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August/September 2003

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from Vancouver to Hollywood

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## LETTERS TO THE EDITOR

Just a note to congratulate you on the splendid coverage of Northern Ireland. As a young sailor in the Canadian Navy I served at 'Derry in 1945, stationed at the Royal Marine barracks (H.M.S. Ferret) in Security and Supply. There were many sad war events in 'Derry at that time but your story reminded us of the beauty of Ireland and the warmth of the people there, be they Roman Catholic or Protestant - we in the Navy never worried about that type of thing. In fact, I took a Roman Catholic sailor friend to the Anglican Cathedral in 'Derry and we both seemed to get along quite well. Speaking of the cathedral, after service one morning at tea I met two lovely cousins, Berle Devine and June McHue, both of them my age. These girls rang the bells in the huge cathedral and as they pulled the ropes they were both elevated off the floor. I was taken to their friendly and warm home several times, but only if I followed grandma's rules, which were that this sailor was never to take the girls out independently ... safety in numbers, I guess.

Final ending on this story was that when I was leaving 'Derry along the river Foyle, aboard the frigate H.M.C.S. St. Pierre, lo and behold, if those two lovely Irish colleens were not riding their bicycles along the shore front as we left harbour. All we needed was someone to play Danny Boy.

Douglas A. Lee  
Regina, SK

We welcome comments and letters from our readers. Email letters to [commuter@dhspublishing.com](mailto:commuter@dhspublishing.com), or send by post to:

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## BUSINESS AND LIFESTYLE FOR A CULTURE ON THE MOVE

### From the editor ...

I would like to thank all the people who have given us their support and feedback on Commuter. It has been very positive and encourages me to continue to try and produce a magazine of high standards and interest.

This month our travel feature covers a place we tend to overlook – Canada, or at least a small corner of it. We live in one of the best countries in the world and Vancouver has to be one of our best cities, truly world class. I have always loved Vancouver, its neighbourhoods and surrounding areas. From art, culture and architecture to fashion, food and business, it's a wonderful place to visit and live. I hope you enjoy the segments from the West Coast as well as the other stories in this issue.

I would also like to thank the people who made my efforts in Vancouver so successful. Emmanuelle Vaugier who took time from her very busy life, Leslie Diana who helped pull so many things together in so little time, Cheri Milaney for providing fashions from her collection and taking time to work with me. It was great experience.

Sean Martin

#### EMMANUELLE VAUGIER

Vancouver's hottest up-and-coming actress dishes about love scenes, future plans and how she's breaking into Hollywood.

#### PLAYING WITH THE BIG BOYS

With its new Touareg, VW is muscling in on the luxury sport utility vehicle market.

#### VANCOUVER

Around the Neighborhood, Island Hopping and Theatre Under the Cars.

#### A MATTER OF BALANCE

High profile career women talk about the elusive balance between career and personal goals ... and how they found it.

#### A SNEAK PEEK AT SPRING 2004

Vancouver fashion designer Cheri Milaney gives an exclusive peek at next year's spring collection.

#### OUT OF THE WOODS

Jamie Russell carves a path to international fame with his inspired studio furniture pieces.

#### A MODEL PARTNERSHIP

The Prince Albert Model Forest sets an example for what an effective partnership can really achieve.

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**On the Cover:** Vancouver actress Emmanuelle Vaugier is making a name for herself in Hollywood.

## MARKETPLACE

*Trying to enhance returns?*  
*You can, but do your*  
*research.*

WITH CURRENT MARKET CONDITIONS, the investment industry has been trying to find ways to enhance yield for investors. Income trusts, corporate bonds and debentures are some of the more prevalent options out there. These types of products are popular with regular investors because they provide an immediate sense of comfort and confidence, not to mention a return that meets investment objectives. The income trust market alone has grown by over 900 per cent in the past five years. Why? With the poor equity returns of late and the historic low interest rate, people continue to look for conservative, fixed income investments with higher yields. Caution should be used when investing in these products, however. Research the company's cash flow and distributions and look for consistency. Make sure you understand that any time you receive a yield higher than Canada bonds you are assuming some risk premium.

That stated, there are some fantastic investment opportunities out there. For example, Artic Ice is an income trust trading around \$9.75 per share. Artic distributes an annual yield of approximately 12% paid monthly. Great yield for a company that sells ice cubes? You bet and the beauty of this story is that it costs about \$0.15 to produce a bag of ice cubes that then sells at your local store for about \$2.50 a bag. The demand for ice is relatively static and the margin high.

This is one of many great business stories. Another is Vancouver-based Historical Xperiences, a debenture that will surely have the opportunity to roll into an income trust within the next three years. The company offers world-class storytelling/tourism attractions. The first, the Tunnels of Moose Jaw, opened in 2000; the second, a large-scale attraction called Storyeum, is scheduled to open in the spring of 2004 in Vancouver. The debenture offers a minimum 10% plus a participation incentive, which could net yield the client approximately 16% per annum.

The trust and debenture market is here to stay, and more investors are seeing it as a separate asset class – one in which every portfolio should have a position. Artic Ice and Historical Xperiences are just two examples. As with any investment opportunity, it is important that you read the company prospectus and talk with your Investment Advisor so you fully understand the investment before buying. Do your research and enhance your yield!

Todd Degelman, M.B.A. is National Sales Manager for Wellington West Capital Inc. He can be contacted at 1-866-844-4400.



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## vintagereport

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Shiraz 2001

### COUNTRY OF ORIGIN:

Australia

### GRAPE VARIETY:

Shiraz (Syrah)

### COLOUR:

Dark, dense black ruby colour

### NOSE:

Oak, leather, black fruit

### IN MOUTH:

Full bodied, tannins still apparent,  
drink now or till approx. 2006 if  
cellared properly

### FOOD:

Barbeque, red meats, wild game

### VALUE:

Excellent value for the \$

### RATING:

4 grapes out of 5 - consistently  
a good wine



*This wine is  
available at  
John's restaurant  
in Saskatoon.*

*While at  
John's check  
out the new  
wine room.*

*John's*  
Prime Rib

# Vintage.

## TO YOUR HEALTH

BY LEN STECKLER

WITH ALL THE RECENT media coverage on health issues, I thought this was a perfect time to talk about wine and health. Now, I'm not suggesting that drinking wine will cure any diseases or viruses, but scientific studies have found that drinking wine in moderation can be beneficial to your health.

The benefits of wine were recognized by the ancient Romans, who issued one litre of wine per day per soldier. The wine was used to disinfect wounds after battle but it probably didn't hurt in the artificial courage department either.

While studies on the benefits of wine have been ongoing, wine and health issues didn't really come to the forefront until 1991. The CBS television show Sixty Minutes did an exposé on what they called 'The French Paradox,' which attributes wine consumption, particularly red wine, to the French population's low death rate from heart disease, relative to that of other nations with a high intake of fatty foods. A 1989 University of Arizona study had previously shown that wine consumption lowered the risk of heart disease, lowered stroke rates, reduced the risk of gallstones by one third and the risk of diabetes by forty per cent. A British study showed similar results. Other studies showed that moderate drinking can cut heart attacks by twenty-five per cent, that wine may increase bone mass in elderly women and lower the risk of brain deterioration in the elderly, that chemical compounds found in red wine may lead to prostate cancer treatment and that moderate drinking can slow hardening of the arteries.

How does this happen? The studies stress moderate consumption, based on two units of wine a day for men, one unit a day for women. A unit consists of six ounces and is based on average body weights for both men and women. Higher consumption has not been shown to improve results and in fact too much can lead to other medical problems.

Data obtained shows that red wine may contain up to fifty anti-oxidants, the most important ones being resveratrol, quercetin and catechin. These anti-oxidants inhibit certain cancer development. Research also shows that good cholesterol (HDL) and pliability and size of arteries increases with consumption of a controlled amount of red wine.

Research by scientists from Queen Mary University of London shows that red wine decreases Endothelin-1 production in one hour, with a fifty per cent drop documented over a six hour period. Excessive Endothelin-1 can result in the creation of fat deposits that may block the blood vessels. Red grape juice also worked but was dramatically less effective. White wines and a rosé had no effect. This proves that the vinification process in making red wine (maceration on skins and pips) is a key in creating this derivative. The study also demonstrates that alcohol is not the Endothelin-1 inhibitor, because the tested extracts were ethanol free. The wine varietals used in the study were Merlot, Pinot Noir, Sangiovese and Shiraz.

