



The Commuter

business • lifestyle • travel

June/July 2003

YOUNG GUNS VS. BIG GUNS
Wellington West Capital

SUPERBUG
The VW New Beetle Convertible

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Motorcycle's legendary road race

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Northern Ireland



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Issue Three, Volume Four

June/July 2003

BUSINESS AND LIFESTYLE FOR A CULTURE ON THE MOVE

From the editor ...

When people talk about a trip to Ireland, they usually mean the Republic. For most, Northern Ireland conjures up images from the television news: Catholic versus Protestant fighting in the streets, bombings, armoured British troops. Known in Ireland as "the Troubles," the conflict is confusing to some and scary to most, and the image has been hard to dispel.

I have travelled to Ireland many times, as a child in the 1960s, a teenager in the '70s, and a photographer in the 80s, 90s and now 2003. Two things have always struck me. The ageless beauty of the landscape, which has been and always will be unequalled. And the fact that, even during the most troubled times, people have been quietly going about their lives. Most have never been involved in the fighting, and while there's been plenty of blame-laying on both sides, there's also been a desire for peace.

Peace began to emerge in the late 1990s. Travelling through Northern Ireland now, there's little evidence of past troubles other than murals in Belfast and Derry neighbourhoods. The military presence has been greatly reduced. There are still fortified barracks and police stations, but they are no longer on every corner and the country seems more at ease. It is a sign of hope for a peaceful future.

But Northern Ireland as a tourist destination? Absolutely. There are so many reasons to go. The beauty of the coastline, the sandy beaches, the green countryside, the historic castles, but above all, the people. Beleaguered, embattled but never broken, the people of Northern Ireland are among the most open, honest and warm souls you will meet. It's that spirit that makes Northern Ireland the antidote to walled-in resorts and programmed holidays.

Thanks to my cousin Janice and her husband Woods Rothsbotham, and Uncle Wesley for their hospitality. Special thanks to Andrew and Christine Taylor for putting us up for the night.

Sean Martin
Editor



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SUPERBUG

Faster than a speeding bullet! Leaps tall buildings in a single bound! OK, maybe not. We test-drive the VW New Beetle Convertible.



NORTHERN IRELAND

After more than 30 years of "troubles," Northern Ireland is emerging as - surprise - a popular tourist destination.

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GOOD KARMA

lululemon athletica clothing infuses the ancient art of yoga with new chic ... not to mention profitability.



PÜSCHING UP SOULDAISIES

Cool clothes for sweet summertime - fresh off the farm, from labels that just happen to call Calgary and Vancouver home.

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WELLINGTON WEST CAPITAL

Ten years ago Wellington West was a small Winnipeg-based brokerage. Today it's one of the biggest investment dealers in the West.



NORTHWEST 200

Northern Ireland's legendary motorcycle race is one of the few road courses left in the world. And it's determined to keep fans close to the action.

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Editor: Sean F. Martin
Associate Editor: Beverly Fast
Art Director: Christina Weese
Production Supervisor: Lorraine Gilchrist
Sales Manager: Nick Cannon
Photographer-At-Large: Sean Francis Martin

Published By: DHS Publishing, a division
of DHS Communications

Contributing Writers:

Jeff Arthur
Todd Degelman
Beverly Fast
Frank Kusch
Len Steckler
Christina Weese

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On the Cover: Road to Tor Head,
Northern Ireland

M A R K E T P L A C E

Interested in tax relief? Start planning now.

FOR MOST CANADIANS, May 1 was D-day for tax filing, though the self-employed enjoy an extra six weeks grace before having to file June 15. Whatever the date, the truth is that most of us wait till the last week, even the last day, to get the deed done. In doing that, we may be missing out on opportunities to reduce the amount of tax we pay. Since we're already half-way through the 2003 tax year, now is a good time to start planning.

The challenge is in finding worthy tax deductions. Accountants work hard to help reduce the tax burden for their clients – anything to ease the pain of paying the government almost half our income. One concept you may not have heard of, but which you might consider asking your accountant about, is limited partnership flow-through shares.

A limited partnership offers a 100% deduction against income on the amount invested. Still interested? This is how it works. The government offers tax incentives to mining and exploration companies; the investor buys units of a limited partnership (LP). The LP invests in flow-through shares of resource companies, the resource companies issue shares and flow-through tax deductions to the LP, which holds the shares and flows-through the tax benefit to the investor.

Okay, it's a little confusing. Here's a break down. Assume you are in the highest income tax bracket (44%) and invest in a LP. For every \$1,000 investment in the LP, you will receive tax savings of \$462. This means your effective purchase price is \$538.

In a LP, you are required to hold the investment for approximately two years. Any gain will be in the form of capital gains. In rough terms, you have a 30% down-side protection, since your break-even price would be \$690. This example is based on the Creststreet Limited Partnership, which has had an average rate of after-tax return of 29.8%.

Limited partnership flow-through shares offer attractive tax savings, investment in the high demand oil and gas sector and provide an opportunity for an attractive return and superior capital gains deferral.

Proper tax planning goes well beyond filling out a tax return every year. It involves understanding how to create tax advantages for the future, not just today. And it means starting early, so you can get information on the opportunities available. Talk to your accountant or financial advisor. Remember, it's not what you make or what's on your T4; it's what you take home that counts. Educate yourself and prosper!

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



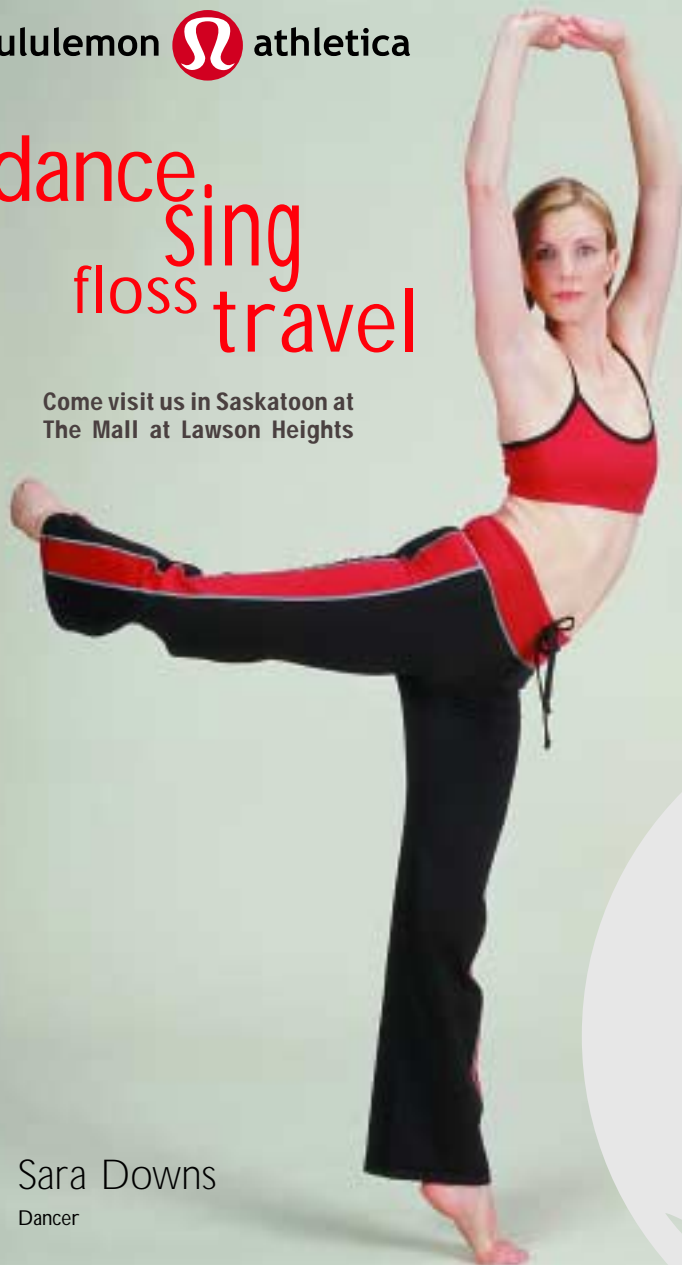
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Sara Downs
Dancer

vintagereport

THE WINE:
Casa Lapostolle 2000
COUNTRY OF ORIGIN:
Chile (Rapel Valley - Las Kuras vineyards)
GRAPE VARIETALS:
Cabernet Sauvignon (100%)

COLOUR:
Dark dense ruby color.

NOSE:
Blackberry fruit with a hint of cassis.

IN MOUTH:
Medium, full-bodied, smooth. Well-balanced tannins.

FOOD:
Red meats, BBQ, cheeses.

VALUE:
Excellent value for the \$.

OVERALL:
3.75 grapes out of 5. One of my favourites.



