produce renewable fuels or put specific regulations in place.

Bridging the gap between rich and poor

World wealth shared by few, poverty for most

LUKE EVANS AND IVAN ROTCHEV | Calgary Science School Students

Out of a world population of over seven billion people, currently there are over three billion people who survive on \$2.50 a day or less, states the Global Issues website. The economic gap between the wealthy population and the poor population is steadily increasing.

This is unlikely to change soon because current political and economic arrangements in our world are mainly dictated by a small wealthy group of people. As these wealthy few control about 80 per cent of the world's wealth, it is nearly impossible for the destitute three billion to try and enjoy the standard of living that many in Calgary take for granted. This has left many of the bottom three billion wishing to immigrate to wealthier countries like Canada and the U.S.

Needy people who are trying to immigrate are looking for a new life with greater opportunities. Countries like Canada and the United States offer the promise of a better future. However, strict immigration policies tied to education and money make it hard for many of these people to immigrate here.

Not only are impoverished people given little chances to improve their life by emigrating, they are also often exploited in their own countries. Globalization, which is known for exploitation of developing countries, has largely involved governments and wealthy individuals gaining more resources for less money.

According to Statistics Canada, the second largest source of imports are from China, where there are millions of people working in factories for less than two

dollars a day. To work against this exploitation there is a growing movement of people, like those at Amnesty International, who are dedicated to making sure that producers in developing countries are paid a fair price for the goods we consume.

Fair trade is a strategy for poverty reduction and sustainable development. Its purpose is to create opportunities for producers who have been disadvantaged or marginalized due to their economic environment. This also helps provide a safe and healthy working environment for producers. Within this system, children are not to be exploited as cheap labourers, and the work of women is properly valued and rewarded.

Turning our attention to Calgary, many people say there is an enlarged gap between the impoverished population and the wealthy population because Calgary is a city heavily reliant on the oil and gas industry.

This industry provides an enormous amount of wealth. However, this industry tends to benefit the few and not the many, which leads us to a small population becoming increasingly wealthy. One way to diminish this gap

is for the government to increase minimum wage and provide greater social services for the disadvantaged.

Here in Canada we are able to benefit from government actions such as social assistance and employment insurance, whereas impoverished countries struggle to peacefully interact with their government. This was shown recently by the 2011 protests throughout the Middle East that ended in revolution in many countries including Libya and Egypt. This could eventually help world inequality because if a new democratic government system becomes in power in these countries, the people could finally have their economic wishes granted and make this world equal in all four corners of the globe.



Photo by: Shah Nawaz Sid / flickr

Cage fighting in Cowtown

AFC puts on a thrilling show at the Telus Convention Centre

MELISSA MOLLOY | mmolloy@cjournal.ca

As we prep for the big show on the July 21, Calgary Journal reporters headed out to a hometown MMA event at the Telus Convention Centre held on June 15, 2012.

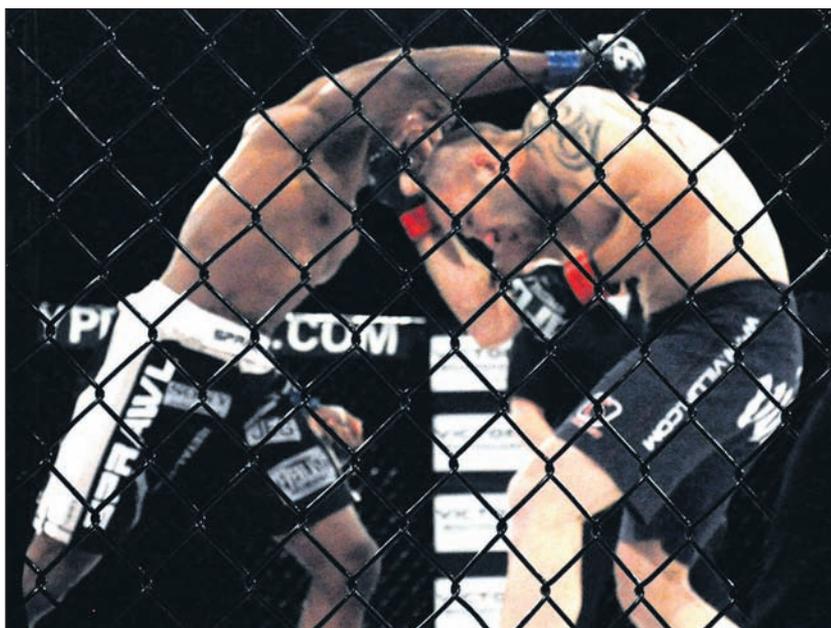
The Aggression Fighting Championship, or AFC, put on their 10th show, Rise, to a packed crowd of MMA enthusiasts. The event had a card that

included a thrilling main fight between former UFC middleweight contender, Joel Doersken, and the Hamilton welterweight, Joel Powell.

Here are some ring side photos of the three minute and 25 seconds of pure excitement.



Hamilton, Ontario's Joel Powell (left) and Winnipeg's Joe Doersken agree to a clean fight.



Doersken manages to barely escape Powell's fist.



Doersken kicks Powell's face.



Doerksen and Powell share a mutual connect to the face.

Looks like a broken a nose for Doerksen.



Powell has Doerksen locked in a hold. Things are looking bleak for the former UFC fighter.

Is MMA too hard on the head?

Experts weigh in on injuries inside the Octagon

TREVOR PRESILOSKI | tpresiloski@cjournal.ca

Professional wrestler Chris Benoit's murder/suicide dramatized brain injuries and Sidney Crosby's 10 and a half months on the shelf has resulted in a debate over brain injuries. Mixed martial arts, also known as MMA, has found itself right in the middle of it, given the violent nature of the sport.

The Canadian Medical Association, or CMA, called for a ban on MMA back in 2010, while other vocal critics claim the sport is barbaric – such as Arizona Senator John McCain who once described MMA as being “human cock fighting.”

That sentiment, though, isn't universally held by Canadian medical practitioners.

“As a body of physicians that the public looks to for guidelines and general commentary, we have to be very careful with what we say,” Dr. Chad Dixon says.

“I'd say the concern was the CMA made a similar statement maybe 10 years ago with boxing and there was very little evidence to support that kind of strong comment at the time,” he says.

Dixon, who works at Foothills Medical Centre in Calgary, has been working on a study comparing head injuries and major injury rates across sports with physical contact.

A self-professed MMA fan, Dixon takes issue with the call for a complete ban on MMA.

Dixon points out something that jumped out at him when he was going through data – on a per hour of activity basis, equestrian sports are at the top of the list when it comes to concussions and brain injuries.

“It doesn't mean that we should put out a statement that says ‘Horse riding should be banned,’” Dixon says.

Rather, Dixon says that people need to be aware

of the risks that activities pose and be able to make informed decisions.

“What everyone will agree on is that there's not a current level of evidence required to make a global position statement and comment like the CMA did,” Dixon says.

Despite the lack of evidence to make informed decisions, the UFC, takes more precautions to protect their athletes from serious injuries than most other professional sports leagues.

Fighters who suffer a concussion must refrain from contact training for a minimum of 45 days and are not allowed to compete in any fights for a minimum of 60 days.

Pre and post fight MRIs and CAT scans are conducted as well, depending on the regulatory body that is governing the fights, as criteria does vary from region to region.