What about the down side of wine consumption? Sulfur dioxide (SO<sub>2</sub>) can cause asthmatics some difficulties. SO<sub>2</sub> is used in the wine making process to slow down oxidation and can cause problems to the degree that, in the United States, wine labels may contain a warning saying 'contains sulfites.' If you suffer from asthma, I suggest asking for chemical free or natural wines.

Another problem encountered by some is a red wine headache. These can be caused by the histamines released when you drink red wine. If you suffer from red wine headaches try a Beaujolais. This may, and I repeat may, allow you to drink red wine without getting a headache. As with any alcohol-based beverage, if you drink in excess, expect a hangover-based headache.

Wine and health is a complex subject area that scientists are just beginning to understand. As research continues, new facts may be revealed. In the meantime, talk to your doctor about whether wine consumption could be beneficial for you.

Till next time, here's to your health.

LEN STECKLER received his Cellar Masters Diploma in 1995 and is a member of the Wine Educators Society. He has visited wineries in every major wine region in the world and does wine seminars for sales groups, customer appreciation groups, and restaurants (staff training and wine list building and maintenance). If you are interested in learning more, call Len at 306-933-4393.



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VW is muscling in

on the luxury sport  
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market with the  
new **TOUAREG**.

The name, loosely  
translated, means  
**‘game over, I win.’**



A jolly bit of playground one-upmanship began when ‘SUV’ revved its way into mainstream jargon, with every automaker telling the other ‘anything you can do, I can do better.’ Now that Volkswagen’s Touareg has joined the match, it’s not so much fun for everybody else.

Volkswagen had been content to watch from the sidelines while others basked in the lucrative limelight of the SUV market. The Touareg (pronounced *twah-reg*) comes off the bench and, well, use any sports cliché you like – scores the overtime goal, slam dunks at the buzzer, belts an extra-inning home run – to give Volkswagen outright and undisputed title to the SUV class.

How could a new entry into the ever-widening field of sport-utes have such a profound impact? By paying uncompromising attention to every element of the vehicle. As Nick Willoughby, sales consultant with Southgate Volkswagen Audi in Edmonton explains it, there isn’t a single arena where the Touareg comes up lacking.

“You drive other SUVs and you’ll find they perform well off-road but they’re a dog on the racetrack or vice versa,” Willoughby says. “With the Touareg it’s not just one department where it excels but in every department.”

Start with the visual fit and finish of the vehicle. While clearly an SUV, it has shape and styling more akin to a luxury car than a cube van. The interior is loaded with classy touches such as real wood trim on the doors and dash, chrome accents and brushed aluminum detailing. Leather seats, a standard 10-speaker sound system and dual-zone climate control are just a few of the features that let you know Volkswagen means business when it comes to passenger comfort.

Volkswagen has always hung its reputation on safety and durability. The Touareg lives up to the name on both counts. The company puts every new model through its paces before the first one hits the market, and the Touareg is equipped with every feature it needs to function well in any environment. After sitting behind the wheel of the Touareg during a two-day test run in Phoenix, Willoughby was ‘massively impressed’ by its performance during gruelling dawn-to-dusk days.

“You see the tests they do on videos or in brochures and you think there’s not

### 2004 TOUAREG

- 3.2-litre V6, 220 HP 6-cylinder engine or 4.2-litre V8, 310 HP 8-cylinder engine
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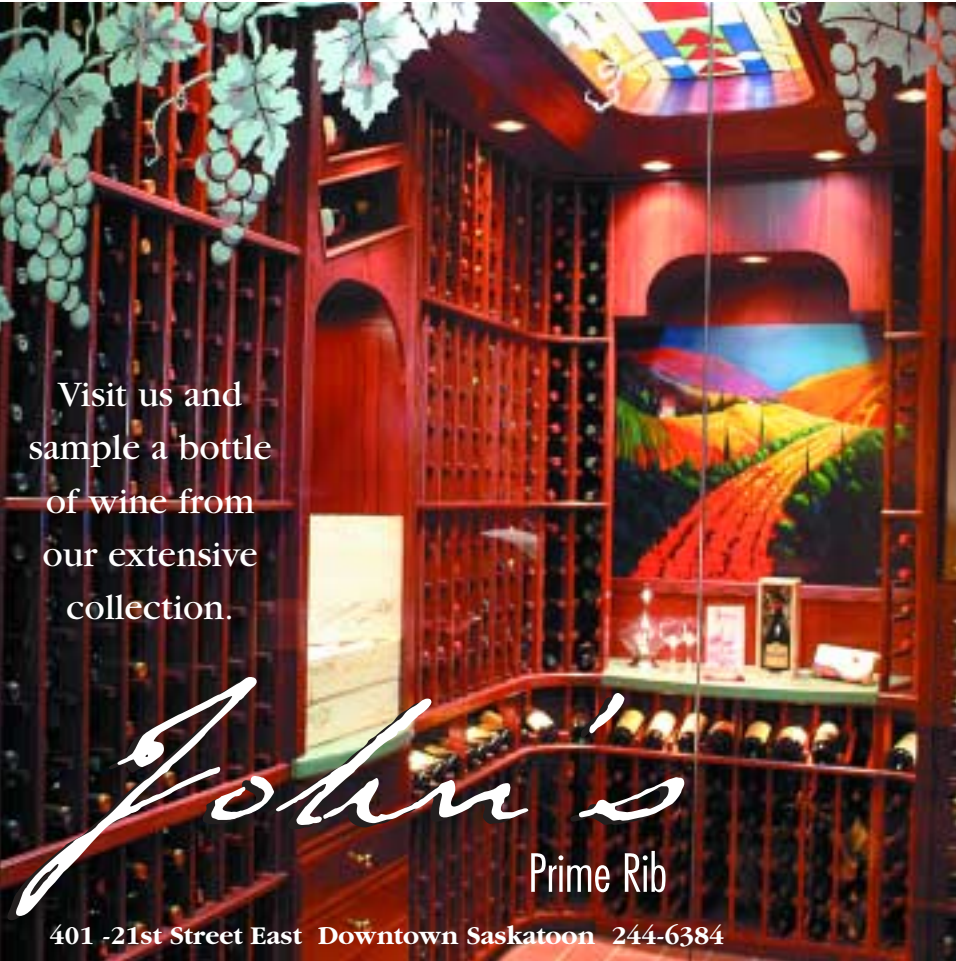




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much to it, but when you're in a vehicle that's on a 35 degree grade it's quite scary," Willoughby says. "There were grown men too scared to do it. You've literally got to hang on to the steering wheel to prevent yourself from being flung into the passenger compartment, yet the vehicle itself is handling the conditions marvellously."

Comparison reviews from independent sources are equally as flattering. Car and Driver Magazine stacked the Touareg up against seven other same-class offerings from the likes of GMC, Land Rover, BMW and Lexus, with the Touareg taking top honours. Categories such as acceleration, braking and emergency lane changes brought out the Touareg's true form.

"It is a beautiful vehicle to drive," Willoughby says, showing his English affinity for high-performance vehicles. "It is brilliant on the racetrack for handling, braking and shifting. An absolute dream to drive."

As Car and Driver put it, the Touareg 'writes a whole new meaning for sport-utility vehicle.' Yet the price is well below many of its competitors, in some cases by more than the price of a second vehicle. A Touareg equipped with a V6 engine starts at about \$52,000, while the V8 version can be had for as little as \$60,000.

Some contend that Volkswagen is buying its way into the SUV market. If this truly is the case, sport-ute drivers everywhere are hoping other manufacturers are willing to pony up the admission fee to what is, at long last, a buyer's market. With its price, design and quality the Volkswagen Touareg has set a new standard for its class.

"Volkswagen has done their research," Willoughby says. "They looked around at what other people were doing and said to themselves 'we can do better than that.' Well, it appears they can because the Touareg beats everything else out there. Hands down." 🍷



The 2004 Touareg is now available at the Volkswagen Centre, 635 Circle Drive in Saskatoon.