This wine is featured at Rembrandt's Restaurant and Wine bar located in the Senator Hotel in Saskatoon. Have a bottle with dinner, or in the new "Wine Bar" while listening to some jazz.



Vintage.

WINE TASTING 101:
THE GUSTATORY ASPECT
BY LEN STECKLER

TASTE AT LAST. Taste at last. In all of the wine seminars, classes and courses I have attended or taught, people can hardly wait for the gustatory aspect of wine tasting.

To start, decide how many types of wines to taste. Are they whites or reds, or a combination? A neophyte wine taster should not taste too many wines in one sitting. I have been at courses where I tasted four sittings of eight to fourteen wines per sitting. After the second or third day, my tongue was literally sore from the acids in the wines. This is one reason so much importance is place on the visual and olfactory senses in wine tasting.

Label the glasses and bottles with corresponding numbers or letters and cover the bottles with brown paper or tin foil. We want to judge wines on their merits, not on concepts we may have gained from the label. Having paper and pen to write down characteristics of the wine being tasted is a good idea.

Make sure the wines are at the right temperature. Whites should be 50 to 55°F and reds a cool room temperature at 65 to 68°F. For white wines, this means about fifteen minutes in the freezer and for reds about five to get a more appropriate temperature.

Set up the wines from lightest to heaviest, whether you are tasting all whites, all reds or a mix of whites and reds. It is unfair to taste a light sauvignon blanc after a big heavily oaked new world chardonnay, or a beaujolais or valpolicella after an Australian shiraz. The lighter wines will not leave much of an impression if tasted after the heavier wines. Pour about two ounces per glass; enough wine to judge colour and enough room to swirl without spilling.

It used to be believed that sugar was registered on the tip of the tongue, salt on the front and sides, sour on the back and sides and bitterness at the rear. More recent studies suggest these sensations are felt in all parts of the oral cavity, with only bitterness registering more strongly in the back of the mouth.

It is important to note that saliva is an integral part of taste. Without it, we would only have the tactile sense of mouth feel, often noticed as a furry sensation on the teeth and lips. This is caused by grape tannins. The same sensation when found on the inside of the cheeks and rear of the mouth can be caused by the tannins in the oak barrels in which the wine was aged.

A hot burning finish at the back of the mouth and throat means the alcohol is out of balance. This is not to say that a wine with a higher degree of alcohol will have this sensation, but any wine with too much alcohol compared to fruit and acid portions. It is not a pleasant sensation and gives the wine a harsh medicinal quality.

Look for sweetness that is fruit driven. Some dessert wines will be cloying, almost gagging, as if a spoonful of honey has been put in your mouth. Also not a pleasant sensation. Wines should be refreshing, with a proper balance of sugar and acid. Too much acid will cause a severe tingling on your tongue. The smooth buttery feel of a well balanced wine is what I like to call "silk in the mouth." It is an unforgettable sensation.

The moment of truth. Sip the wine slowly, not taking too much into the mouth at once. Chew the wine, almost as if it were mouthwash. This gets it in all parts of the oral cavity and covers all tastebuds. Tip the wine to the area under your tongue in the front of the mouth. Hold it there and slowly suck in air through your mouth over the wine. Swallow slowly, close your mouth and breathe out through your nose.

Savour the wine, making mental notes of all the flavours and smells you encounter. This is called retro-olfactory tasting. Remember, if you can't smell, you can't taste. After exhaling through your nose, note how long the tastes linger. This is called aftertaste. It is an important thing to note, as better wines have a longer aftertaste.

Note the different flavours you notice. The more flavours you encounter, the more complex the wine is. Better wines are more complex.

Wine tasting is a skill that does not develop overnight. It needs practice. By developing the skill, you will be able to taste chocolate, cherry, blackberry, cigar, leather, mango, pineapple, green pepper and countless other flavours. Once mastered, retro-olfactory tasting will open a whole new world of wine enjoyment - this I guarantee.

Till then, CHEERS!

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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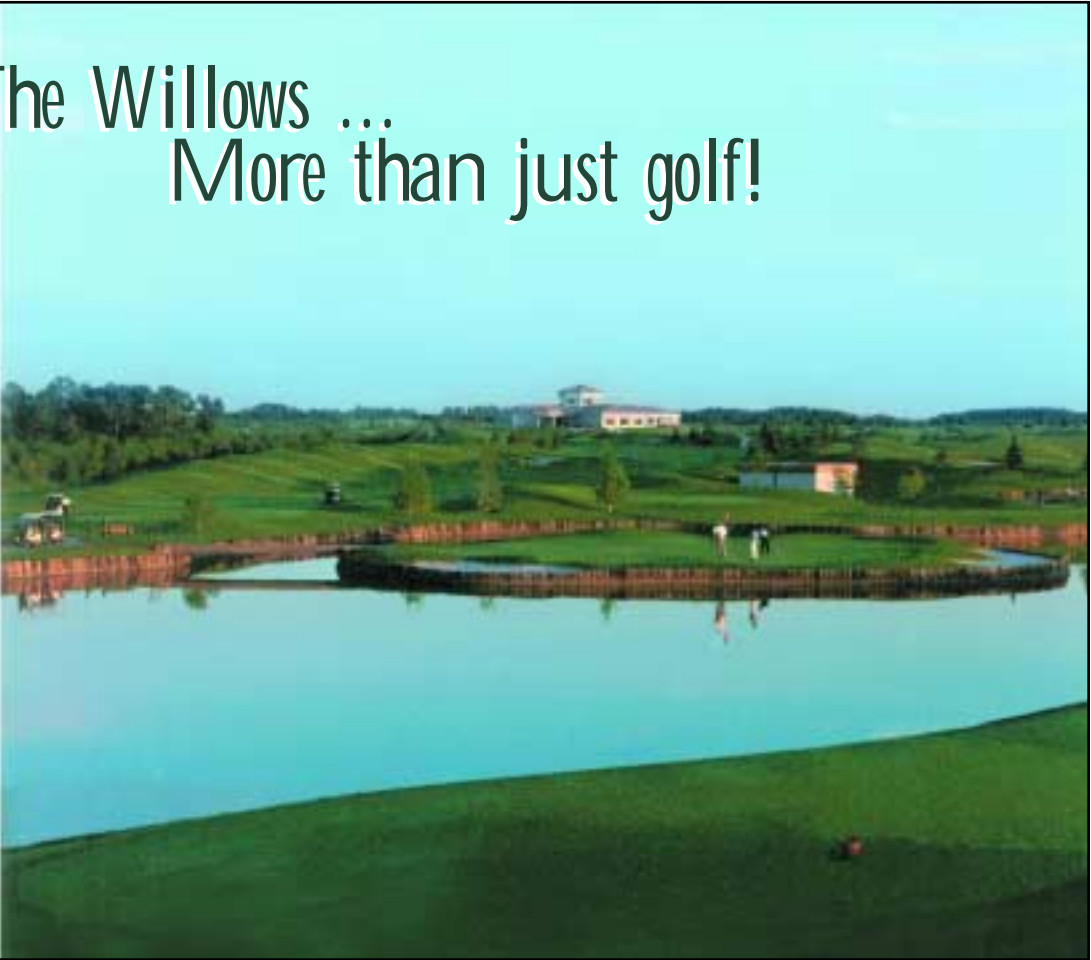
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Kent everyday hard-
top to super-bug
convertible with the
push of a button.

It's not your father's Volkswagen.

Well . . . maybe it is, but it's just a whole lot cooler. For the first time in a quarter century, VW has rolled out the Beetle Convertible. The new bug ragtop, however, offers a tad more than the version that roamed the streets during the Carter Administration.

The latest bug takes flower power to an entirely new level, as drivers can smell the flowers both inside and out while playing with a host of new toys. Happily, VW has not sacrificed any of the old charm as the car retains the hardtop profile that has made this diminutive machine a classic.

The Beetle Convertible comes in

two models: the GLS and the top-line GLX. The GLS runs on a 2.0-liter 4-cylinder engine that cranks out a modest 115 horsepower (Volkswagen claims an 11.4 second 0-60 mph time). Standard on the GLX is a 1.8-liter turbo-charged beast for 150-horsepower. The familiar upfront engine, like the new coupe that debuted with great fanfare in 1998, has been enhanced with two balance shafts to reduce vibration and a twin-path intake manifold to broaden the torque band.

On the road, it's immediately apparent that the five-speed manual shifter and clutch action are more precise, with a smoother action than on previous new Beetles. But if shift-

ing is not your thing, VW offers an optional six-speed automatic transmission with Tiptronic autoshift. It features a smart right side shift gate for an automatic with a sportier feel.