These precautions, which have been introduced into the UFC as the sport has evolved, has resulted in McCain giving pause and reconsidering his stance on MMA.

In a 2008 interview with British paper the Daily Telegraph McCain says, “the sport has grown up. The rules have been adopted to gives its athletes better protections.”

“The UFC does definitely look out for their fighters. Safety is paramount, especially for this kind of sport,” Calgary-based UFC fighter Nick Ring, who will be participating at UFC 149, says.

“Some of them do require a CAT scan. I'm not a big fan of them,” Ring says.

Ring would be speaking from experience – a concussion forced him out of fighting for over a year.

“Any time I would try to do day to day activities, it was very hard,” he says of his time spent concussed.

“I'd bend over to tie my shoe and I'd feel like fainting. Driving, the acceleration and de-acceleration of the car would make me nauseous.”

Despite his personal experience, Ring doesn't spend a lot of time thinking about the long term effects MMA may have on his health.

“Whenever you put yourself into a situation like that, the body does get some damage.”

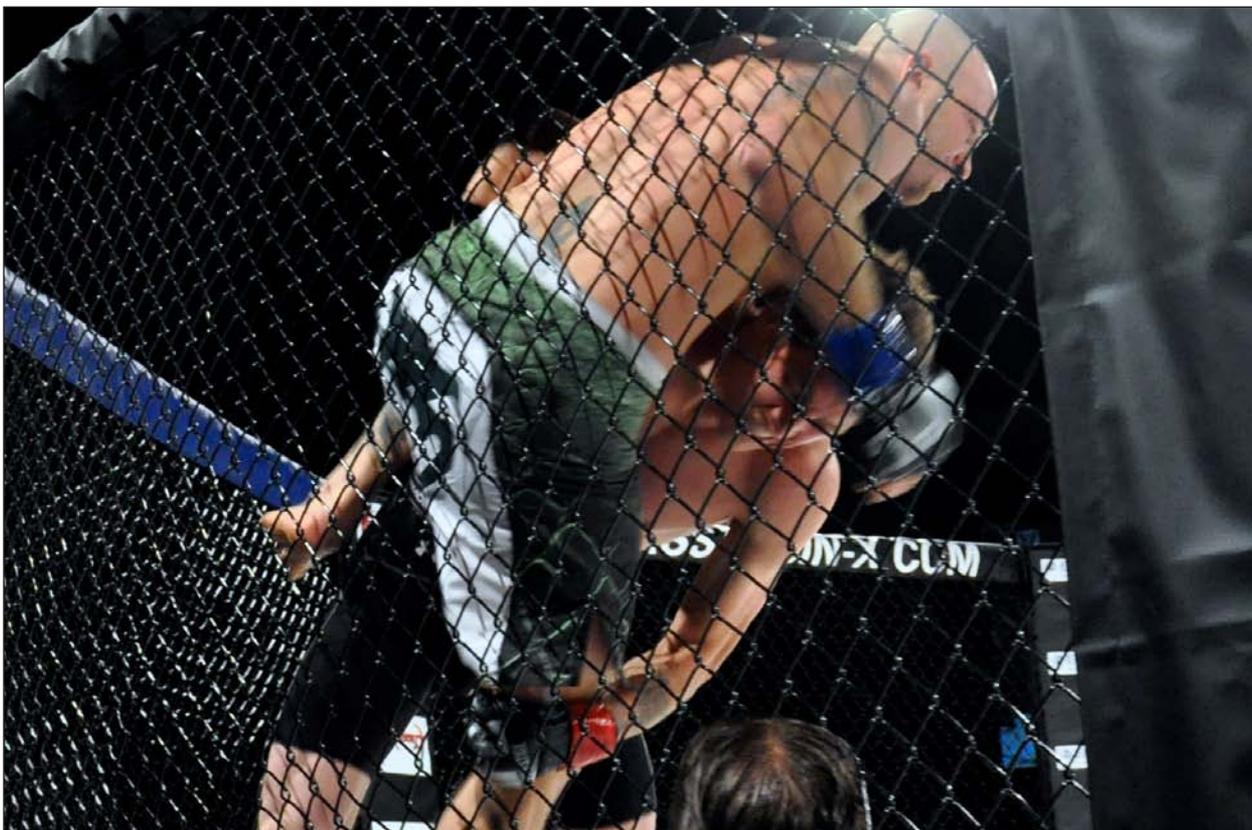
That said, Ring doesn't see the damage that MMA fighters take as being more serious than what other athletes face.

“As brutal as everybody tries to make MMA out to be, it doesn't actually have the highest injury rate in the world. It's football,” he says.

A 2010 report from the Congressional Research Service supports Ring's claims, stating that the injury rate for professional football players is roughly eight times higher than that of any other professional sports league.

While the UFC was not a part of the report, other evidence supports Ring's claim about MMA being safer than it appears to be. A 2008 article from the British Journal of Sports Medicine found that while MMA has similar injury rates to other combat sports, the overall risk for serious injury in MMA is relatively low.

As well, a 2006 study published from the Journal of Sports Science and Medicine found that the injury rate in MMA is comparable to other combat sports such as boxing and that the ability for fighters to cause their opponents to tap out could help prevent brain injury due to a lower knockout rate.



Who would have thought that horse riding could cause more concussions than this?

Photo by: Melissa Molloy

MEASURES TAKEN BY THE UFC TO REDUCE HEAD INJURIES:

- Alongside boxing, MMA is one of the sports in the United States that has drug testing conducted by a government agency.
- Head spiking (lifting an opponent up and slamming him into the canvas on his head or neck) is considered a foul.
- Fighters are not allowed to strike the spine or back of the head, knee or kick the head of an opponent who is on the ground.
- Gloves used by UFC fighters are not weighted, unlike boxing gloves.
- Fighters who are diagnosed with a concussion must refrain from contact of any kind for 45 days minimum and cannot compete for a minimum of 60 days.
- The referee and ringside doctor both have the discretion of stopping a match if they believe a fighter is too injured to continue.