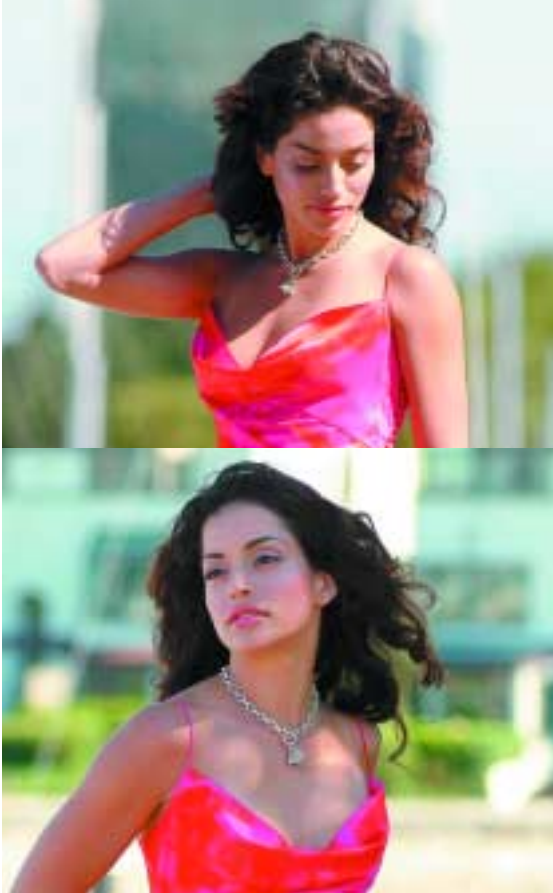


*Oh Emmanuelle*

Photography by Sean Francis Martin | Fashion stylist: Amy Lu | Make-up & hair: Ellen Pratt

Dress by Christian Dior, shoes by Browns Couture, available at Holt Renfrew; Mimi & Marge necklace and Lisa Smith ring available at Blue Ruby.





**H**ot on the heels of starring roles in several indie features, actress Emmanuelle Vaugier seized the spotlight in a small but sexy part opposite Josh Hartnett in last year's *40 Days and 40 Nights*. She followed up with a recurring role as Dr. Helen Bryce, Lex Luthor's girlfriend on the hit WB drama 'Smallville.' This fall she's back on the big screen in her juiciest role yet, as Princess Jasmine in New Line Cinema's *Secondhand Lions* starring Robert Duvall, Michael Caine and Haley Joel Osment.

Vaugier, who grew up in a French-speaking household (both her parents are from France), currently divides her time between Vancouver and Los Angeles. She talked with us about her growing film career.

*You started as a model?*

I've always been interested in acting, ever since second grade when I first got the bug, but I took a modelling class when I was 14, just for fun. A scout asked if I would consider going overseas and modelling professionally. It wasn't something I'd ever thought about, but you know I thought, why not? Then my parents were a bit uncomfortable with me going so we waited until I was the ripe old age of 16. Then I went to Japan.

*How did you make the transition into acting?*

I knew I wanted to get into film, so I started looking for an agent. One signed me and started sending me out on commercials and then on speaking roles.

*What would you call your 'big break'?*

I ended up booking the lead in a Showtime movie of the week called the *Half Back of Notre Dame*. That opened a lot of doors for me. Everybody was asking, who's the new girl who's just booked the lead? It let me jump right into the thick of things.

I had done a pilot for Fox Kids, something like a 90210-type show, except it was really low budget and, well, not 90210. It never went anywhere. And I also did a small part in a Faye Dunaway movie for NBC, but *Half Back* was my first big role.

We were all about the same age, everybody got along, the weather was beautiful – it was like summer camp. It was so much fun.

*It sounds like you've had good experiences.*

Still to this day, I haven't really had a bad experience. I mean, you have good days and bad days, but on the whole I've been treated very well. I've had the opportunity to work with very talented people. I feel lucky.

*You've done both television and film, how are they different?*

In TV, there's a lot less time. You're shooting eight pages a day, so you can't really play with scenes. With a feature, depending on budget, you're shooting a page, maybe two pages a day, so you have the option of being a bit more creative. You can actually watch the playback. Both are challenging and I think you have to be talented to do both well.

*Tell us a little about working on 40 Days & 40 Nights.*

It was a big studio movie, so that was a jump into a new league for me. It gave me quite a bit of exposure and created a bit of a fan base. It got me into certain rooms. People were able to say, **'she did a movie with Josh Hartnett.'** It was quite a memorable role, so even though it wasn't a huge part, you could tell people who it was. And I had an opportunity to work with Josh and Michael Lehmann, a great director, and some wonderful producers.



Dress by A.B.S., available at Holt Renfrew.  
Earrings available at Blue Ruby.



*Vancouver beauty  
Emmanuelle Vaugier  
is making a name  
for herself in  
Hollywood with  
her rare mix  
of sultry good  
looks and onscreen  
charisma*





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What lessons did you learn on a big Hollywood movie?

Modesty takes up too much time! (laughs)  
 It's a little bit of a risqué kind of scene, you don't see much, a lot of it is insinuated and we were all taped up. But the first ten minutes were highly uncomfortable because I kept thinking, 'everybody's looking at me, everybody's looking at me.' Then you get over yourself. You get over insecurities and fears quickly because there's just no room for it.

Now you've got *Secondhand Lions* coming out.

It's funny how that came about. Aladdin has always been my favourite Disney movie. For some reason last summer, my friends and I were listening to the soundtrack a lot and singing along to Princess Jasmine's song. Then I get the call to audition for the role of Princess Jasmine in *Secondhand Lions*.

When I read the script, it took me on a journey. I cried and laughed. You rarely do that out loud. It was heartfelt and well written and something I really wanted to do. When my agent told me I got it I just started screaming. I was so excited. It's such a great cast. I play Duvall's love interest at an earlier age.

What kind of film would you love to do?

I would love to do something like *Chicago* or *Moulin Rouge*, something that required singing and dancing. That or an all-out action film like *The Matrix* or *Charlie's Angels*, where you have to train for six months. Something fun where you get to work at another aspect of yourself, talent-wise.



What's next for you?

I'm back for a third season of 'Smallville' on the WB network. I have a recurring role as Lex's girlfriend, but who knows what's next. Things change week to week in this business. I love that. I like having things fresh and exciting. And I really love not knowing what's going to happen next.

*Secondhand Lions* opens in theatres this September; *Smallville* moves to Wednesday nights this fall on the WB network. 🐾

# VANCOUVER

## lush, laidback, liveable



When you talk about 'liveable' cities, Vancouver has to be among the leaders. The stunning West Coast scenery sets the tone...



Mountains, lush greenery, beaches and miles of waterfront walkways are all part of the Vancouver cityscape. The amenities are world-class: shopping, theatres, pubs, restaurants, nightlife, attractions like Grouse Mountain, Capilano Suspension Bridge, Botanical Gardens, Vancouver Aquarium, Art Gallery, Science World, Space Centre, Stanley Park and so on. The city is a hub for fashion, film, big name events and professional sports. And as Host City for the 2010 Olympic and Paralympic Games, you can bet a building boom is in the works. But for all that, Vancouver still has a surprisingly relaxed pace.





# around the neighbourhood

Whether due to geography, the history of urban development or a combination of both, Vancouver is a city of distinct neighbourhoods. The oldest is Gastown, known for its cobblestone streets, historic architecture and interesting shops. Designated a provincial historic site in 1971, the area has seen its share of economic ups and downs. For tourists, though, its unique character, a combination of frontier energy and English dignity, make it a must-see. Main attractions are the steam clock, statue of Gassy Jack, Europe Hotel and other restored heritage buildings, and the shopping.

A few blocks away is Chinatown, also rich in history and diverse in shops and restaurants. It was settled in the 1880s by Chinese immigrants working

on the TransCanada railway; their story is one of many told in the Chinese Cultural Centre Museum and Archives. But one of the most telling expressions of Chinese culture is the Dr. Sun Yat-Sen Classical Chinese Garden at Carrall & Pender. The work of 52 master craftsmen, it is the first of its kind ever created outside China.

Robson Street has been called Vancouver's answer to L.A.'s Rodeo Drive. It is the embodiment of the city's sense of west coast style. From international fashion houses to local designers carving a niche for themselves, the street offers up the latest looks. It might be more affordable but the emphasis is still on luxury. Upmarket stores highlight fine fashions and jewellery, but there are also art galleries,

bookstores, coffee shops, fine restaurants and good hotels.

Another good place to see and be seen is English Bay, the downtown's main beach area, and hugely popular. This is where hotel guests and residents of nearby condos, high rise apartments and townhomes come to play. You'll see lots of health-conscious joggers, cyclists and inline skaters as well as everyday folks seeking a bit of sun, sand and wind. Follow the Seawall Promenade into Stanley Park, a sprawling 1,000-acre piece of land that offers 22 miles of nature trails, including the gorgeous Seawall Promenade around the perimeter. There's lots of open park space, beautiful gardens and variety of attractions, including the Vancouver Aquarium. The aquarium is home to



Top photos:  
Vancouver skyline;  
sailing in English Bay

Middle photos:  
Yachts in the  
harbour; historic  
Gastown with the  
Europe hotel  
(right), built in  
1908-09 to fit a  
triangle-shaped lot  
near the steamship  
docks.