The GLS and GLX models offer a range of standard features that make the last Beetle Convertible from the late seventies seem like a museum piece. The 2003 bug offers an automatic rollover support system, four-wheel disc brakes with ABS, front side airbags, daytime running lights, power mirrors, windows and locks, heated side mirrors, keyless remote entry, cruise control, air conditioning, a tilt and telescopic steering column, and a six-way adjustable seat for both driver and passenger.

But if that's not enough, heated

seats are standard on both models, so you can roll down the top on a cool prairie day and keep your backside warm and cozy.

The GLX includes an alloy wheel package, leather seats and the Electronic Stabilization Program (ESP) for increased traction and reduced wheel spin.

VW has also made getting that power tan easier than ever. With a standard power top on both the GLS and GLX, one simple twist of a release lever located near the centre rearview mirror, followed by depressing a power button near the park brake rolls the top back in a quick thirteen seconds – barely enough time to slap on the sun-screen.

With the top up, the Beetle maintains its distinct hardtop semi-circle profile. The arching shape

GLS

- 2.0-liter 4-cylinder engine
- 115 horsepower
- standard power top

GLX

- 1.8-liter turbo-charged
- 150-horsepower
- alloy wheels
- leather seats
- Electronic Stabilization Program





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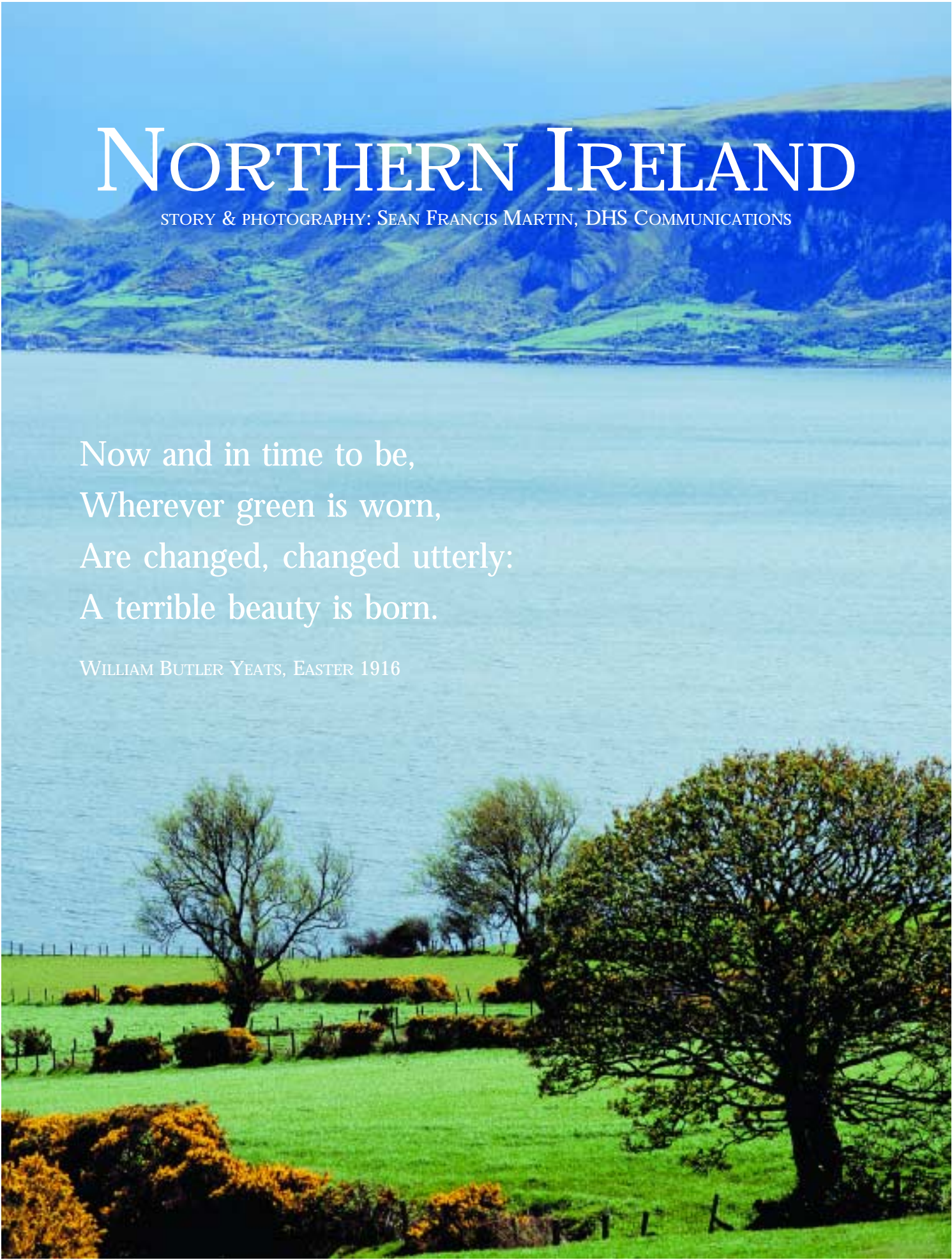
affords passengers generous headroom, providing (dare I say) a roomy feel, not what one expects in a Beetle. The new bug's fabric top feels solid and tight on the highway. The quality materials in the three-layer headliner offer an upscale look and low wind noise.

Somewhat surprising, is that the convertible is 350 pounds heavier than the coupe, due to its top and structural reinforcements and Automatic Rollover Supports that deploy from behind the rear seats.

The new Beetle Convertible comes in five attractive colours, including sundown orange, harvest moon beige, galactic blue, reflex silver and uni-black.

The base price for the GLS with manual transmission is a cool \$29,250. Optional leather seats will run you an additional \$975, and 16-inch alloy wheels another \$475. Base price for the GLX with manual transmission is \$35,950. The optional six-speed automatic transmission on both models goes for an extra \$1,550.

Overall, the new ragtop Beetle offers premium features, impressive finishes and lots of cruisin' fun for the summer. It is one of the few driving experiences that is both state-of-the-art and nostalgic. 🍷



NORTHERN IRELAND

STORY & PHOTOGRAPHY: SEAN FRANCIS MARTIN, DHS COMMUNICATIONS

Now and in time to be,
Wherever green is worn,
Are changed, changed utterly:
A terrible beauty is born.

WILLIAM BUTLER YEATS, EASTER 1916



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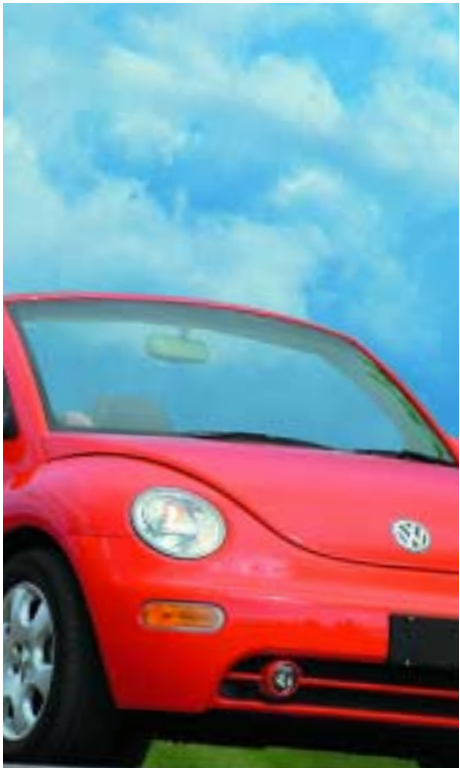


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The GLS and the GLX Beetle Convertibles are available now at the Volkswagen Centre, 635 Circle Drive in Saskatoon.



‘Where the Mountains o’ Mourne sweep down to the sea.’
The popular song sets the tone for travel in Northern Ireland. It’s a country of contrasts sure to bring out a wee bit of the poet in all of us.

The Mourne’s are a self-contained group of 12 peaks in the south-east corner of the country. From the top of the highest, Slieve Donard, you can see the Isle of Man far away to the east. You might think you can see all of Northern Ireland. But no, it’s just your imagination.

With a total area of 14,148 sq. km. (compare that to Saskatchewan at 651,900 sq. km), the country is small and its many regions readily accessible by car. Roads wind and twist through the countryside. Most are only one-and-a-half cars in width, but that doesn’t deter people from driving at speed. Sixty miles per hour is the norm.

To drive for three or four hours gets you from the south to the north coast, from the Mourne’s to the Giant’s Causeway. But for people here, driving that far and that long all at once is unheard of, or at least an overnighter. There’s no hurry. As you drive, the sea is suddenly there before you, breathtaking in its beauty, a

stunning green you will see nowhere else in the world. The rugged coastline, sandy beaches, rolling green hills and ancient ruins have inspired generations of songwriters and poets. You understand when you experience it yourself.