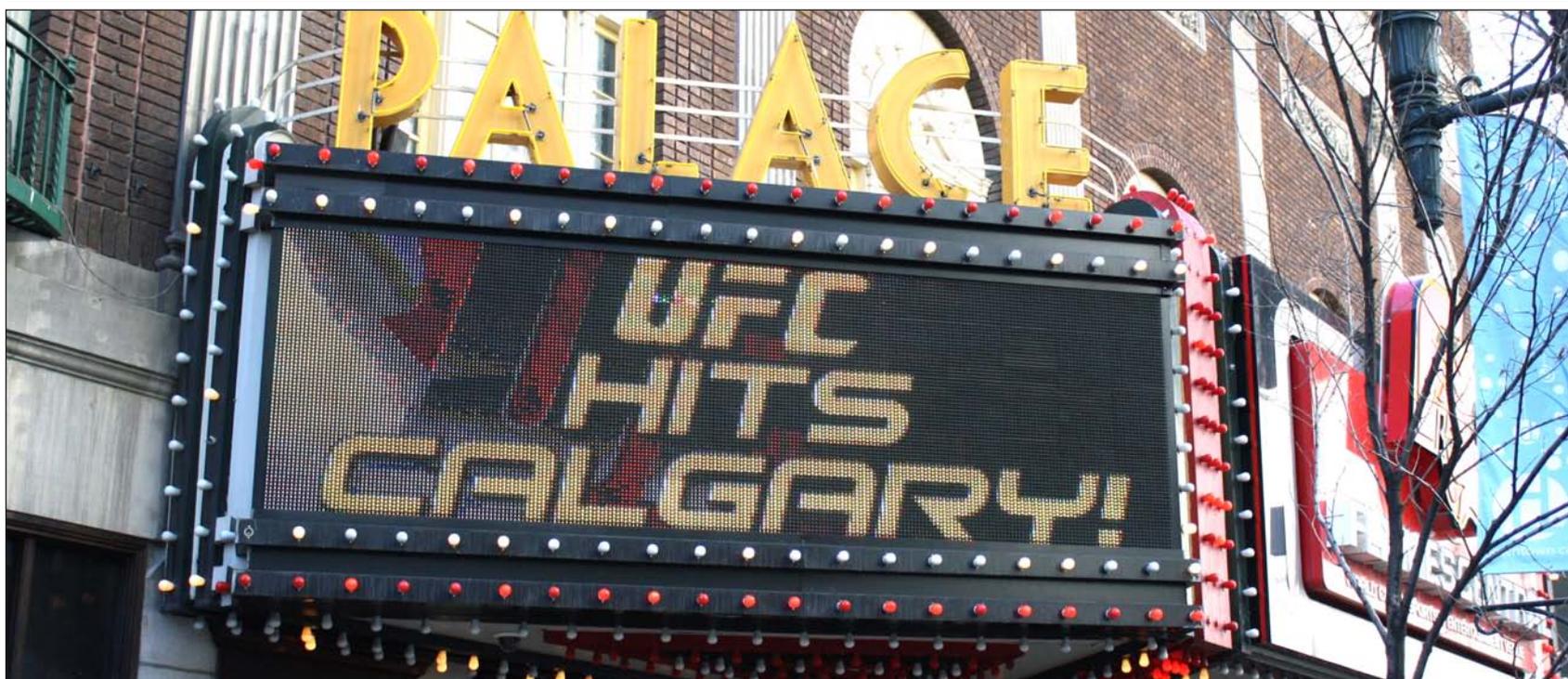


Photo by: Pol Nikulin

The UFC is coming, what's all the hype about?

Mixed martial arts explained

CHRISTINE RAMOS | cramos@cjournal.ca

The UFC is coming to town and for some the sport of mixed martial arts (MMA) is regarded as barbaric and brutish.

Two guys duking it out in a caged ring, bloodied and swollen as they grapple each other can bring to mind images of gladiators enclosed in ancient Rome's Coliseum or two guys beating the crap out of each other at a bar.

But, that is what the untrained eye sees, according to MMA enthusiast and practitioner, Brad Cardinal.

"When most people watch a fight, what they see is two people brawling," says Cardinal. "But it's also a game. It's like physical kinetic chess."

Cardinal is an MMA champion who teaches Muay Thai (a fighting style from Thailand) and kickboxing out of Calgary's Champions Creed Martial Arts.

"You have to be good at the game," he says. "There's a lot of technique to it."

The game takes place in the Octagon, the eight-sided structure with chain-link walls where the combatants go at it.

So, what's going on in that thing they call the Octagon?

"Bouts are usually three five-minute rounds with a one minute break in between," says Cardinal.

"It's pretty grueling if you go the distance." The whole point is to get your man down ASAP.

There are three places where the fight can happen within the Octagon:

The first is in "the standup" where fighters are trading punches or kicks on their feet. "The clinch" is where opponents have a grip on each other and are trying to take each other down or strike with elbows, knees or fists. And the third, is on the ground "where the angry hugging continues," says Cardinal.

And how do you win?

If both guys are still standing or angry-hugging at the end of the final round, then it's by decision. UFC

regulations state that three judges must evaluate the fight from different locations around the Octagon. The judges award points to the fighters based on "aggressiveness, octagon control, and just effectiveness and efficiency of what you're trying to do," says Cardinal.

Aggressive is judged by whether a fighter works to move the fight forward and initiates contact with his or her opponent.

The fighter who primarily dictates the location and pace of the fight is awarded points for octagon control.

The number of legal strikes given to one's opponent also earns points.

And finally, the number of takedowns and reversals are also point winners.

If the fight ends before the final round it's because someone's lost consciousness because of a strike – knocked out. It can also end by submission, which is when someone's put in a joint lock and they have to tap out because their limbs will break explains Cardinal.

And finally, by technical knockout (TKO) when the referee rules that the fight is over because a fighter fails to defend himself usually due to an effective attack by his opponent.

As for critics who reduce the sport of MMA to mere violence...

"We boil it right down," says Cardinal of his sport.

"Have you ever seen a football player run? They run into each other headfirst! That's violence," he says. Hockey too, with its hard plastic puck flying at insane speeds and guys crashing into boards is violence to Cardinal.

They don't have pucks to shoot at each other or balls to fight over, says the lean muscular MMA fighter.

"I have to deal with one guy and I know what he's going to do. He can do what I can do."

Whoever outsmarts their opponent in the Octagon in this physical chess game is the winner.



Photo by: Melissa Molloy

Brad "The Bonesaw" Cardinal holds MMA championship titles in "Rumble in the Cage," "Wreck MMA," and "Legacy Fighting Championships."



Promises, Promises

The UFC's Nick "The Promise" Ring on fighting professionally, training, and representing YYC

Photo by: Melissa Molloy

On July 21, 2012, Calgary's Nick "The Promise" Ring will be fighting at the much anticipated UFC event, hosted for the very first time by our fair city.

The Calgary Journal sat down with Ring to get an inside look at how he is preparing for his match, his love for YYC as well as what it takes to make a living fighting in the cage.

WHEN DID YOU DECIDE TO PURSUE MMA FIGHTING AS A CAREER?

When I was 15 I started doing martial arts. Being a 15-year-old snort-nosed kid you don't know how you are going to get a career in martial arts, and back in those days martial arts wasn't even cool.

So, did I know that this was how I was actually going to make my living? No, not really.

It was just something I enjoyed doing – the time passed by

effortlessly. I did find a way to make it into a career and it's really hard.

In this line of work, the majority of people that do martial arts don't get paid anything. The ones that do get paid get paid very little. So, I'm in a very fortunate position, but at the same time I did pay my dues. It took a long time for me to get where I'm at right now.

WHAT DOES THE AVERAGE DAY CONSIST OF FOR A PROFESSIONAL FIGHTER?

Pretty much every day I wake up and train. I lift weights, I do my strength and conditioning generally in the morning for a couple of hours and then I do martial arts at night for two or three hours, sometimes a bit longer.

I get a little bit of a break and do boring stuff that everybody has to do – you know, clean your house or whatever. (laughs)

WHAT ADVICE DO YOU HAVE FOR FOLKS OUT THERE WHO DREAM ABOUT BEING IN THE UFC?

To get into the UFC, I suppose you've got to get noticed or get an in. For me, I got into the UFC from "The Ultimate Fighter" television show, and things just snowballed from there.

Leading up to that I did grappling tournaments, I fought as a kick boxer, I fought as a professional boxer — I've done a lot of things for a number of years to get to the point that I'm at right now.

My advice would be: number one, you have to enjoy training. Number two, you have to enjoy competing, and constantly taking competitions, and number three you have to put yourself on the right shows to get noticed.