Bottom photos:  
Yaletown at night;  
the "five-sailed  
masts" of Canada  
Place; shoppers on  
Robson Street.





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beluga whales, sea otters, sea lions and other sea dwellers, but don't expect theme park-style tricks: the emphasis here is on education and appreciation of the animals.

Still in the downtown area is a neighbourhood called Yaletown. This is a good example of how hosting a major event can transform a city. Large chunks of this industrial area were redeveloped to provide venues for Expo 86. The area has since been remodelled, with old warehouses becoming trendy lofts, highrise condos filling vacant lots and retail stores, restaurants, clubs and offices lining the streets.

On the south bank of False Creek is one of Vancouver's biggest drawing cards: Granville Island. It's tucked under the south end of the Granville Street Bridge, though access is easier via the Burrard Street Bridge. This former industrial waterfront has reinvented itself as an artsy mecca. The showpiece is the famous Granville Island Public Market, a sprawling market of fresh and catered foods, but that's just one attraction. Granville is home to Vancouver's annual jazz, blues, writers and comedy festivals, the Emily Carr Institute of Art & Design, Sea Village houseboat development, marina, microbrewery, kids market, museums, waterfront theatre, hotel and variety of craft shops and restaurants.

You can walk from Granville to one of Vancouver's hippest neighbourhoods, Kitsilano, but why? It's way more fun to take the False Creek Ferry. The little boats, more like overgrown bathtubs, provide an inexpensive ferry service to False Creek sites: Science Centre, Stamp's Landing, Yaletown, Sunset Beach and Space Centre, to name a few. Kitsilano is another of Vancouver's earliest neighbourhoods. The long sandy beaches made it a hotspot for the moneyed class in the early part of the century. It was a hippie haven in the 1960s, now it's a healthy, thriving neighbourhood that boasts an eclectic resident population, from middle class families to students attending nearby UBC. The Space Centre, Vancouver Museum and Maritime Museum are all located here, but the highlight is Kitsilano Beach. Further west, follow the Marine Drive scenic route to Jericho, Locarno and Spanish Banks beaches. Around the bend is UBC and access to scenic Point Grey. 🐾



Top: (left) the Vancouver Library; (right) a musician on Granville Island.

Left: Old vs. new

Right: Downtown architecture

Below: At the beach on English Bay







Top right: A floating house at Granville Island Sea Village, a community of homes built on the water.

Left: A spectacular sight day or night, the Lions Gate Bridge is the longest suspension bridge in western Canada and the jump off point for jaunts to Whistler, the Gulf Islands and Vancouver Island.

Below: Art in the streets of Gastown.



## A new \$55 million project called Storyeum leads an economic revival in Vancouver's historic Gastown.

Gastown has always held a special place in the Vancouver mindset. Widely known as the city's birthplace, it gets its name from "Gassy" Jack Deighton, who in the 1870s regaled his saloon patrons with long-winded tales of derring do. The area boomed through the early 1900s but as Vancouver grew, development shifted to other sites and Gastown fell into disrepair.

The first revival came in the 1960s and '70s. In a move that saved many 1900-era heritage buildings from demolition, Gastown was declared a provincial historic site. Redevelopment dollars poured in to transform the streetscape with cobblestone paving, mews and courtyards. Gastown became a trendy neighbourhood of kitschy shops, galleries, studios, ethnic restaurants and more. But as the saying goes, that was then, this is now.

"Gastown needs a boost," says Graeme Drew, Vice-President of Marketing & Communications at Historical Xperiences, a company that designs, builds and manages heritage and commercial attractions. Drew thinks Historical Xperiences, or HXP, has just the 'boost' Gastown needs – a \$55 million entertainment-slash-

Graeme Drew (left) and Danny Guillaume (right).



# theatre under the cars

education attraction called Storyeum.

"A whole new concept in the presentation of living history," reads HXP's marketing literature on Storyeum. "Imagine 104,000 sq. ft. – the size of about six hockey rinks – utilizing innovative space planning, theatrical environments, hidden entertainment technology, and marketing know-how to create a world class educational and entertainment destination."

Storyeum brings together theatre and museum, performers and entertainment. It is a 21st century answer to the 20th century museum model. Instead of static displays, visitors tour galleries where history is literally brought to life through the use of sets, special effects, music, lighting and live storytelling and performers.

HXP has successfully pulled the concept off once before, albeit on a

smaller scale. In Moose Jaw, Saskatchewan, the company helped turn a local oddity into the award-winning Tunnels of Moose Jaw tourism attraction.

"I'm originally from Moose Jaw," says Danny Guillaume, the successful entrepreneur who founded the Petcetera chain and is now President and CEO of HXP. "I was back visiting when I took a tour of the underground tunnels downtown."

Long a local legend, the tunnels under Moose Jaw's downtown streets were made by Chinese immigrants around the turn of the century and used in the 1920s and '30s by rumrunners – including Al Capone – during prohibition.

"I saw an opportunity to bring together two things I was very interested in, tourism and economic renewal. We got involved and expanded

the attraction, introduced operational expertise and aggressively marketed the business."

One of the reasons Guillaume was so keen to develop the Tunnels of Moose Jaw was that it was an opportunity to develop a prototype for something even larger. "I already had a heritage attraction in mind for Gastown. But I knew whatever it was it would have to be BIG, it would have to facilitate a million visitors a year and that was going to cost a lot of money. The Tunnels of Moose Jaw let us build the systems, the software and develop the expertise."

Since its official opening in 2000, the Tunnels of Moose Jaw has drawn raves from visitors and community leaders. It has also drawn tourists. According to newly released statistics, the Tunnels

**(continued on page 22)**  
**THEATRE UNDER THE CARS**



# island hopping

In terms of scenic  
getaways,  
Vancouverites have  
an embarrassment of  
riches to choose  
from – Whistler, the  
Sunshine Coast,  
Vancouver Island,  
the Gulf Islands.

Whistler is the only site accessible by car, for the rest, you'll need to hop a ferry. The BC Ferries operates one of the world's largest and most sophisticated ferry networks. Service from Tsawwassen south of Vancouver or Horseshoe Bay north of the city will take you anywhere you want to go. And it seems these days, more and more people want to go to the Gulf Islands: Galiano, Mayne, Saturna, Pender and Salt Spring.

The beauty of the islands is breathtaking. What makes them so fun to visit, though, is the lifestyle – a Bohemian, back-to-nature culture that appeals to a surprisingly broad

demographic. It's especially visible on the largest island, Salt Spring, which is known for its resident population of characters. The hippie lifestyle never went out of fashion here, it just morphs to suit each new generation.

For a real slice of Salt Spring life, take the self-styled Artisan Tour around the island. It's a scenic drive that directs you to the studios of about 30 artists and artisans. Potters, weavers, painters, silversmiths and jewellers, woodworkers, glass makers, organic food growers, musicians and more.

The increasing development of recent years has many residents

struggling to retain Salt Spring's laid back, communal lifestyle. Ganges and Vesuvius are the main communities, but residential development is spreading island-wide. The good news is that there are still plenty of natural spaces, great hikes through old growth and temperate rain forests, uncrowded beaches and some nice places to stay. 🍷

Photos: The beauty of Salt Spring Island is hard to match; local colour only adds to its charm. The vegetation is so specialized there are some species of fern which are found nowhere else in the world.





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(continued from page 19)

have attracted over 260,000 visitors, representing every Canadian province, territory and U.S. state. It has also encouraged the community to work cooperatively to increase tourism and economic renewal. Guillaume is counting on Storyeum to do the same thing for Vancouver in general and Gastown in particular.

“Vancouver is a community that doesn’t really understand where we’ve come from. I think this is the number one city in the world to live in, but I hear a lot of negativity. My feeling is that the community is looking for a sense of roots. Storyeum is an opportunity for people to see what makes us unique.”

“This is the most unique project that’s ever come across my desk,” says Drew, a long-time friend of Guillaume who has studied and worked in tourism since 1983. “I watched Danny develop Petcetera from a piece of paper and was totally blown away by his different approaches. I thought, if someone with that aptitude for retail could come up with an idea for tourism, it would really be something.”

Well, he did and it is. “We evolved Storyeum over several years. Our capital investment is well over \$20 million, and another \$30 million is being invested by the City of Vancouver in renovating and redesigning the building. Raymond James and Wellington West Capital helped broker an investment deal to raise additional funds from small investors, making it about a \$55 million project.”