Scenes of pastoral beauty are common, but the land also has a rich history of human settlement. The evidence is everywhere – castles, churches, ruins. The Druids thrived in ancient Ireland, though little survives of their mysterious culture. It is the Celtic peoples who forged the first bonds of Irish identity, starting about 250 BC. Since that time, Ireland has been subjected to a number of invading forces; the Vikings in the 8th century, the Normans in the 12th, and more thoroughly the Protestant colonists and governors (The New English) in the 16th and 17th. This last major invasion brought with it land confiscations and a land-owning class, causing a groundswell of change and after-shocks that persist to this day.





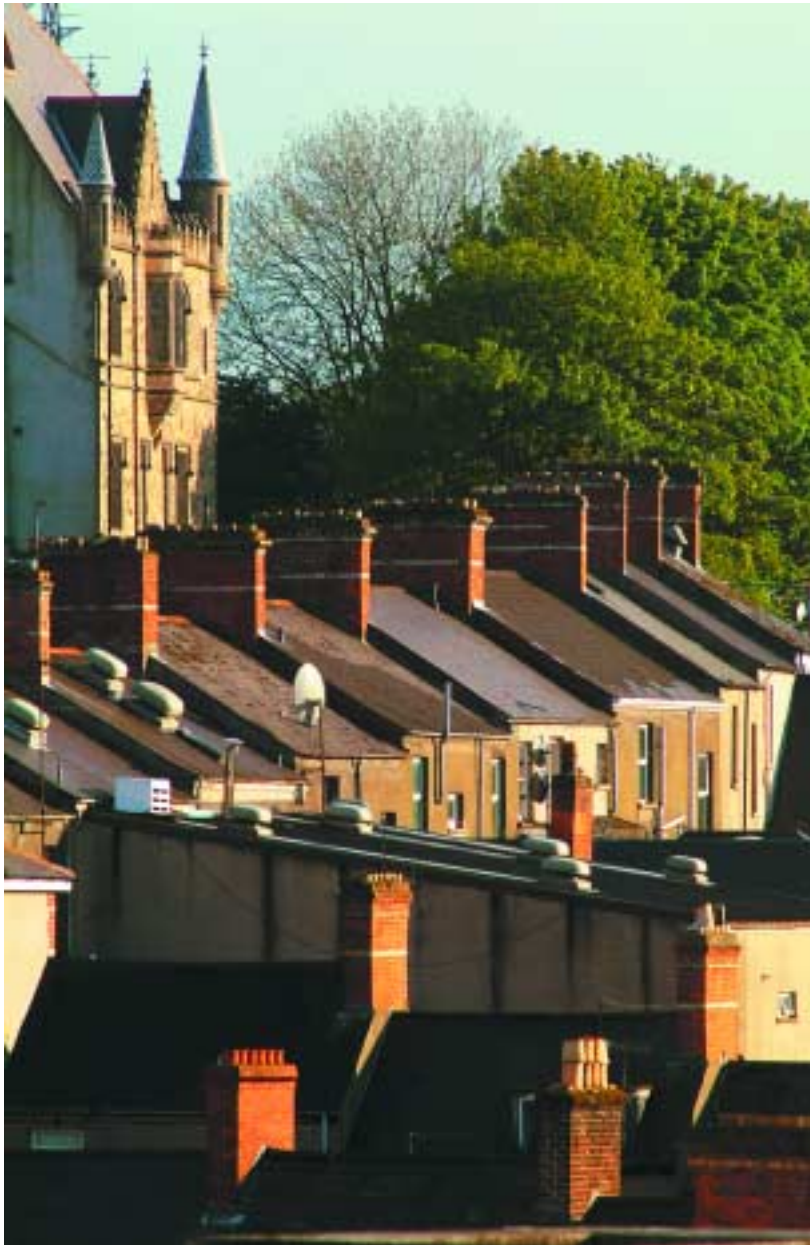
‘Oh, there’s whiskey in the jar.’

Heading west, there’s the smell of coal fire in the air. Different than the familiar tang of a wood fire, but not unpleasant and like most things, uniquely Irish. The aroma comes from a small town, a story book version of exactly what you expect a small town in Northern Ireland to look like – tiny cottages and cosy country inns set amid rolling hills.

This is Bushmills, home of the world’s oldest licensed whiskey distillery. ‘Old Bushmills Distillery’ has been making fine Irish Malt Whiskey for almost 400 years. King James II granted the official licence in 1608, but whiskey has been distilled in the area since at least 1490. In old Gaelic it was called *uisce beatha* – the water of life.

Some 190,000 barrels are stored at the site, aging in wooden casks. The distillery tour is interesting, especially the complimentary sample, but the real story is the townspeople. Just about every family has some link to the distillery, and some can trace that link back hundreds of years. More than an economic engine, Bushmills is their pride.





Belfast is like an ugly child – you love it the most.

STEPHEN REA

People here will invite you home for a cup of tea or share a 'crack & pint' (Guinness of course) in the pub. This easy warmth is felt especially in small towns and villages. People like to ask where you're from. Hearing Canada, they'll light up and say, "I have a cousin in Toronto (or Vancouver or Calgary or Saskatoon, etc.). If you're ever by, stop in for a drink (Guinness of course)."

Travelling to the Northwest 200, an international motorcycle road race in Co. Londonderry, we stop in a little town to ask about accommodations. A shop clerk listens politely and then laughs. When the NW 200 is on, there's not a room to be had anywhere. Without a second thought, she says she has a friend with a spare room who could probably put us up. And despite our attempts, the friend refuses to take any money for sheltering a couple of strangers.

“We were born before the wind
Also younger than the sun
Ere the bonnie boat was won as we sailed into the mystic
Hark, now hear the sailors cry
Smell the sea and feel the sky
Let your soul and spirit fly into the mystic

And when that fog horn blows I will be coming home ...”

VAN MORRISON





Of dogs and men

Across Northern Ireland, there are places where members of the 'tweed cap gang' congregate to have a wee pint, bet a few shillings and test their knowledge of one of Ireland's most beloved sports ... dog racing.

Dog racing dates back to the mid 1700s in Ireland. It has always flourished in the north, but ever since the first modern greyhound race took place in Belfast in 1927, the sport has had a special place in people's hearts and minds. It's not just that everybody bets on a dog at least once in their lives, it's that many common folk pay a few pounds to become a part owner of a racing greyhound. Fathers and sons, neighbours, groups of friends - small time 'syndicates' are the life blood of the sport.

The Irish have their own style. While dog racing is business for some, for most it's a night out with friends. And the mood at a track in Northern Ireland is completely different than, for example, the high glitz racing world of Miami, Florida.

Most are part-time owners and breeders who train their own dogs - or dog. Some use live rabbits to teach the dogs to give chase, and there have been rumours, none proven, about missing house cats. Different dogs excel at different races. Courses vary from short 275-325 metre sprints to veritable endurance races of 800-880 metres.

The average race is about 480 metres. A greyhound can cover this distance in approximately 30 seconds. That's 56 kilometres an hour. The longer races might take a minute. With eight to ten races scheduled a night, there's lots of time to enjoy a bite and chat up old friends.



Race night in Lisburn.

The 'tweed cap set' line the rails and watch the parade of dogs and trainers onto the field. Bets are placed, the crowd cheers as the dogs spring from the traps in pursuit of the mechanical lure. There's a roar as they round the last turn and cross the finish.

Then it's another pint with the lads and on to the next race.



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On September 22, 2002, Dermott Lennon from Co. Down in Northern Ireland riding Liscalogt became the first Irishman ever to win the gold medal in show jumping at the World Equestrian Games, held in Jerez, Spain. For the next four years, he holds the title of World Show Jumping Champion and is automatically qualified to compete at the 2004 Olympic Games in Athens.

But for a healthy dose of Irish pride, it never would have happened. Woods Rosbotham and partners James Acheson and Sam Thompson invested £1.2 million pounds (over \$2.7 million Canadian) to buy the Irish-bred mare. It was a hefty price to pay for a horse whose chances of winning, many said, were based on a wing and a prayer. But they believed she was a champion and were determined to keep her in Northern Ireland. She's now worth several times what they paid, and despite handsome offers, Rosbotham and partners aren't selling.

Many consider the Irish-bred horse to be the best in the world. The country's mineral-rich limestone soils contribute to the growth of sound animals with strong bones. Add the mild climate, clean environment and you've got the ingredients for success.

The Irish reputation for breeding and training high calibre sport horses – show jumpers, steeplechasers and racehorses – has been earned by centuries of experience. The Irish Draught horse can be traced back more than a thousand years. Modern stallions are the result of careful breeding and much in demand thanks to a strong record of siring champions. One notable, King of Diamonds, has produced a number of famous horses. Mill Pearl won silver for the USA at the 1988 Olympics and Special Envoy won World Champion titles for Brazil.