Make sure that you are meeting as many people as possible. You never know what lead is going to get you (an

in). Make sure that you work hard and take the right fights.

HOW DOES IT FEEL TO BE ON THE CARD FOR A UFC MATCH IN CALGARY?

I've lived in Calgary since I was a one year old. This is my home. This is where I started my martial arts career in 1994. I am the product of being here.

For me it's a great honour to get to represent everybody that's helped me over the years.

WHAT CAN THE CROWD EXPECT FROM YOUR FIGHT ON JULY 21ST?

I'm fighting Court McGee and I'm looking forward to having a great fight with him.

I can promise (fans) fireworks, he's a hard-hitting brawler and I plan on throwing a few of those (hits) myself.

It's going to be a good, good scrap.

MELISSA MOLLOY | mmolloy@cjjournal.ca

Run Calgarians run

Running experts tell us their favourite running routes in the city

CHRISTINE RAMOS | cramos@cjournal.ca

Now that the sun's out, forget taking to a treadmill to run.

We live in a beautiful city with many trails waiting to be trampled on.

In fact, Calgary boasts one of the most extensive urban pathway and bikeway networks in North America. The City of Calgary maintains roughly 700 km of pathways throughout the city. That's the distance from here to Montana.

"No matter where you are in the city, you can make it to one of the city pathways and get to some amazing views," says Kyra Petrie, manager of the Running Room at Eau Claire Market. "For example, the one little hidden waterfall in the Pearce Estate Park." Petrie's been a runner for seven years and has completed a half marathon.

"Up in Beaumont Park there's a ton of different little off-the-beaten-path kind of trails and again, there's another hidden waterfall you can run by."

Whether you walk with weights strapped to your ankles, jog at a steady pace or run like you've just robbed a bank, here are a couple running routes courtesy of several Calgarians.

Former University of Calgary Dino track and fielder Lauren Wyrostok recommends Glenmore Reservoir. "On the southwest side you can dip into the woods," says Wyrostok. The dirt path has "ups and downs and tree stumps to jump over," and is nearly 15 to 20 km long if you run the whole reservoir.

The Douglas Fir Trail is another favourite. Littered with impressive Douglas Fir trees and dirt paths, the trail is on the south side of the Bow River, just east of the Edworthy Bridge. "It's nice to run one way on the trail and then head back along the flight on the north side," says Andrew Zakluzny, a former U of C soccer player. "It's about 7.5 kilometres."

Another one of Zakluzny's favorite routes is, "The Campus Loop." The route is nine to 10 km, starting and ending at the U of C campus. It goes up and down Hospital Hill and Home Road, "In between those two massive hills you run along the river," says Zakluzny.

Running from Edworthy Park to Prince's Island Park (and back) is Adam Onulov's route of choice. Another ex-soccer player, he favours the route because you can incorporate the Douglas Fir Trail and "run along the river, cross the new Peace Bridge, and run the stairs by the Calgary Curling Club." That's 17 km in total.

Those are just a few. For more, check out the City of Calgary's website which provides maps of all our lovely city's bike and pathways. Get moving.

Calgary boasts one of the most extensive urban pathway and bikeway networks in North America. Top: A pathway at the Glenmore Reservoir; bottom: Scemery at Edworthy Park.

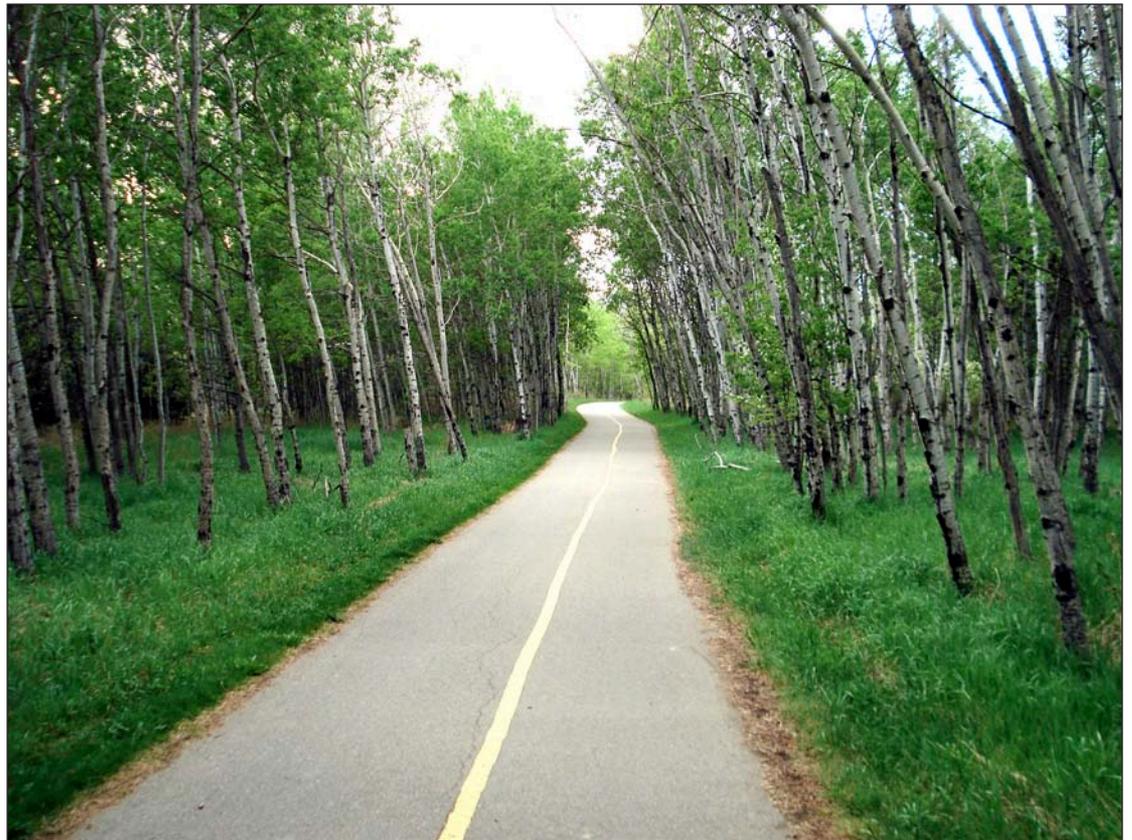


Photo by: mdaines / flickr



Photo by: Angela MacIsaac / flickr

The ABC's of organic produce

Why and how to jump on the organic food bandwagon

CELESTE DE MUELENAERE | cdemuelenaere@cjournal.ca

Organic food and products have become a popular topic of both conversation and contention for consumers.

No longer limited to small farmer's markets or specialty stores across the country, many consumers have embraced this new way of life. However, many buyers still question whether the benefits of going organic surpass the costs associated with it.

Calgary certified nutritionist Amy Bondar says that times have changed. The demand for organic foods has increased its availability.

"Because there is more demand for it we are finding it in places like Superstore, Walmart and Costco at very comparable prices. So it is becoming less expensive than what it was."

But what exactly constitutes organic food?

Bondar explains, simply put, organic food is clean whole foods that have not been altered in the processing stage from their natural state and are free from pesticides, herbicides and other harmful chemicals. The result of which is nutrient rich produce that tastes better.