Guillaume’s concept hinged on finding the right site. The problem was, where do you find 100,000 square feet of affordable space in the heart of downtown Vancouver? Apparently, right under your nose. The old Gastown Parkade is one of those ubiquitous parking structures found in every city, big and non-descript. Built as part of a 1960s redevelopment project, it is the largest parkade in the city. But something clicked with Guillaume and his idea of ‘theatre under the cars’ was born.

“The parkade will remain a parkade, at least above ground,” Drew says. Below ground is where Storyeum will live. The street level lobby will provide a variety of opportunities for programming and services. An elevator



will take visitors on their ‘Journey Into Our Past.’ Underground, they will explore eight themed ‘chapters’ - Roots, Ancient Trails, First People, New Arrivals, Gold Fever, Confederation, Building a Nation and Multicultural Canada. Each will turn a piece of West Coast history into an ‘emotionally captivating and memorable experience.’

“The City of Vancouver loved the idea,” Drew says. “We negotiated a 40-year lease on the building. They’re

currently renovating the parkade, giving it a new façade and redeveloping the interior.”

For Guillaume, Drew and the HXP team, Storyeum is more than a tourist attraction. “Danny and I were in Moose Jaw a few months before the tunnels opened,” Drew says. “It struck me that we’re helping redesign education. There are brilliant kids in our schools who are just not responding to the system. We need a new paradigm for education and

Storyeum is part of that. It’s a new type of classroom, one that supports the idea that it really is important to know where you come from.”

“There’s an old saying, ‘if you don’t appreciate your history, you’re just going to repeat your mistakes.’ I really believe that,” Guillaume says. “We have to understand what makes B.C. special and what responsibilities we have in creating our own history as we go forward into the future.”



Above: Artist’s rendering of the future Storyeum.  
 Left: Storyeum under construction.



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# A Matter of Balance

The CEO of Coca Cola Enterprises, Brian Dyson, describes the effort to achieve balance between career and personal life as a juggling act. “Imagine life as a game in which you are juggling some five balls in the air. You name them – work, family, health, friends and spirit and you’re keeping all of these in the air.”

story by Jeannie Armstrong photography: Sean Francis Martin, DHS Communications

“You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls – family, health, friends and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered,” Dyson says. “They will never be the same. You must understand that and strive for balance in your life.”

The fine art of juggling career, family and community responsibilities is masterfully demonstrated by two Saskatoon executives, Rita Mirwald and V. Lynne Pearson.

As Senior Vice-President of Human Resources and Corporate Relations for Cameco Corporation, Rita Mirwald is a top official with one of the world’s largest uranium mining companies. She has held positions of increasing importance with Cameco and its predecessor, Saskatchewan Mining Development Corporation, since 1980.

V. Lynne Pearson is in her second term as Dean of the University of Saskatchewan’s College of Commerce, the first woman ever appointed to the role. During her career, she has held diverse positions in government, industry and academia, and been heralded as an outstanding manager of change.

Both women have combined professional careers with family responsibilities. Mirwald raised three children, now adults. Pearson’s two children are also grown; her daughter recently made her a proud grandmother.

They share similar sentiments on family, agreeing that their kids and husbands have kept them anchored and focused on what’s really important in life.

“I’m so grateful my life took the path it did,” says Mirwald, “because the real value in life is your family and your friends. The career ambition, if it absorbs you totally, would be an unsatisfactory end reward.”

When Mirwald’s three children were young, she worked part-time as a high school teacher. By the time she launched her career in the mining industry, her children were teenagers. “It was a little more manageable for me than if they had been toddlers. I also have a very co-operative spouse who has shared 50 per cent of everything. I don’t know how I could have managed without that support.” Busy days at the office were followed by equally busy evenings and weekends transporting kids to activities and tournaments. “An advantage women have in business is that we learn to juggle many projects at the same time. Multi-tasking is a very valuable skill; you learn it out of necessity as a mother. You learn to focus on the thing of the moment. When you’re at soccer, you concentrate on that. When you’re at work, you concentrate on that. It’s also a trait demonstrated by the very successful male executives that I’m around. They are able to juggle an enormous scope of responsibilities because they have very highly developed focusing skills,” Mirwald says.

Lynne Pearson gives full credit to her spouse George for his support of her career and shared parenting of their two children. “Marry the right guy,” she advises with a chuckle. “The relationship that you have with your husband is extremely important. You need to support his goals and aspirations, but you also have to have someone who supports your goals and aspirations.”

“Communication has always been very important in our family. We developed a system of family meetings to discuss everything – from planning vacations to discussing problems.” Planning time-outs just for family was also important. “We reserved Friday as family ‘collapse’ night. It started with pizza around the coffee table and later gravitated to a family meal at a particular restaurant.” But Pearson acknowledges having to make personal sacrifices. “There were activities that I would have enjoyed getting involved in that I just didn’t think about,” she says.

Mirwald agrees, saying she has had to learn to set limits on the many demands for her time. “What I have found in my life is that I can only do so many things, and not anything more. I do family and work, then try to find some time for community involvement, but it’s definitely limited when compared to some.”

Women like Mirwald and Pearson have proven that, in the juggling act of life, it is possible to keep all of the balls in the air.

## RITA MIRWALD

Mentoring a New Generation

Rita Mirwald’s career parallels the meteoric rise of Saskatchewan’s uranium mining industry. She began as an educator, receiving her Master of Arts in history from the University of Oregon in 1965 and her Diploma of Education from the University of Saskatchewan a year later. Through the 1970s, she taught part-time at local high schools. In 1980, she joined the Saskatchewan Mining Development Corporation (SMDC) for a three-month term as Information Officer; she has stayed for the duration.

“The big project everyone was focused on was the beginning of production at the Key Lake Mine. There was a lot of energy and excitement in the organization,” she says.

The mine was producing the highest grade of uranium ore in industry history, propelling SMDC and Saskatchewan to new international heights. The opportunities increased with the successful privatization of SMDC, through a merger with the federal agency Eldorado, into Cameco Corporation. “Now we could explore and develop outside the province, rather than being bound by the restrictions of a crown corporation,” Mirwald says.

As a woman executive in the mining industry, Mirwald was definitely in the minority. “Back then, it was very unusual for a woman to be among their ranks. There were advantages and disadvantages. It was easy to stand out in the crowd, because often I was the only woman at a management-level meeting. You can probably be extra frank as a woman, or ask what might be considered the stupid questions with impunity.”

Today, Mirwald’s corporate experience is sought after by a variety of industry associations. She serves on the boards of the Saskatchewan Mining Association, Fytokem and the Saskatchewan Institute of Public Policy. She is also a member of the Canadian Nuclear Association’s Communications and Climate Change Task Force, and participates in the Saskatchewan Mining Association, the Canadian Nuclear Association and the World Nuclear Association. In her very spare time, she devotes time and energy to community initiatives, such as her current participation as a mentor for Leadership Saskatoon. “That has been a very fulfilling undertaking. When I was younger, I always thought it would have been helpful to have assistance from a mentor.”



## V. LYNNE PEARSON

Motivated to Make a Difference

V. Lynne Pearson is a true trailblazer among women. Backed by an eclectic education that includes a Bachelor of Arts degree from the U of S, a Bachelor of Journalism from Carleton University in Ottawa and a Master of Arts degree from the University of Alberta, she has navigated her way to key positions in academia, government and industry – a career path that has taken many interesting twists and curves.

“I never planned my career. Opportunities came along and I took them. They’ve led to a very diverse career, with a commonality of working with organizations that were in the process of change,” says Pearson.





Her career began with the federal government in Ottawa in the Department of Recreation. Moves to Alberta and British Columbia advanced her civil service career; she returned home to Saskatchewan and joined the provincial department of Labour, moving up the ranks to Deputy Minister of Consumer and Commercial Affairs.

A jump to the federal civil service saw Pearson become the first woman Regional Director General of Employment and Immigration, followed by Assistant Deputy Minister of Western Economic Diversification.

Ottawa beckoned again in 1988 and Pearson found herself at the helm of several projects, including leading the federal government's Consulting and Audit Canada organization and being appointed Queen's Printer for Canada. Pearson was then made Chief Executive Officer of the Canada Communication Group (CCG), a \$120 million/year printing business. "I was originally sent in to turn the organization around financially and clean it up. Within six weeks, the government decided to privatize the organization. I was made responsible for that initiative. It took us 20 months, but we did get CCG privatized and it is now operating in the private sector very successfully," says Pearson.