Mill Pearl and Special Envoy are two reasons why Woods and his syndicate purchased Liscalogt. The bay mare symbolizes not only a small country's struggle to hold on to its best and brightest, but also its pride in being the best. In many ways, Liscalogt, like the quintessential Irish Show Horse, reflects the qualities for which Irish people are known: endurance, spirit and a determination to win against the odds. Highly prized qualities in the elite world of international show jumping, which has been dominated in recent years by European teams and horses.

When Lennon and Liscalogt took the title, they did it in style, jumping three clear rounds over a course that featured jumps over six feet high. It was an amazing performance for the 33-year old Lennon, a rider since age seven. Lennon's horsemanship has been called 'a joy to watch.' Mares can be notoriously moody, as the other finalists at the Jerez discovered when they swapped horses for the jump-off. Liscalogt gave Lennon her best; to the other riders ... well, let's say she still gave Lennon her best.

Our Irish blunders are never blunders of the heart.

MARIA EDGEWORTH





A terrible beauty no more?

Since the fitful peace declared in 1998, Northern Ireland has been emerging from the shadow of its own past. A sometimes horrific past that has unfolded on television news the world over. Northern Ireland's Troubles, with a capital T, have caused much suffering among the people, claiming innocent lives and battering local economies.

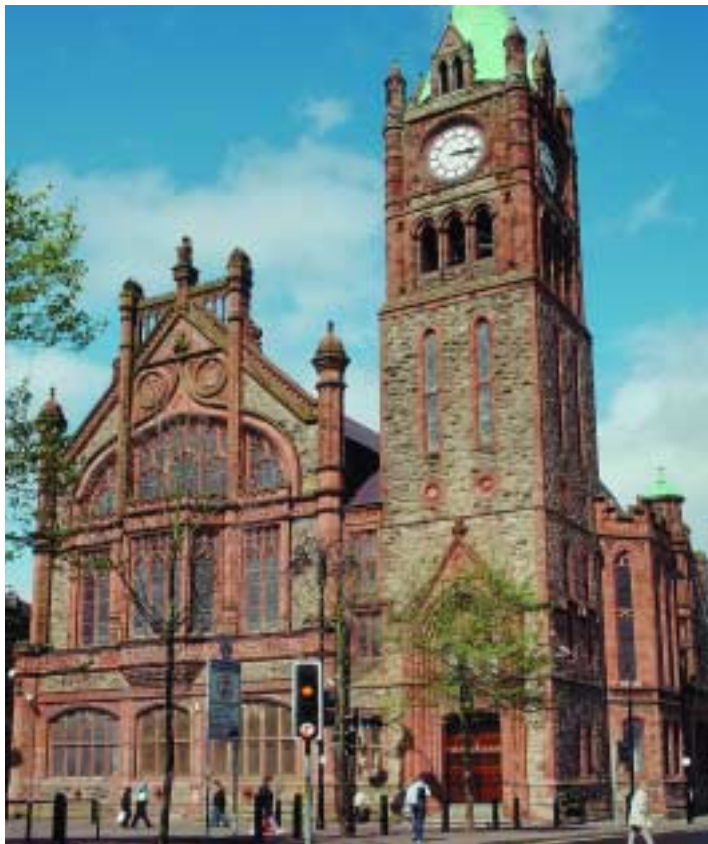
The causes of unrest are political, economic and religious. And the roots run deep. When Henry VIII broke with Rome in the 1500s and established the Church of England, with himself as its spiritual head, the largely Catholic ruling class in Ireland remained loyal to the pope. England saw this as a threat. Backed by force, the Church of England established itself on Irish soil in the 1600s and replaced the Irish lords with a new ruling, landed class. Over the next 400 years, the pattern of suppression of the native Catholic population continued, and the conflict between peasant and ruling classes came to be seen on religious lines of Catholic versus Protestant.

The modern day troubles stem from the Easter Rising of 1916 in Dublin, which led to the partition of Ireland into the free republic and the small British province of Ulster – Northern Ireland. For almost 50 years, animosity between Catholic minority and Protestant majority festered. Violence broke out in 1969, British troops moved, the violence escalated, and on it went. The 1998 peace agreement that called for establishment of a new provincial assembly for Northern Ireland has been on and off. But with citizens overwhelmingly supporting peace, the different political factions have moved forward, if grudgingly. The conflict has never really been about religion, it's been about power, money and rule of government.



Today, reminders of past troubles are visible in some of the more outspoken neighbourhoods in Belfast and Derry (Londonderry). Murals painted on buildings and walls display both Republican (largely Catholic) and Loyalist (largely Protestant) sentiments. They are a demonstration of what people feel and what they want for the future.





Reminiscences ...

It just takes one trip to Northern Ireland to understand its siren-like appeal. Scenes of pastoral beauty are common without ever becoming commonplace. Quiet landscapes of rolling hills and centuries' old farmhouses have unexpected power.

The rugged Antrim Coast provides views so spectacular that on a clear day you can see the Scottish shoreline. Beautifully preserved towns with names like Knocknacarry and Cushendun seem nearly untouched by time. The view from the look-out at Torr Head puts the world at your feet.

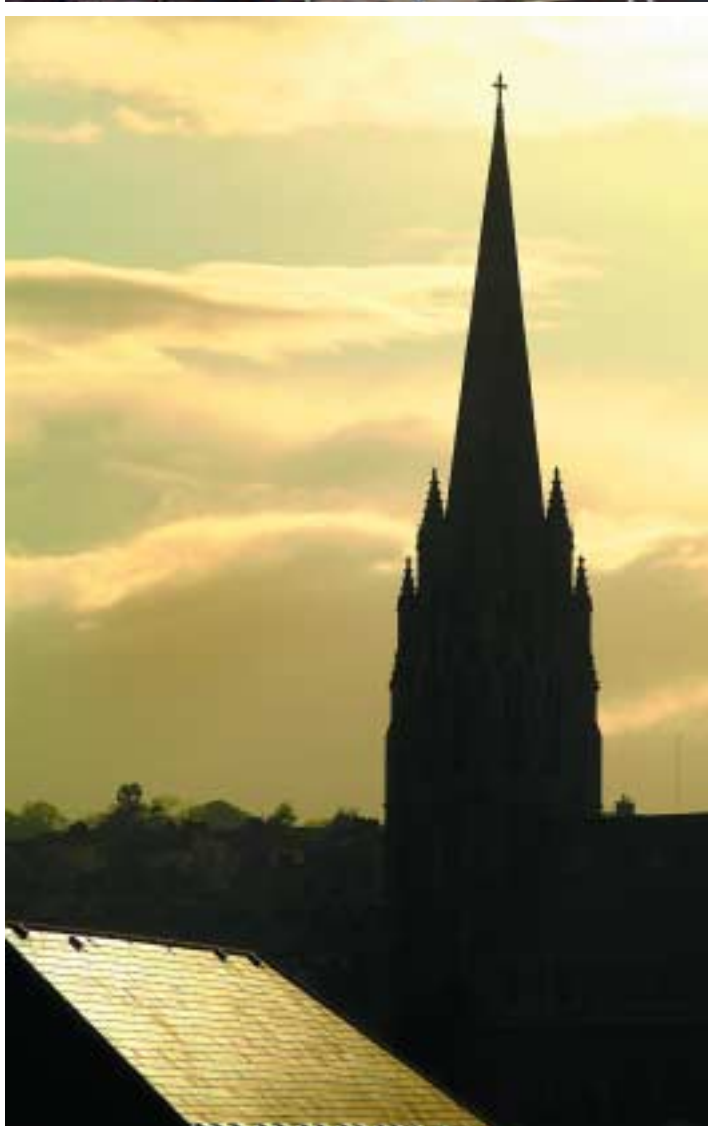
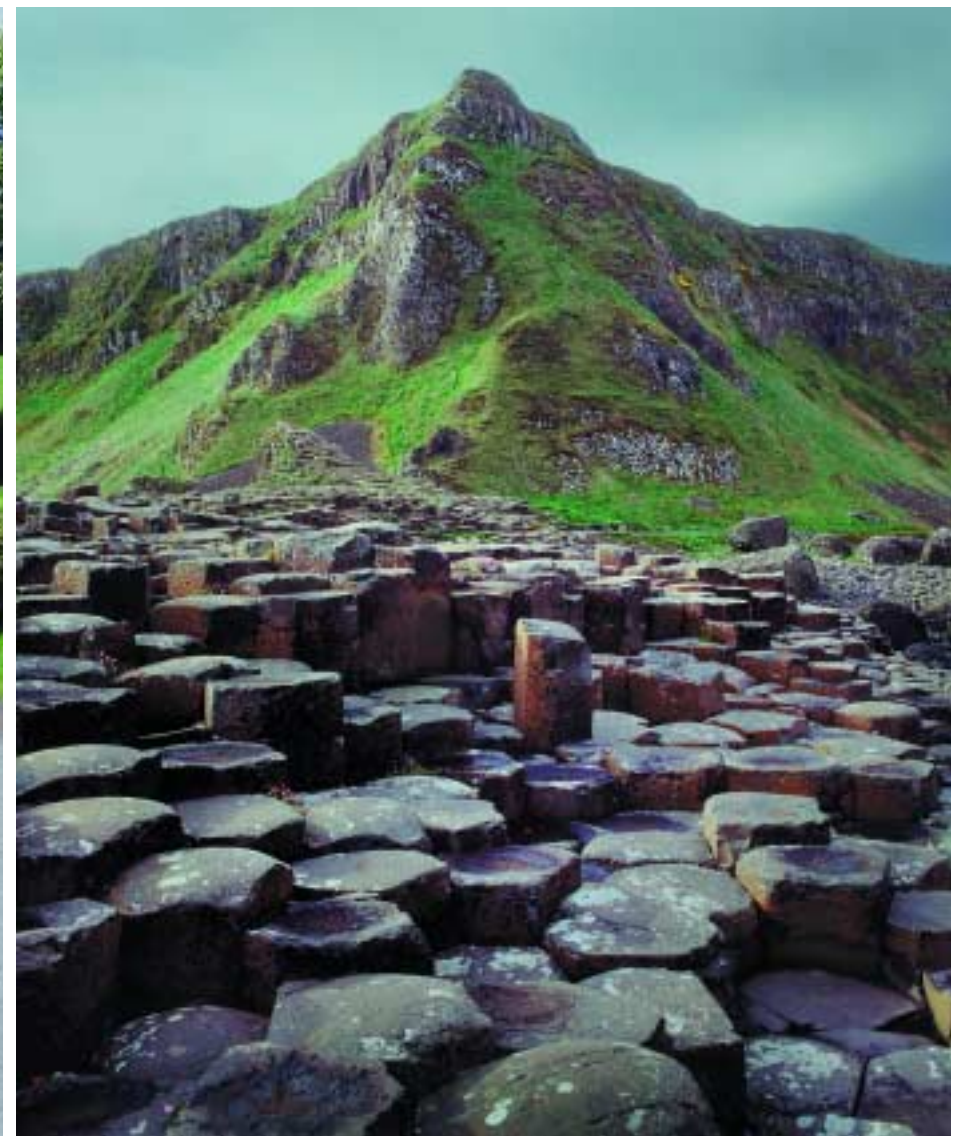
On the northern coastline is the Giant's Causeway, one of Northern Ireland's most famous sites. The strangely geometric hexagonal basalt columns are either the result of a volcanic eruption some 60 million years ago or they were built by the Irish giant Finn McCool as stepping stones to Scotland.