Rebekah McDonald — advocate of organic food as a healthier option for consumers, who started her own organic food market in Red Deer — agrees with Bondar and says, "truly well grown food tastes better and people want to eat it."

Still, navigating the organic food industry for a newcomer can seem like a daunting task, with some still falling into what Bondar calls the "organic food trap" — just because it says organic doesn't mean it is organic or that it is even good for you. To help avoid being duped by imitation organic foods, here are some helpful tips on why and how to jump onto the organic food bandwagon.

1. HEALTH — GOOD FOOD, MORE ENERGY

Bondar advises that simply changing your diet to include organic produce can drastically improve your energy and health.

"One of the major contributing factors to weight loss or the inability to lose weight is because we carry a lot of toxins — toxins are carried in our fat cells— and so if we can control what we put into our mouths then that might help the weight issue."

Bondar says that consuming non-organic food that has been sprayed with pesticides and other harmful chemicals increases our toxic load. The effect of which she says, is not only added stress on the body, but also cellular inflammation that can lead to chronic diseases, rapid aging and even some cancers.

2. RESEARCH — QUESTIONS, QUESTIONS, QUESTIONS

With an array of vegetables stacked together in farmer's markets, it is easy to be fooled into thinking that all the vegetables come from the same farm or area.

However, both McDonald and Bondar agree this is usually not the case.

"One tomato is not the same as another tomato," she says. "It comes down to people putting forth the effort to make sure that the products they are buying are good quality products."

McDonald says the best defense consumers have against being duped by product labeling and marketing is research.

She also affirms that the Internet can be a great resource for research.

If a farm is producing organic food the right way and complying to standards they will likely want

people to know about it. She says that many farms will have information about how their products are grown, harvested and packaged available to the public on their websites.

3. LOOK FOR THE CERTIFICATION — NO LOGO, NO GO-GO

McDonald warns that many brand companies now mislabel their products as organic, but this does not mean that the products are organic.

Elizabeth Corrigan, a regulatory and standards officer with the Canadian Food Inspection Agency, says that organic product regulations state that if an agriculture product bares the organic claim then it also has to bare the Canada Organic logo.

Without the logo present on the product it is not certified organic and therefore does not comply with the organic standards and methods put forth by the Canadian Food Inspection Agency.

Bondar affirms that if the product does not contain a certified organic logo it is almost a guarantee that it has been sprayed with pesticides and herbicides.

4. DON'T WASTE — USE WHAT YOU BUY

Although there is still a discrepancy in cost between organic and non-organic foods, McDonald says the benefits of going organic far outweigh the costs.

"It's okay that it costs a little more because when you eat healthier food and you are healthy you pay less in pharmaceutical bills and in other ways," she says.

Bondar says, "If you value your health then you'll spend money on good quality food. I think it's so important that we place a high value on our food.

"If you value your health you spend money on it."

Another solution that McDonald suggests to keep costs down but food quality up, is buying groceries throughout the week rather than just once a week. By shopping in an as-needed manner, McDonald says shoppers will prevent waste and make good quality, organic food an affordable option for most people.

5. PLANT IT YOURSELF — QUALITY FOOD, QUALITY FAMILY BONDING

"If I only have a small space to grow things in, then it's my greens," says McDonald, who has her own organic garden at home.

For the green-thumb challenged, McDonald suggests an herb garden for starting small and simple.

McDonald suggests some easy-to-maintain garden starters:

- Beans
- Kale
- Swiss chard
- Carrots
- Tomatoes
- Assorted herbs



Just because it says it's "organic" doesn't mean it is organic.

Photo by: Celeste de Muelenaere

Brunching in Calgary

10 great spots to eat brunch

EVA COLMENERO | ecolmenero@cjournal.ca

Brunch means different things to different people. It may mean sunny Sunday mornings with the family, or a post-drinking meal with buddies.

For me, brunch reminds me of waking up early for a road trip and having that meal that will sit in your tummy for hours, while cruising down the highway.

What makes a good brunch also varies from person to person. It may be a buffet where they can be the masters of their own meal and fall into a food coma after they're done. For others, it can be the tried and true hashbrowns, eggs, toast and bacon; or simply yogurt, granola and fruits.

And for every brunch eater, there's a place to eat. Here are the 10 brunch places I've enjoyed the most in our city.



1. FRENCH GOURMET:

A Ladybug bakery and cafe

2132 10 Aspen Stone Blvd SW
(403) 249-5530

When customers arrive they go directly to the till where food can be ordered and they're given a number; find a seat and a server brings their food.

I had a chocolate, strawberry and banana crepe, while my friend had a maple waffle. The only comment I could make out between bites from her was "it's the best [expletive] breakfast I've ever had in my life." Meanwhile, I had a hard time keeping myself from licking the plate in a most unladylike manner.

2. COMFORT BRUNCH:

Belmont Diner

2008 33 Ave SW
(403) 242-6782

When I went to the Belmont it was near closing time. However, that didn't stop the server from being warm and welcoming. The atmosphere feels like one of those neighbourhood diners you see in the movies, where everyone knows each other.

I asked for the standard breakfast of eggs, toast, and hashbrowns. It was not an overly greasy or fancy breakfast, and because of that, it tasted like home.



3. EUROPEAN-STYLE PANCAKE:

Pfanntastic Pannenkoek Haus

2439 54th Ave SW
(403) 243-7757

The Pfanntastic Pannenkoek Haus is, according to their website, the only restaurant in Canada where their initial training was done at an authentic pannenkoek restaurant in the Netherlands.

It's a family restaurant, so I invited my parents to enjoy breakfast with me. They both ordered a ham, cheese and mushroom pancake, while I had one with apples and cinnamon.

My parents liked that "they're not cheap with the ingredients" because they put plenty of ham, cheddar and mushrooms on their pancakes. And after seeing the countless news articles by the door, my father commented, "I can see why people like it."



4. BOTTOMLESS STOMACH BUFFET:

Glenmore Inn brunch buffet

2720 Glenmore Trail SE
(403) 279-8611

Though the food is not the most incredible brunch in the world, the atmosphere, along with the endless amount of food makes this a great place to go with the entire family.

Once again, since it's a family place, my parents decided to join me for Sunday brunch. We came out feeling like giant human timbits. Not so much from the breakfast food, but because we went overboard at the dessert table.

Special mention goes to the service. My mom liked this the most because they made us feel welcome. The server always invited us to go and eat more. And how can we refuse more food?

5. BACK TO THE FUTURE:

1886 Buffalo Cafe

187 Barclay Parade SW (Beside Eau Claire Market)
(403) 269-9255

Part of the charm of eating here is the historic building and its eclectic

decoration. Being inside the building is like being in a time machine.

I brought two more mouths to join me and between the three of us we had a breakfast burrito, a Baxley sandwich and a cheese omelet. But according to one of my companions, it wasn't the food that was the best— "the coffee is amazing," she said.



6. ON-THE-GO:

White Spot

10440 MacLeod Trail SE; 3322 23rd Street NE

<http://www.whitespot.com/>

If you want some good brunch food but don't have time to go to a restaurant, they let you order it online. Then you tell them the time you want to pick it up, and you're done.

Their breakfast take-out menu is regrettably short, the prices may be a little steep, and the restaurants may be a little far for some, but the food, like the stuffed breakfast burrito I had, is worth every penny.