In 1996, Pearson accepted the invitation to be the new dean of the U of S College of Commerce. Now in her second term, she continues to affect change. Several successful new programs have been launched including the Masters of Professional Accounting program and a Masters of Business Administration program that specializes in agri-business, biotechnology management, Aboriginal management and health care management. She and her team are presently reviewing the college's undergraduate curriculum.

Pearson is one of five appointed directors with the Canadian Wheat Board, a member of the SaskPower board of directors and First Vice-President of the Saskatoon United Way. She is secretary-treasurer of the Canadian Federation of Business School Deans and an independent Director of the national Financial Services Ombudsnetwork. And she just completed a two-year term as Chair of the Board of Directors of the Quality Standards Association Group – the first woman appointed as chair in the organization's 83-year history.

"I hope my legacy in any of the jobs I've been in is that I made a difference – that I made the community a little bit better, the work lives of people a little bit better, policies a bit better, helped companies earn better profits. What motivates me is that I feel I'm making a difference," says Pearson. 🍀



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# CORE

For many career women, learning to balance work, relationships and family is enough of a challenge. Where do you find the time to add in a regular fitness routine? The cold hard truth is that you make time, because there's no quick fix. Then again, if you're looking for quick results...

It may seem like just another fitness craze, but Pilates has been around for more than 70 years. One of the reasons for its recent gain in popularity is that you can see noticeable improvement within a few weeks of starting a regular program.

"Pilates focuses on strengthening and rehabilitating the body's core – your stomach and back muscles, which support your spine. When your core is strong, it supports you – if not, you have posture problems, back pain and so on," says Kathy Bond, owner of the Saskatoon Pilates Centre. "Pilates is designed to help you make educated choices about how to move your body. It imprints into the muscle system, so your body starts to reject bad habits. It actually gets harder to slouch or maintain bad posture."

According to the literature, Pilates exercises are based on six principles:

concentration, control, centering, precision, flowing movement and breathing. There is a strong mind-body connection. The pay-offs are increased core strength, improved balance, increased flexibility and fewer aches and pains, particularly back pain.

A dance teacher and fitness instructor, Bond is used to feeling flexible, strong and full of energy. When a car accident took away that feeling, she tried everything. "I went through the medical hoops, the alternative therapies, the exercise programs. I tried yoga, massage, chiropractors. Each helped but only to a point and I kept thinking, I'm not getting any better. Then I went to a Pilates workshop and right away my body said, this makes sense. Within two weeks, I was hooked."

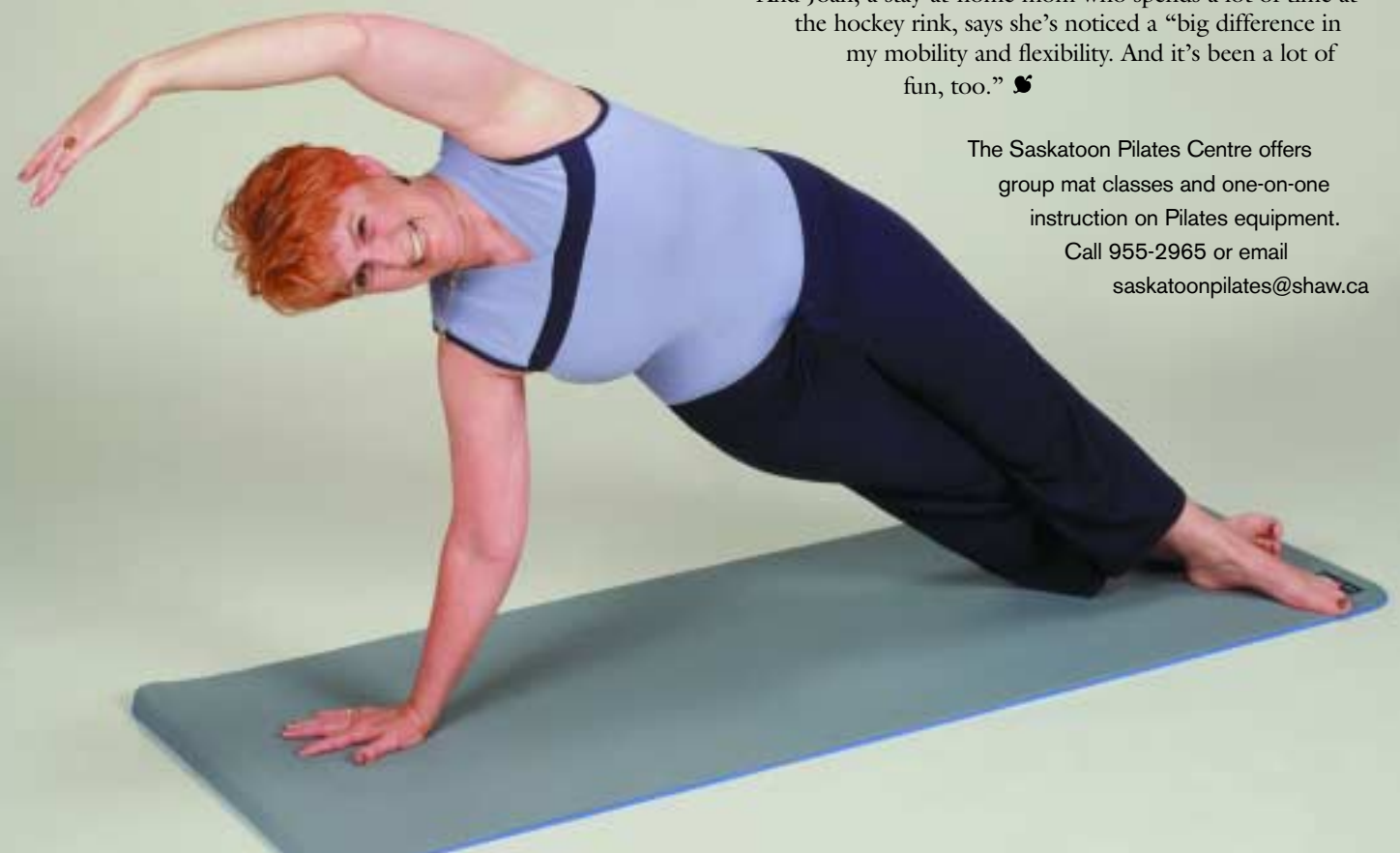
Bond took 500 hours of practical training and graduated from The Dianne Miller Pilates Center of Vancouver in 2000. She has since trained three staff members, Gwen Lepage, Shona Lealos and Diane Loewen, and nine instructors currently teaching around the province. Bond also has mat certification from the Physicalmind Institute of New York.

"I know Pilates works. I have my flexibility back and I'm out of pain," she says. Her clients are eager to add their testimonials. Gwen, who has a history of lower back problems, had exhausted both Eastern and Western methods of dealing with pain before trying Pilates. "I like the mind-body connection. I also do yoga, but with Pilates you get core body strength. I haven't had acupuncture or physio since starting."

Maureen is a businesswoman who spends much of the day on her feet. "My body was in charge of me," she says. "My knees ached, my back ached. Now I'm in control of my body."

And Joan, a stay-at-home mom who spends a lot of time at the hockey rink, says she's noticed a "big difference in my mobility and flexibility. And it's been a lot of fun, too." 🍀

The Saskatoon Pilates Centre offers group mat classes and one-on-one instruction on Pilates equipment. Call 955-2965 or email [saskatoonpilates@shaw.ca](mailto:saskatoonpilates@shaw.ca)





# free. spirited. fashion.

against the shimmering backdrop of vancouver's upscale waterfront, award-winning designer Cheri Milaney gives us a special preview of her spring 2004 collection.

story: beverly fast



photography: sean francis martin, dhs communications





“ pieces can be  
interchanged to create  
very sexy looks, but  
still retain the sense of  
femininity. it’s glamour  
and comfort. ”

“The collection is designed to  
bring out a woman’s natural femininity  
and free spirit,” Cheri says. “The  
silhouettes are very unstructured and  
simple, but the detail is in the texture,  
fabric and colour.

“I want women to feel  
comfortable,” she says, “whether  
they’re at work, at a party or just  
casual. We’ve been through the power  
suit era. I think women’s fashion can  
be confident but still feminine.  
Women should feel good about  
themselves.”