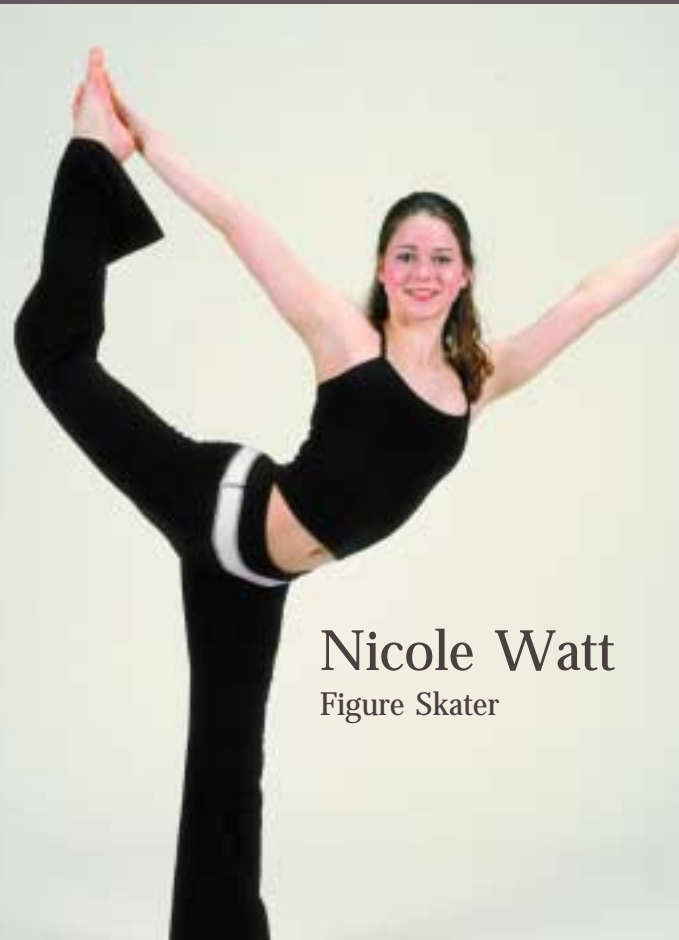
History surrounds you. Mysterious stone monuments dating back thousands of years tease the imagination. There's Carrickfergus castle, Ireland's oldest Norman castle and the Sperrin Mountains, last stronghold of Ireland's great Gaelic lords; the two cathedrals of Armagh, Ireland's spiritual capital for over 1,500 years; the 17th century city of Londonderry, Ireland's only completely walled city.

And that's just a taste. The charm of Ireland has always been its ability to draw visitors back. It's true. One visit and you realize you must come back ... because you missed the linens of Lisburn, the Marble Arch Caves in Co. Fermanagh, the walking paths on Ballyconagan on Rathlin Island ...

*Oh Mary this London's a wonderful sight
With people here workin' by day and by night
They don't sow potatoes, nor barley, nor wheat
But there's gangs of them diggin' for gold in the street
At least when I asked them that's what I was told
So I just took a hand at this diggin' for gold
But for all that I found there I might as well be
Where the Mountains of Mourne sweep down to the sea.*

They say most everyone has a little Irish in them, or at least knows someone who does, so everyone feels at home here. Driving the roads, seeing row upon row of stonewalls and hedges dividing the landscape, watching the sun break cloud cover to reveal shades of green that must only exist in Ireland, you share that feeling of being at home. 🍀





Nicole Watt
Figure Skater

Jo-Ann Sutherland
jns Yoga Studio, owner & teacher



Kelly Duncalfe
Dancer



Dolphyn
Iai-Chi Instructor



lululemon ... more than meets the eye

story: Jeff Arthur photography: Sean Francis Martin, DHS Communications

It fits, it's fun and it's fashionable. It appeals to trendy teens, serious athletes, soccer moms and go-go grannies. It has a social conscience. It'll put a dent in your pocketbook but it won't break the bank. All this and free hemming, too.

LULULEMON ATHLETICA CLOTHING is all the rage on yoga mats and in Pilates studios across the country. Now local owners Gord and Maureen Haddock have flung open the doors on a bright and airy 3,200-square-foot lululemon store in an upscale Saskatoon mall, testing their faith in the clothing's appeal with more than just the yoga crowd. They believe the apparel, much like the corporate profile, offers much more than meets the eye.

"The clothing line is awesome. You just forget you're wearing anything," says Michelle Pawson, lululemon athletica Saskatchewan Operations Manager. "It's so comfortable you want to live in it. You can easily blend in at the mall in these clothes."

Just as yoga can be a gateway exercise to other sports, and a happier life in general according to devotees, lululemon's clothing cries out to be worn in many settings and in a variety of situations. Pawson says it is designed to 'let you burst into a sprint at any moment.' Running, dancing and figure skating are just a few of the suggested crossover activities. Other (non) activities not officially endorsed by lululemon but easily performed in their clothing are driving, dozing in the sun and laying on the couch.

The line focuses on pants and tops for both men and women but includes shorts, bras and most every other garment - except shoes - an exercise enthusiast needs. Prices range in the mid- to upper-scale.

Along with each price tag is an interesting 'why we made this' card describing how you can wear the item for yoga or running or whatever. Using materials such as cotton, lycra and luon (a patented lululemon material) the clothes are made with skin-friendly flat seams and without the scratchy tags found on other clothing lines. Most notable is the vast selection of available styles and colours, something for every body style.

Stylish tops with built-in shelf bras, pants that stretch to allow unrestricted movement yet hold a fashionable shape and anti-microbial fabrics are consistent throughout the line. Pawson describes lululemon apparel as 'fashionable without being fashion show attire, technical clothes that are appropriate for a broad range of physical activities.'

The blend of style and comfort, claims lululemon athletica owner and founder Chip Wilson, is a product of his own breeding. The son of a gym teacher father and a seamstress mother, Wilson grew up participating in every sport

under the sun and his natural inclination led to expertise in technical athletic clothing. While living in Calgary in 1979, the Los Angeles-born entrepreneur started the popular Westbeach line of outdoor clothing.