7. UNEXPECTED VENUE:

Broken City Social Club

613 11 Avenue SW
(403) 262-9976

When I was looking through places to have brunch in Calgary, I was surprised to see that Broken City does weekend brunch. I mean, a bar that serves breakfast?

I picked the French toast with a side of sweet potato fries. It also came with their house made strawberry jam and cashew butter, both of which should be sold in jars because they tasted better than anything store-bought I've had.

The two mouths that tagged along ordered the usual toast, eggs, potatoes, bacon affair, and the roasted pear pancakes and both said that they never expected that it would be so good.



8. BANG FOR YOUR BUCK:

Grey Eagle Casino

3777 Grey Eagle Drive (Corner of 37th St. and Glenmore Tr. SW)
(403) 385-3777

For those who like brunch without the high prices, Grey Eagle Casino has a full breakfast on Monday to Saturday for \$2, but it's only from 9:30 until 11 a.m. There isn't a menu either; breakfast just consists of eggs, bacon, toast, hashbrowns, and coffee or juice.

The food isn't mind-blowingly good, but who expects a gourmet meal for \$2? The service is great, though.



9. COZY CAFÉ:

Wake Bistro

207 10th Street NW (403) 264-4425

A friend recommended Wake Bistro because he said their breakfast bagel was really good. So, following his advice, I went to Wake Bistro and tried their bagel.

I'm so glad he told me about it.

It was stacked with cheese, an egg, and bacon, and it tasted like breakfast heaven. It was a little on the greasy side. They served it with chunky potatoes, which were perfectly salted like McDonald's fries usually are, minus the extra grease.



10. INDIE GETAWAY:

Vendome Cafe

940 2 Avenue NW (Behind the Sunnyside LRT station)
(403) 453-1140

Like a Ladybug bakery and cafe, Vendome Cafe has an order first, then sit down kind of set up.

When I went, it was towards the end of the lunch rush, but the place was still packed. Despite the busyness, it still had that cozy corner café feel to it.

I ordered the French toast with caramelized bananas. They served it cut up in chunks instead of the full piece of bread. As for the taste, let's just say I wish I could eat their French toast for breakfast for the rest of my life. It was sweet but not too sweet; chewy but still crunchy; hot but not overly so. In one word: delicious.

THINGS TO DO

Entertainment

Music

The Beach Boys 50th Anniversary Tour

July 1z, 7:30 p.m.

Scotiabank Saddledome

For tickets visit www.ticketmaster.ca

Brad Paisley

July 14, 7:30 p.m.

Scotiabank Saddledome

For tickets visit www.ticketmaster.ca

Neil Diamond

July 18, 8 p.m.

Scotiabank Saddledome

For tickets visit www.ticketmaster.ca

Nazareth

July 14 & 21, 9 p.m.

Deerfoot Inn and Casino

For tickets visit www.ticketmaster.ca

Iron Maiden

July 26, 7:30 p.m.

Scotiabank Saddledome

For tickets visit www.ticketmaster.ca

Theatre

Jersey Boys

July 1-15

Southern Alberta Jubilee Auditorium

For tickets visit www.ticketmaster.ca

Legally Blonde: The Musical

July 25 & 26, July 29 & 30, Olympic Plaza, 6:30 p.m.

For tickets visit www.ticketmaster.ca

Sesame Street Live: Elmo Makes Music

July 27-29, various times

Southern Alberta Jubilee Auditorium

For tickets visit www.ticketmaster.ca

Mary Poppins

July 31 – Aug. 5, 8 p.m.

Southern Alberta Jubilee Auditorium

For tickets visit www.ticketmaster.ca

Sports

Calgary Stampede Rodeo

July 6-15, 1:15 p.m.

Stampede Grandstand

For tickets visit www.ticketmaster.ca

Spruce Meadows North American

July 7-8, 9 a.m.

Spruce Meadows,

For tickets visit www.ticketmaster.ca

Calgary Stampeders vs. Saskatchewan Roughriders

July 19, 7 p.m.

McMahon Stadium

For tickets visit www.ticketmaster.ca

UFC 149

July 21, 4:45 p.m.

Scotiabank Saddledome

For tickets visit www.stubhub.ca

Calgary Stampeders vs. BC Lions

July 28, 7 p.m.

McMahon Stadium,

For tickets visit www.ticketmaster.ca

Festivals

Mount Royal University's Shakespeare in the Park

June 27– August 10

Featuring a daily performance of "A Midsummer Night's Dream" that is suitable for all ages.

Prince's Island Park

www.mtroyal.ca/

Calgary Wildfowl Carving and Art Festival

July 6 – 8

Various art displays and a carving competition designed to promote interest, respect and awareness of wildfowl.

Check festival website for venue information calgarywildfowlcarving.com/

Calgary Turkish Festival

July 6 – 8

Family festival with folk dancers and singers, as well as Turkish food and a Turkish market.

Eau Claire Festival Plaza

calgaryturkishfestival.com

Fiestaval

July 21 – 22

A multicultural celebration of Latin American culture in Calgary with live music, dance lessons, Latin Food and handicrafts as well as a kids' area.

Olympic Plaza

fiestaval.ca

Kensington Sun and Salsa Festival

July 22

Live entertainment and an opportunity to taste salsa recipes served up by teams of Kensington businesses, with all proceeds going to charity.

Check festival website for venue information visitkensington.com

Franco Festival Calgary

July 26 – 28

Showcasing and celebrating the francophone arts and cultural communities in Calgary.

Check festival website for venue information pia-calgary.ca/festival/en/

Calgary Folk Music Festival

July 26 – 29

Featuring nearly 70 artists and bands performing on seven stages.

Prince's Island Park

calgaryfolkfest.com

Historic Calgary Week

July 27 – August 6

Over 50 events, including walks and tours, will celebrate the unique stories and prominent buildings of Calgary's history

Check festival website for venue information chinookcountry.org

Calgary International Blues Festival

July 30 - August 5

A showcase of regional and international blues music.

Shaw Millennium Park

calgarybluesfest.com



Photo by: Karry Taylor

A view of our city's namesake: Calgary Bay, Scotland.

Giller Prize winner comes back with new novel

Linden MacIntyre's latest work explores the mindset — and lies — of middle-aged men

KARRY TAYLOR | ktaylor@cjournal.ca

Linden MacIntyre says he was “the most surprised person in the room” when his novel, “The Bishop’s Man,” was awarded the 2009 Scotiabank Giller Prize.

The annual award, currently worth \$50,000 recognizes English Canadian novels or short story collections.

MacIntyre’s latest novel, “Why Men Lie,” has recently been published. The work concludes his “Cape Breton Trilogy.” Preceded by “The Long Stretch” — published in 1999 — and “The Bishop’s Man,” the new novel focuses on, and is written from the perspective of, Effie MacAskill, a female character who appears in the two earlier novels.

Although winning the Giller brought MacIntyre considerable attention as a novelist, he is also well known for his work as a broadcast journalist for which he has won multiple Gemini Awards and an International Emmy Award. Joining the CBC in 1976, he has been the co-host of the network’s weekly investigative journalism program “The Fifth Estate” since 1990.

MacIntyre recently discussed his new book with The Calgary Journal’s Karry Taylor.

Editor’s note: answers have been edited for length.

HOW DID YOU DECIDE WHERE TO TAKE THIS FINAL BOOK OF YOUR TRILOGY?