Milaney is certainly helping in that  
regard. Her designs are cut to fit real  
women. They’re not straight cut like  
many European fashions, but cut to fit  
and complement a woman’s curves.  
She also designs for a broad age range,  
saying, “The clothing is not about an  
age but about an attitude and a  
lifestyle. It’s really about creating an  
individual look. Women really love  
that.”

For the *Commuter* layout, Cheri  
worked with publications coordinator  
Lesley Diana. “Lesley is great. She’s  
very proactive, very creative and she  
knows a lot of people. She’s opened a  
lot of new doors for me.” The added  
publicity is turning a number of  
television and film personalities on to  
the delights of Cheri Milaney’s free  
spirited fashions. 🍷

Elegant, expressive, charismatic,  
confident – words flow freely when  
describing the sumptuous lines of  
Vancouver-based designer Cheri  
Milaney. Since launching her self-titled  
label in the 1990s, she’s had her  
designs featured in major publications  
like Toronto Life Fashion and Style  
Magazine and in television spots on  
Inside Entertainment, Global TV and  
even the Beijing Television Network.  
Her new spring 2004 collection  
promises to introduce more women to  
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# West Coast



## West Coast Salmon

Salmon & Crab Terrine  
*serves 8-10*

1lb. side of salmon (boneless & skinless)  
1 cup chopped crab meat  
1 tsp chopped dill  
1 tsp chopped thyme  
1 tsp chopped parsley  
1 tsp chopped chives  
salt & pepper to taste

Lay the salmon fillet on a flat surface  
with skin side down. Make an incision  
starting from the center (lengthwise) to  
create a pocket. Repeat the procedure

in the opposite direction. Open the  
salmon fillet and sprinkle with salt and  
pepper. Place crab meat on one side &  
herbs on the other side. Roll meat  
together "pinwheel style". Wrap tightly  
with saran wrap and then tightly with  
tin foil so that no saran wrap is  
exposed.

Bake at 350°F for approximately 15-  
20 minutes. Let rest for 10 minutes,  
unwrap and carve.

Serve with gingered mashed  
potatoes and fresh vegetables or suey  
choy coleslaw.

This recipe courtesy Executive Chef Steve Driver and  
Sous Chef Rusty Penno from Boffins.

*Boffins offers cooking classes to its  
members on a monthly basis. Classes range  
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*For schedules and costs contact Ray  
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Lac La Ronge Indian Band



Prince Albert Grand Council



Federation of Saskatchewan Indian Nations



Prince Albert National Park



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## Prince Albert Model Forest

### Ma Maw Wechehetowin

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#### A Model Partnership

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Email: [pamf@pamodelforest.sk.ca](mailto:pamf@pamodelforest.sk.ca)

Website: [www.pamodelforest.sk.ca](http://www.pamodelforest.sk.ca)



Weyerhaeuser



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Twenty-five minutes southwest of Saskatoon in an unassuming farmyard, a young Shepard-cross called Sadie ambles agreeably towards a stranger's car; her good-natured woofs signal not only an arrival, but also her owner's well-earned mid-morning break. Emerging from a plain white workshop, his shirt covered with the fresh shavings of his craft, is fine furniture maker Jamie Russell.

## Out of the Woods



Story by  
Frank Kusch

While Russell's career began with the more modest toil of constructing cabinets, garages and rumpus rooms, he is recognized today as one of the leaders of the studio furniture movement in Saskatchewan, with a reputation that is growing well beyond the prairie horizon.

His original furniture creations, dubbed "art you can use," are displayed in galleries in Western Canada, Oregon, Seattle, Philadelphia, Los Angeles and Mendocino, California. Some pieces are fetching \$5,000 to \$6,000 U.S. And while this artisan is developing an international status, his passion for his craft is home-grown.

"I got a pocket knife for my birthday when I was in

grade four and started carving swords and daggers," says Russell. He is sitting in a comfortable dinning room that looks out over a prairie backdrop, his dog Sadie at his feet.

"There were always tools in the house, hand planes and hand saws, chisels. I grew up in the building boom in Saskatoon, and from ages 10 to 14, there was lots of scrap lumber around, so I was always making stuff."

After travelling overseas for three years following high school, the young Russell looked for a trade to match his interests and provide "the path of least resistance." He studied woodworking in the Kelsey Institute of Applied Arts and Sciences in Saskatoon, a stint he says prepared him well for the plywood and millwork industry, and gave





Right: Russell and his dog Sadie  
Above: The magic is in the details.



him the basic skills for working with solid wood.

“The rest I kind of stumbled into,” he says with a laugh. Russell’s evolution from basic construction to fine art furniture began when he read *Fine Woodworking Magazine* in the early 1980s. The publication introduced him to studio furniture and stirred him to the possibilities of high-end furniture making. In 1984, he packed his bags and travelled to California to work under Art Carpenter and Stuart Welch, two of the leading San Francisco area makers in the Baulines Craft Guild apprenticeship program.

“The California trip made all the difference, [I was] working with one of the grandfathers of the furniture studio movement, Art Carpenter.”

He was also introduced to the work of Judy McKie, who was using animal imagery in furniture. Russell began to work it into his creations gradually, becoming bolder over time. Aiding in his creative development from strict functionality to furniture with an artistic bent was a 1993 grant from the Saskatchewan Arts Board.

“The grant allowed me to explore animal images in furniture and teach myself to carve,” says Russell. “It opened the idea of three dimensionality in furniture and creating works of art with an underlying functionality.”

Ninety per cent of Russell’s market is in the United States, due, he says, to the nation’s unbroken tradition of teaching fine woodworking as well as a market place with the means to acquire quality products. These days, one of Russell’s hall tables goes for a cool \$4,500 U.S., a price that may soon rise.

This past spring, Russell had one of his works auctioned off at The James Renwick Alliance for American Craft gala in the Smithsonian Institute in Washington, D.C., exposure that has brought his work to the attention of

serious American collectors. Soon after, Russell sold a work to one of the five most prestigious private collections in the United States.

Despite his market, Russell maintains his home on the Saskatchewan prairie, a place he says affords him the ability to work undisturbed on his craft.

“I love the isolation; there are very few places in North America that I could be 25 miles from a city as interesting, well supplied and as pleasant as Saskatoon, for anything less than three times what I have invested in my eighty acres here.”

Russell says that this “availability of solitude” and “the starkness of the landscape” has had a positive influence on his craft. His shop, a mere 30 yards from his house, is fitted with windows looking out over the rugged landscape.

A typical day for this artisan

*Russell maintains his home on the Saskatchewan prairie, a place he says affords him the ability to work undisturbed ... the availability of solitude and the starkness of the landscape has had a positive influence on his craft.*

begins before 6 a.m., with a light breakfast and some time spent on the couch, drinking coffee, reading and gathering his thoughts for the day. As his work is still quite physical (working with large blocks of solid wood), he follows with thirty-minutes of stretching. Russell then takes care of as much of his telephone and email correspondence as possible. He gets to his shop between 8:00 and 8:30, breaks for coffee at 10, lunch at noon and another break at 3:00. His tight schedule provides structure to his self-employed life and allows fixed





times for customers and colleagues to reach him. There is no telephone in the shop to interrupt his work.

“It is hard enough to get my concentration level up out there. When I do get it up, I don’t want it broken. I usually work until the sun goes down, summer and winter. When the sun goes down, so does my energy level.”

A good portion of his sales now involve commissioned work, which he says prevents him from becoming “stuck in a rut,” something that can occur when he works long hours on series pieces, such as his popular music stands. Commission pieces allow for a different kind of “hands on” work.

“My favourite way of working on a commission is face-to-face. I have to make sure right from the start that people really want what I’m doing, and not something completely unrelated to what I do. I want to sit down, talk with the people and find some hook or some story from their life or some animal that they are particularly associated with, and use that as the starting point for the

design. It can be a pet or a hunting or work theme.”

Russell encourages people to bring their stories along with their photos and even their animal. He works to weave these experiences and creatures into the furniture’s design. The key, he admits, is close collaboration.

“The people who become the most involved with the piece also get the most out of me. They get the best piece, because I get involved and interested in it; it’s not just something I’m grinding out.”

Working long distance poses more challenges; means more phone calls and emails. In each case, however, a commissioned piece of furniture begins with a working drawing for a clear starting point.

An important part of Russell’s inspiration comes from the workshops he helps host at Emma Lake, Saskatchewan. The biannual invitational event brings together artisans who share their skills and ideas for five days. Russell, who dubs himself “the chief cat herder,” says

that despite the challenges of bringing together 100 creative people in the same place at the same time, the event is worth the effort. Along with fellow artisans, Mike Hosaluk and Heather Cline, the blacksmiths and woodworkers help to transport truckloads of tools and materials to the site. All the furniture created during the five-day period is auctioned off.