Yoga caught his fancy - and that of several thousand others - about five years ago, while he was living in Vancouver. On the strength of a vision that told him the 5,000-year-old art could be big business, Wilson opened the first lululemon in 1998. Where there was once one yoga studio in Vancouver, there are now 60.

"I'm 47 years old and my body is pretty well a wreck," he admits. "When I do yoga it makes me feel good and allows me to do other sports.

"I am a mix between Western and Eastern philosophies. I'm a great believer in a tremendous chemical that runs through your body when you do a 10-k run or an hour of aerobics. It keeps your hair from going grey, reduces stress and gives you the power to make better decisions. That chemical is, of course, endorphins."

This scientific slant on well-being, combined with an Eastern concept of living in the moment, showed Wilson the path to yoga, an activity he believes is a centre for all sports.

He recognizes that it may be this decade's version of aerobics and, for some, a soon-to-pass fad. He predicts the market will peak in a few years, dip and level off with a strong base of enthusiasts. But anyone can do yoga, he says, and its popularity will endure.

Wilson makes no apologies for injecting the ancient practice of yoga with popularity and profitability. Just as running, swimming and cycling are now the domain of multinational sports apparel empires, he believes yoga needs its own trademark. Wilson wants that stamp to be the cute bob-cut symbol of lululemon.

Pawson says the Saskatoon market

isn't as far along in its life cycle as other cities. She designed her store to match the city's demographic, a formula encouraged by Wilson as he's grown lululemon to 10 locations in Canada and two in the United States.

The Saskatoon store's distinction is a 900-square-foot instruction area. Instructors from studios around the city, such as Joan Germain, Jo-Ann Sutherland and Kathy Bond, have been invited to hold classes in the store.

"We want to de-mystify these traditional exercise forms," Pawson says, noting classes in Pilates, Tai Chi and other arts will be held at the in-store studio. "If we have more people aware of what's offered in the city, we'll help get people moving and build health awareness."

The mall location taps into a new market for the traditional exercise industry. Athletes from teenage ultimate Frisbee players to middle-age slo-pitchers to senior curlers can be seen cruising the mall at any given time and any one of them could be swept up in the yoga/Pilates craze at a moment's notice. At least, that's Pawson's hope.

"People who didn't feel comfortable enough or confident enough to just phone up a yoga or Pilates studio and register for a class may be drawn in by the studio," she says, noting the expected modicum of privacy will be afforded class participants.

"We want to let people find out about it in their own time and at their own pace, while at the same time provide access to professional instructors. The classes aren't necessarily a replacement for other activities; they're a complement to what you're already doing, an add-in that can show you how to move in a more comfortable way."

Classes will typically be 60-90 minutes long and the schedule will be determined co-operatively with store management, instructors and participants. Pawson forseees parent-baby yoga classes, kids'

classes and walking/running classes. The store sells traditional exercise books and videos and an open message board helps instructors promote their own studios and events.

The store drew tremendous attention during its May long weekend grand opening for an 'almost naked' promotion offering free clothes and discounts to customers dressed only in their underwear.

Such promotional gimmicks and tongue-in-cheek advertising are applauded at lululemon.

"Advertising really needs to create a conversation to be effective," Wilson says. "It can be as bizarre as you want it to be."

Wilson believes Saskatoon's lululemon will raise the bar in the community by getting more women and men to see the

correlation between physical health and a long and happy life. The average first-time yoga participant is a 32-year-old woman drawn by the non-competitive, life affirming aspects of the activity. Men now make up 35 per cent of classes in Vancouver and are mainly attracted to yoga, according to Wilson, by the women.

The lululemon web site and its literature are speckled with life affirming epithets and slogans for healthy living, in accordance with Wilson's personal philosophies. In a way, the Saskatoon store with its tranquil colours, open floor plan and airy atmosphere reflects those philosophies.

"I'm a great believer in the idea that anything you do should bring you joy and happiness and fun," Wilson says.

"Our goal with the studio store is to expose more people to these traditional exercise forms. We want them to understand the mind-body connection and recognize the tremendous health benefits afforded by all of these activities. We want our customers to try new things that will allow them to live a longer, healthier and more fun life," adds Pawson. 🍌

Joan Germain

Joan Germain Pilates Studio,
owner & instructor



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A collage of images showing the Elk Ridge Resort. It includes a large wooden lodge with a gabled roof, a golf course with a sand trap, a house with a turret, and a golf course with a green and a golfer.

The story on fashion in western Canada may be summed up briefly, in four words: Yes, it does exist.

Although there isn't a "Canadian fashion scene" as such west (or east) of Toronto and Montreal, there are a handful of up-and-coming designers who have international markets and still call this half of Canada home. Meet two of them – Rahim Panju of Calgary-based PÜSCH and Shainin Hudda, who helms SoulDaisy in Vancouver.

Both labels are relatively young and growing. PÜSCH started eight years ago; SoulDaisy three years ago. Neither designer feels that they are put at a disadvantage by living where they do. "Today, you can live and design almost anywhere you want. You can go to the hub and be part of the scene without living there," says Hudda. Panju echoes her sentiments. "The fashion community in Calgary is small. Although we are based in Calgary we spend a considerable amount of time traveling. Personally, I like being in a city where there is a small fashion community; it allows us to stay experimental and do our own thing."

For some reason, it doesn't feel like the stuff you see when you flip through *Vogue*. And it isn't because the clothes aren't cool - they are. It's just that most of the hype is missing. As Hudda says, "Clothes are great; they help us define our style. But in the end, they're just something to pick and get out and live your life in." 🍷

story: Christina Weese photography: Sean Francis Martin, DHS Communications

Over the last few years, Canadian designers have been reaching new heights in the fashion industry. Many Canadian companies do indeed follow Europe for their ideas and silhouettes.

Our Brand is global, so we use a diverse range of cultural and traditional influences that are fused, tweaked and spun into our trademarked PÜSCH style.

- Rahim Panju, PÜSCH



Calista Top, PÜSCH(Canada), \$60; Harlee Skirt, PÜSCH, \$88. Deaner Shirt, PÜSCH, \$94; Aviatic Jeans (France), \$154.

Inspiration comes from different design disciplines such as web design and paper making, music, looking at everyday things in a new light, fabric, exploring different cultures and traditions ...

- Shainin Hudda, SoulDaisy

A smaller label gets away with things a larger label couldn't - the buttons on SoulDaisy's Kianna dress are actual vintage buttons, dug up from a button manufacturer's basement, dating from about the early '70's.

... you need a vision, you need to know where you want to go and more importantly how you intend to get there.

- Rahim Panju, PÜSCH

Kian Top, SoulDaisy (Canada), \$98; Pants, Hollywood (Canada), \$80.

Kianna Dress, SoulDaisy, \$110; Buri Shirt, PÜSCH, \$108; Harper Pants, PÜSCH, \$118.

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story: Beverly Fast
photography: Sean Francis Martin,
DHS Communications



Todd Degelman,
National Sales Manager,
Wellington West Capital Inc.

Tough markets, tense times mean ...

High Noon *in* Broker Firms

It happened again this April. A small notice in the financial trades quietly announced that a key executive from the world's largest mutual fund company was crossing over. Going to the other side. Joining an independent. *You could almost hear the spit-takes as industry execs read the news over their morning coffee.*



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INVESTMENT FIRMS LIVE and die based on their 'books' - the client lists managed by individual brokers employed by the firm. If you want to grow your firm, you recruit brokers with good books. When a broker decides to move, it sets in motion a feverish scene straight out of the movie *Jerry Maguire*. In one office, the now-departed broker calling everyone on the list and encouraging them to move, in another, the firm calling the same clients encouraging them to stay.

So when John Rothwell, lately executive vice-president of Fidelity Investments Canada, left to join Wellington West Capital Inc., the Winnipeg based independent investment firm that has been growing by leaps and bounds thanks to an outstanding recruitment effort, worry circuits clicked on in head offices along Bay Street.

Rothwell, you see, is the latest in a growing list of high level performers making the move to upstart Wellington West. This winter, the firm made waves in Halifax by scooping two brokers from TD Waterhouse. David Bluteau and Michael Devenney set up Wellington's first Atlantic Canada office with a combined book of about \$160 million and 170 clients. In February, Laurie Rafter, a senior VP and broker at BMO Nesbitt Burns in Winnipeg picked up her \$100-million book and crossed to Wellington West.

Charlie Spiring, Wellington West's founder and CEO, called the coup "one of the biggest moves in the past five or 10 years in Manitoba."

When the announcement was made, Winnipeg FreePress business writer Geoff Kirbyson said, "Rafter is the latest in a growing line of high-profile women to join Wellington West. In the past 18 months, Cheryl Dougan and Terri Lemke in Saskatoon and Nancy Shewfelt in White Rock, B.C. - all past Investment Dealers Association distinction award winners with more than \$400 million in combined books - have defected from bank-owned firms."