The big theme of this book was exploring what men do in their middle years to recover a sense of their self worth when they are watching all the attributes of masculinity — the physical aspects, the power, the authority, the ability to affect other people — starting to diminish. Strong men become worried that their strength isn’t going to be reliable anymore. They become afraid of other men, of younger men. It’s a major insecurity.

No man is going to be honest about that, so he will find ways to seek reassurance, mostly from women, and it always involves a certain amount of deception. You don’t go to a woman, especially if you are very insecure as men become, and say “I need you to help me.” You figure out ways of manipulating her into doing what you want her to do.

I realized the best observer of all of this would be a woman because she is the one who sees it coming, and has to filter through what happens to a man in middle age. So I picked a woman’s voice. The first book was a crisis of personal relationships, the second book was a crisis of personal versus institutional morality, and this third book is a crisis of needs at middle age. Women have their needs too, but men’s needs seem to be much deeper and darker and more threatening.

WHAT IS THE SIGNIFICANCE OF THE TITLE “WHY MEN LIE?”

The book deals with male, middle-aged concerns about impotence in the biggest sense of the word. Everybody in the book is full of deceptions, but it is essentially about men trying to get some favour or

assurance from a woman and they tell a lot of lies along the way.

I started to think about why men lie so much. You lie to your mother, and you lie to your girlfriend. You lie when you want something. You lie when you don’t want something. A lie is a form of deception. Not all deception is a bad thing. Some deception is necessary. So I kept asking myself: why do men lie?

WAS IT DIFFICULT TO GET INSIDE THE SENSIBILITY OF A MIDDLE-AGED FEMALE CHARACTER?

It was challenging. The most important thing was to get the confidence to do it, and to try not to be too speculative. I have been surrounded and fascinated by strong, assertive women all my life. So I came to this with a sense of the kind of woman that a man would turn to when facing a deep crisis of identity. I knew who she was. But to get into her head and incorporate this, along with her own insecurities and needs, was a little harder.

ALTHOUGH MUCH OF THE BOOK IS SET IN TORONTO, THE MAIN CHARACTERS ALL HAVE DEEP CONNECTIONS TO CAPE BRETON. WHAT IS YOUR PERSONAL CONNECTION TO CAPE BRETON, AND HOW DOES IT FIT INTO YOUR FICTION?

It’s a character. I think that the place has a huge influence on people. It’s a presence in your life. My roots go back there six generations. When I write about Cape Breton, which has such an important and bonding influence on the people in the book, I am always going back there. I love being able to describe a place from a personal intimacy.

It took me a long time to become comfortable enough to write Toronto as a character. This novel is really the first time I have done that, and I have lived there for 30 years. I am only now getting comfortable with expressing it as some sort of character.

HOW DID WINNING THE SCOTIABANK GILLER PRIZE CHANGE THINGS FOR YOU?

The Giller puts the spotlight on an author and a book. That can be a good thing, or a bad thing. Winning the Giller requires the author to engage with readers, which sometimes you don’t have to. You write a book, it’s published and you go back to work. But with the Giller, you start

engaging with people who are suddenly very curious about you and your book. So in that respect, it dragged me out and put me in places I didn’t expect to be. It shone a really harsh light on the book, and happily the book actually grew in the light.

My theory is that you can’t think about that stuff while you are writing. You have to accept that the most that any writer can do, if he or she works really hard at it, is write a good book. A successful book is a totally different thing. A successful book requires a convergence of factors over which you have no control.

HOW DID YOU MAKE THE LEAP FROM JOURNALISM TO WRITING NOVELS?

It isn’t really a leap. They are both about storytelling. It’s just a different kind of storytelling. I use journalistic tools and point of view to help develop my characters — I research and pay attention to details. Working in TV, your ear is always attuned to what people are saying. You learn a lot about dialogue and character in TV. Journalism also teaches you to take complex ideas and information and condense them down into interesting, digestible bites. Good fiction does the same thing.

People asked me after I won the Giller Prize if I was going to give up journalism and just focus on writing. As long as I can continue to do journalism, where it brings me out and keeps my ear attuned to what people say, then it’s useful to continue being a journalist.



Photo by: Karry Taylor

In addition to the Scotiabank Giller Prize, MacIntyre has won numerous awards for his work in the field of broadcast journalism.



Full house: Revv52, shown here performing at Grace Presbyterian Church, often sells out its shows.

Photo courtesy of: Lisa Rouleau

Local choir celebrates 60 years of passion for music

Revv52 invites audiences to enjoy a high-energy experience

KARRY TAYLOR | ktaylor@cjournal.ca

When Jacquie Shand invites people to see her choir, she is careful not to use the word “concert.”

“I call it a show,” Shand says. “Because a concert tends to make people think that that it’s singers standing there sedately with their hymn books in their hands.

“We are not that, by any means.”

With 50 singers from all walks of life who perform with a full band, Revv52 represents a unique — and longstanding — presence on the Calgary arts scene.

Formed in 1952 as the Calgary Choral Society, Revv52 has gradually transformed from a traditional choir to a musical ensemble group that is anything but conventional.

Lisa Rouleau, a group member for the past five years, calls Revv52 “a whole performance piece.”

EVOLUTION OF MUSICAL INTERESTS

Few have better insight into how the group has evolved than Shand, who has been a member for 37 years. When she joined, she was its youngest member.

“I have been here longer than anybody else,” she says.

The Calgary Choral Society initially had a focused repertoire.

“We only did classics like Handel’s Messiah and Vivaldi’s Gloria,” says Shand. “It’s wonderful to sing those old classic works, but I was ready for a change.”

Later, when the group was looking for a new musical director Shand suggested Brian Farrell, a prominent local vocal coach.

“Brian said he would be willing to come and work with us if we were ready to grow,” Shand says. “And in no time, he led us down a different path of doing all kinds of music.”

Now in his 17th year with Revv52, Farrell has been the group’s longest serving artistic director.

REBRANDING OF GROUP

With the group singing everything from gospel to Celtic to pop music under Farrell’s tutelage, it became clear that another change was in order.

Shannon Stannard, current president of Revv52’s board of directors and herself a member of the group, says there was a sense that the name Calgary Choral Society no longer represented the type of music the group was performing.

“It was a very formal and traditional name,” Stannard says, “we wanted to come up with something that was a little more modern to reflect the fact that we were moving away from being a traditional choir to more of a vocal ensemble group.”

The new name that was eventually chosen — Revv52 — fit for a number of reasons.

“With ‘rev’ we were thinking about ‘revolution’ and ‘revving people up.’ The ‘52’ came from 1952 to represent our history,” Stannard says.

“When people see Revv52 on a poster they are not expecting classical music now, but rather fun rock and roll or jazz or whatever we are doing,” Shand says.

“Our motto used to be ‘expect the unexpected’ and that still is true.”

ECLECTIC COMPOSITION

Since its founding, the group has been a mixed choir with the ages of its singers ranging from 22 to 71 years old.

“There are two or three members who are professional singers, but most are just people who love to sing,” Stannard says. “It is a group of people who wouldn’t necessarily know each other

in any other part of their lives because we come from all different socioeconomic and professional backgrounds.

“But the group feels like a family.”

Shand agrees. “We are an amazingly connected group. It’s not like any other that I have sung with. We all look out for each other. There are no egos. We support each other to the fullest.”