Today when someone asks Russell what he does, he tells them that he builds furniture carved with animal imagery. To aid with potential customers, this enterprising artisan carries a pocket portfolio with images depicting his creations that are fashioned with everything from Birch to Western Big Leaf Maple.

While he says the term that best describes his vocation is a studio furniture maker, the designation is under constant evolution.

“Sometimes I hyphen that with ‘free form carver,’ leaning towards ‘straight sculpture.’ But that’s the way I’m evolving right now ... I wouldn’t want it any other way.” 🐾

Below: Glass top tables show off Russell's carving.



# Taking Root

Since the creation of the Prince Albert Model Forest in 1992, one-time rivals have become staunch allies in the effort to ensure sustainable forests for future generations.

story by Beverly Fast

FROM COTTAGERS TO LOGGERS, it seems everyone wants a piece of the forest. In response to the mounting pressures being put on forest resources by a growing list of users, Canada launched the Model Forest Program in 1992. One of the original participants in the nation-wide network is the 367,000-hectare Prince Albert Model Forest. Funded by the Canadian Forest Service and various stakeholders, this unparalleled partnership is creating an extraordinary grassroots approach to sustainable forest management in Saskatchewan.

The PA Model Forest is a working partnership of 11 stakeholders, including the Canadian Forest Service, Canadian Institute of Forestry (Saskatchewan Section), Federation of Saskatchewan Indian Nations (FSIN),

Lac La Ronge Indian Band, Montreal Lake Cree Nation, Prince Albert Grand Council, Prince Albert National Park, Saskatchewan Environment, Saskatchewan Research Council, Resort Village of Candle Lake and Weyerhaeuser Saskatchewan Division.

Think about this list of players. Here at the same table you have government agencies, timber concerns, cabin owners, tourism operators, national park managers, research institutes and Aboriginal communities. You wouldn’t think they had much in common and, prior to 1992, you would have been right. That was the problem.

“There used to be lots of conflict between the players,” says Gene Kimbley, who was working with Montreal Lake Cree Nation in the early 1990s. “When we all had to sit down

and do a proposal together to start the Model Forest, we found common ground. It wasn’t easy, but the more we worked on the proposal, the more we got to know each other. There were seven organizations at the start. By the end, we were partners. It was just a tremendous feeling.”

From the start, he says “the goal was to do the best integrated forest management we could on the parcel of land, with all the partners involved.”

Today, after stints on working committees for both the national and international model forest programs, Kimbley has returned home as general manager of the PA Model Forest. “It’s about making best use of the forest by taking everything involved in the forest into consideration. This is where the Aboriginal perspective is so important.”



Sustainable management of Saskatchewan's forest resources is designed 'to conserve their biodiversity, productive capacity and ecological integrity, while maintaining the social, cultural and economic benefits we derive from them.' To achieve this, PA Model Forest partners use the land base as a living laboratory for research and education.

Wapawekka, an independent joint venture between Weyerhaeuser and the Lac La Ronge, Montreal Lake and Peter Ballantyne First Nations, is often used as an example of the economic benefits that can result when organizations come together to cooperatively share and manage resources.

Chris Dunn, Integrated Resource Manager with Sask Environment, says the partnership has “really improved our working relationships with others. One

place it stands out is with our Resource and Environment Management Partnership Agreement with the Montreal Lake Cree Nation. It's outside the Model Forest partnership but it stemmed from our participation in the Model Forest. We've done some good things, like the re-introduction of elk into traditional areas and several fisheries projects."

In 2002, the success of model forest partnerships across Canada led to the federal government's enthusiastic renewal of the Model Forest Program, to the tune of \$40 million over the next five years. Sustainable management remains the watchword. But getting 11 stakeholder-partners to agree on what that actually means is no simple task.

Montreal Lake Cree Nation, Sask  
Environment, Resort Village of Candle  
Lake and Lac La Ronge Indian Band. A  
large portion of the land base is also an  
active part of Weyerhaeuser's Forest  
Management Licence Agreement.

“The Model Forest has helped us find out what sustainability means to the different stakeholders,” adds Weyerhaeuser’s Doucette. “It’s not just growing a tree but maintaining the forest’s diversity so that it continues to support many activities: hunting, trapping, fishing, holidaying and so on. I think the Model Forest is helping change the way forests are managed, it’s

For Kimbley, who has travelled across Canada and even to Russia encouraging Aboriginal groups to participate in model forests, the long-term impact is significant. “We’re trying to make model forests the best sustainable management that can be done. We want to have sustainable development and management of our forest resource – that’s the key. But it’s the partnership that makes it work.”



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# city events

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## AUGUST

### **Saskatoon International Fringe Festival** **July 31-August 10, 2003 - Saskatoon**

The Fringe on Broadway is theatre that refuses to be called mainstream. Ten days of live theatre by over 40 performance companies from around the world. Plus street performers, dances, craft vendors, more. 1-888-667-2239 (664-2239 in Saskatoon) or [www.25thstreettheatre.com](http://www.25thstreettheatre.com)

### **Folkfest 2003 One World** **August 14-16, 2003 - Saskatoon**

A three-day multicultural extravaganza of food, music, dance and culture. Ethnic groups from around the world recreate a little bit of their homelands for visitors to enjoy and explore. (306) 931-0100

### **Regina Folk Festival 2003** **August 15-17, 2003 - Regina**

Saskatchewan's premier folk music festival features evening concerts and afternoon workshops, food service on site. Fun for the whole family. [www.inregina.com](http://www.inregina.com)

### **Canada Remembers International Airshow** **August 16-17, 2003 - Saskatoon**

Acknowledged worldwide as one of North America's finest air shows, Canada Remembers International Airshow features vintage and modern aircraft, ground displays and more. At the Saskatoon John G. Diefenbaker International Airport. (306) 938-7800 or 1-800-970-7328

### **Royal Red Arabian Horse Show** **August 18-23, 2003 - Regina**

Regina's Exhibition Park comes alive with the pomp and pageantry of the Canadian National Arabian and Half-Arabian Horse Show, showcasing the best of the breed from North America and beyond. (306) 781-9200

### **Lanterns on the Lake** **August 23, 2003 - Regina**

A festival showcasing the talents of artists, musicians, dancers, performers, writers and hundreds of lantern builders, produced by Globe Theatre in partnership with seven other arts organizations. Enjoy the spectacular dusk lantern procession through Wascana Park. (306) 525-9553

### **650 CKOM & Rock 102 FM Cruise Weekend** **August 22-24, 2003 - Saskatoon**

A three day classic car weekend sponsored by Rawlco Radio and featuring The Mayor's Jam, Poker Rally, Racing at Saskatoon International Raceway (SIR) and Bridge City Speedway and the spectacular Sunday Show N Shine in downtown Saskatoon. (306) 934-2222

### **SaskPower Regina Dragon Boat Festival** **August 29-30, 2003 - Regina**

Hailed as 'the fastest growing community event in Saskatchewan,' the annual Dragon Boat Festival on Labour Day weekend in Wascana Park draws over 20,000 spectators and 120 teams. (306) 777-0347

## SEPTEMBER

### **Letters From Wingfield Farm - 2nd Season** **September 3-7, 2003 - Saskatoon**

Dan Needles brings to life a marvellously lovable rural community populated by eccentric philosophers, wily survivors, rascals, cranks and modest heroes. At The Barn Playhouse, 25km North of Saskatoon on Hwy 12. (306) 239-4600 or [www.thebarnplayhouse.com](http://www.thebarnplayhouse.com)

### **The National Ballet of Canada** **presents The Four Seasons & The Firebird** **September 12 - September 13, 2003 - Saskatoon**

Tickets at Centennial Auditorium Box Office, all Ticketmaster outlets or 938-7800 or 800-970-7328

### **Queen City Marathon 2003** **September 21, 2003 - Regina**

A Boston certified, scenic 42.2 km course designed for the Queen City Marathon. There's also a 21.1km half marathon, 4.2 youth mini-marathon and 42.2km relay challenge.

### **Colin James** **September 26-27, 2003** **Casino Regina Show Lounge - Regina**

Rock and blues artist Colin James is set to bring down the house with cuts from his newest CD. For tickets, call 306-565-3000 or 1-800-555-3189.

For more information on these and many more events around the province, visit Tourism Saskatchewan at [www.sasktourism.com](http://www.sasktourism.com).



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