COMMITMENT COMES FROM LOVE OF MUSIC

Concerts are held twice annually, and the group also does guest performances throughout the year. The group has regular rehearsals, and as concert dates approach, several full-day Saturday sessions.

“It’s a volunteer organization, so the hours that everybody puts in are purely out of love,” Stannard says.

Members perform without having the lyrics and music in front of them—something known as singing “off-book.”

“A lot of traditional choirs do have music with them, so getting off-book is really a personal commitment to being able to learn the music on your own,” Stannard says. “When we do rehearse, we are really coming together and able to perfect the music rather than working on learning the notes.”

GROUP IS FOCUSED ON THE FUTURE

As the group looks towards its next set of concerts — slated to have a British theme — Stannard says Revv52 will continue to provide its audiences with innovative and high-energy performances.

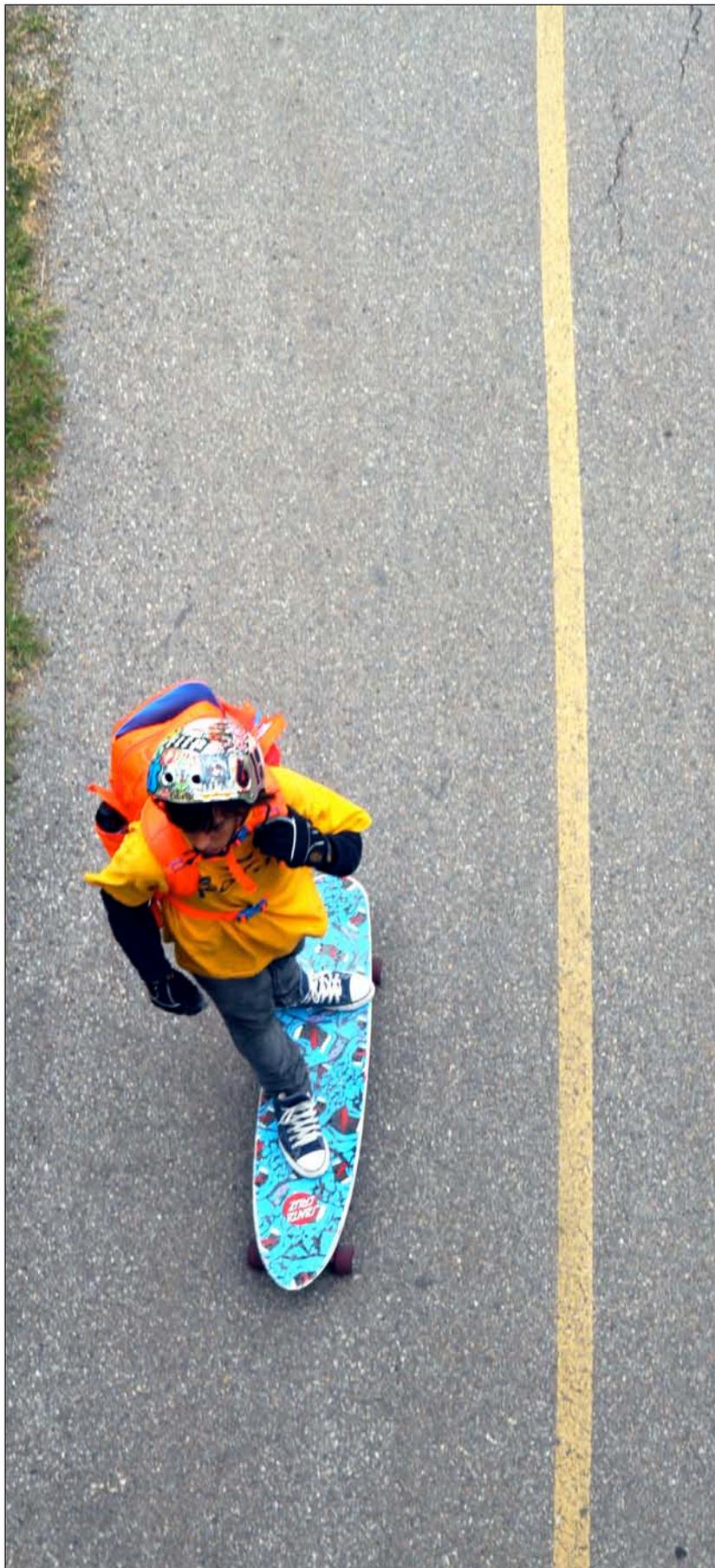
Farrell also has an eye on Revv52 touring outside of Calgary.

“We would really like to get out there for the country to see more of what we do,” Farrell says.

Don't forget your helmet!

Summer camp, Learn2Longboard, promotes safety, skills, and fun

CLAYTON GOODWIN | cgoodwin@cjjournal.ca



Learn2Longboard teaches local kids to skate safe.

Photo by: Clayton Goodwin

There are no two ways about it, longboarding can be an extremely risky sport.

As freeing as it can be to fly down a hill on a long deck and some slick wheels, if you don't know what you are doing there is a chance that freedom could turn into a disaster.

But there are now two people in Calgary that are teaching kids to long board safely, all while having a great time.

World-renowned longboarders Paul Kent and Aaron Christensen started the summer camp Learn2Longboard in 2010.

Kent mentioned that, "Every year since its induction, the camp has grown in size and popularity."

Kent said, "The first year of the camp saw 11 people join, and this year will be about 90. But between our instructors and the kids, we try to keep it fairly one-on-one."

According to Christensen, in 2005, the Calgary longboard scene suffered a horrible blow. A boarder by the name of Jamie McBryan layed down head first on a longboard and went through a stop sign and died. McBryan not only used the board improperly, but he also was not wearing a helmet.

Acting as a catalyst, McBryan's tragic death spurred Kent and Christensen to start teaching free longboarding clinics at the Royal Board Shop in Calgary. According to Kent, "We wanted to teach people how to use their boards properly."

Out of those free clinics, the Learn2Longboard summer camp

program was born.

Some of the skills and safety techniques that are taught in the camps include: foot braking, pushing, sliding (to either stop or slow down to avoid obstacles), tricks, and how to scope out lines (looking at where you are going to go before you do it). As a result of the almost one-on-one supervision, students are able to learn the skills listed at their own pace.

Although some people may view longboarding as a lame version of skateboarding, Kent and Christensen stress that this is not the case.

Christensen said, "The sport has been growing in the past 10 years, and it has exploded in popularity in the past two."

To help explain the sharp increase in popularity, Kent adds that, "Longboarding is easier to start, and the skateboarding community can be somewhat elitist whereas the longboarding community is generally much friendlier."

Colleen Rutherford, a parent of one of Kent and Christensen's students, thought the Learn2Longboard camps were great for her son to take.

"My son had a great time at the camps, and I love the fact that it focused on safety because it can be a crazy sport. I also think that the instructors are great role models for all the kids because they promote safety first."

For more information on the summer camps offered, visit: www.learn2longboard.com

"Longboarding is easier to start, and the skateboarding community can be somewhat elitist whereas the longboarding community is generally much friendlier."

—Paul Kent



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CLASSES VS. \$20 FOR
ONE CLASS SOMEWHERE
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VARIETY** OF CLASSES,
AND TIMES AVAILABLE.”

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