What is it about Wellington West that pulls in the high performers?

"We offer higher broker payouts at a time when most banks are cutting back, that's one thing," says the firm's national sales manager Todd Degelman. "But it's more than that. Wellington West offers an excellent corporate model."

Two years ago, Degelman had a comfortable position with a leading brokerage firm in Saskatoon. Being a dyed-in-the-wool Type A personality, comfort wasn't

high on his list of goals. He wanted more. More challenge, more room to grow, more control over his own destiny. What he saw in Wellington West intrigued him.

"At Wellington West, you have more control over your work environment, you have input and self management of your own costs. Everyone wants to drive the company's growth, because everyone's a part of that growth."

He is referring to the opportunity given brokers to buy shares in the company. "Being a part owner really fires a broker's entrepreneurial sense," he says. "That and the corporate model made Wellington West really appealing to me."

The corporate model is based on three principles: one of the highest broker payouts on the streets; the opportunity to acquire shares in the company; and full broker autonomy. This last means brokers are not required to meet sales quotas or restricted to selling bank or Wellington West products. The firm, in fact, does not have proprietary products.

More important, it means brokers can customize client pricing and wave fees at their discretion. The firm itself has adopted a no-fee RSP on qualified accounts that the financial industry has yet to respond to, perhaps hoping no one will notice.

After bringing more than 80% of his clients with him, Degelman quickly got the Saskatoon office up and running. Today it is the third largest brokerage firm in the city. From the start, he was after Charlie Spiring for the chance to develop the Alberta market. Spiring wanted him to prove himself so he gave him Saskatchewan. Talk about a hard sell. But Degelman did it, guiding expansion into Regina, Moose Jaw, Yorkton and Swift Current. Then he stepped outside the box, successfully recruiting a key broker to open an office in White Rock, B.C. That seemed to be the move Spiring was waiting for. He gave Degelman the National Sales Manager title last spring and said it was open season on the rest of Canada.

"I am thoroughly enjoying the opportunity," Degelman says. "I hate being put in a box. Give me enough space and I'll prove myself."

Degelman says it is easy to sell other brokers on the Wellington West model, but that understates his own contributions. You have one of the toughest investment markets in recent memory. Brokers and clients are not keen on change. Bank-owned firms are offering high performers fat signing bonuses to

move over and bring their books with them. In this kind of a climate, you wonder what allure a small independent can have, nifty corporate model or not.

"Banks just continue to push brokers. It gets to the point where you're so frustrated, at the lack of back office support, the bureaucracy, the regimen, the quotas, that the least little thing sets you off and you start to look."

That's when Wellington West makes its pitch of higher payout, more control, lower costs to clients. If this all sounds entirely broker centred, it is. But it is also based on a universal truth: brokers make or break their reputations (and their books) by making money for their clients.

"Wellington West has the ability to do right by clients. We can offer a broad range of products - all the products you can get elsewhere, but without having to push inhouse proprietary products. We let the client choose," Degelman says. "In this way, I think we truly sit on the same side of the table as our clients. It's an integrity issue. We're not getting paid more to sell certain products."

"And our no-fee RSP, that's about a million dollar a year pill for us to swallow, but we feel that right now there are a lot of people out there who are just sick and tired of being nicked and dined. We want those customers to come to us."

As for the future, Degelman says you can expect Wellington West to continue to expand, with Rothwell focusing on building business in Ontario and Quebec, new inroads being made in Atlantic Canada, and ongoing growth across the west.

"We're the small guy. We may not have a presence in Calgary, Vancouver or Toronto, but we may have a presence in Red Deer, Kelowna and Nanaimo. When we do move into a larger centre, it's because we've found the right person to head up an office, that's what happened in Halifax."

Wellington West will continue to aggressively recruit high performers by selling an independent, corporate model that cuts costs for clients while giving brokers more control over their work environment. "Let's face it, you have to be a bit of a control freak to manage other people's money. You have to be confident in your ability because, believe me, you will have that ability tested." 🐼

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This is the famous Northwest 200 motorcycle road race, one of the largest

sporting events in Ireland. The NW 200 is the elite among the many motorcycle races held in Northern Ireland every year. Along with the Ulster Grand Prix and Isle of Mann TT, it forms part of the Triangle public road circuit. These three races are among the few road courses left in the world.

It's a style of motorcycle road racing once common throughout Europe and the UK, now a fading trend in our overly safety conscious society. Riders scream by

2003 Race Results

Superbike

1st, Michael Rutter; 999 Ducati; 119.560 mph
2nd, Adrian Archibald; 1000 Suzuki; 119.118 mph
3rd, Steve Plater; 1000 Honda; 118.376 mph
4th, Ryan Farquhar; 1000 Suzuki; 117.694 mph
5th, David Jefferies; 1000 Suzuki; 117.694 mph

600 cc Junior

1st, Ryan Farquhar, Kawasaki, 113.284 mph
2nd, Callum Ramsay, Honda, 113.210 mph
3rd, Ian Lougher, Honda, 113.172 mph
4th, John McGuinness, Triumph, 113.120 mph
5th, Michael Rutter, Ducati 748, 113.042 mph

125 - 400 cc

1st, Ian Lougher, Honda, 96.119 mph
2nd, Michael Wilcox, Honda, 96.103 mph
3rd, Paul Robinson, Honda, 95.965 mph
4th, David Lemon, Honda, 95.086 mph
5th, Mark Lunney, Honda, 94.698 mph

Production Race

1st, Adrian Archibald, 1000 Suzuki, 113.389 mph
2nd, Ryan Farquhar, 1000 Suzuki, 113.363 mph
3rd, David Jefferies, 1000 Suzuki, 113.321 mph
4th, Bruce Anstey, 1000 Suzuki, 2 113.138 mph
5th, Stephen Thompson, 1000 Suzuki, 110.334 mph

600 cc

1st, Ryan Farquhar, Kawasaki, 109.130 mph - Disqualified
2nd, Ian Lougher, Honda, 108.975 mph
3rd, Bruce Anstey, Triumph, 108.544 mph
4th, Adrian Archibald, Suzuki, 107.216 mph
5th, John McGuinness, Triumph, 106.309 mph





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spectators lining the roadsides. On some sections of the course, rider and fan are no more than 20 feet apart. But the danger and risk is all part of what makes the NW 200 such a huge attraction.

The NW 200 dates to 1929. The modern route, which has been used since the 1950s, is an 11-mile route that winds through towns, villages and open country. From Coleraine to Portrush to Portstewart and back to Coleraine, then round again, the course is both unforgiving and exhilarating. The twisting, narrow roads present some of the most challenging racing in the world and attract some of the most talented riders.

Every May, towns surrounding the course swell in population as visitors and riders from across Europe, North America, Australia and Asia arrive for the week-long event. Hotels, bed & breakfasts and country inns are all filled to capacity. Anyone who didn't book early is out of luck or sleeping in their car.

During the event, there's an incredible air of excitement throughout the region. For five days, the quiet towns and villages of Northern Ireland become the centre of the universe for motorcycle enthusiasts. Manufacturers spare no expense displaying their latest innovations and newest models. Crowds mill about infield and pit areas, where the veteran riders and teams in their elaborate trailers are parked cheek to cheek with untested hopefuls in their one-man tents.

Crowds of up to 150,000 line the route to watch the races, six in all. The race itself attracts top riders with big name sponsors and has played host to legendary riders such as Phil Read, Mike Hailwood and Joey Dunlop. Dunlop holds a special place for fans. Northern Ireland's hometown boy, he had over 220 career road race wins, including 13 at the NW 200. In 2000, he was going for win number 221 at a race in Estonia when he lost control

of his bike on a wet track and was killed.

Dunlop has become part of the NW 200 legend. This year, the pubs were raucous with cheers for local rider Ryan Farquhar, who took first in the 600 cc, first in the 600 cc Junior, second in the Production and fourth in the Superbike races. A new hero was born, but events quickly unfolded that have forever enshrined Farquhar in the NW myth.

Track conditions the day of the 600 cc were miserable. By the time the field of some 36 riders took their positions, rain was threatening. Still, Farquhar was in fine form, posting the fastest track time of 111.01 mph on the fourth lap and overtaking the leader. When heavy rain forced race officials to stop the race after four laps, Farquhar was declared the winner.

But Farquhar's bold move to overtake leader Ian Lougher on the fourth came back to haunt him. Lougher, who finished less than a minute and a half behind, said the overtaking manoeuvre occurred under an oil flag – a breach of racing rules. Race stewards reviewed the race and agreed the move was dangerous, particularly given the treacherous conditions. Farquhar was fined and disqualified. When that happened, Farquhar became the first rider in the history of the Northwest 200 to be expelled from a race. It hasn't tarnished his image; he did win the 600 cc Junior and placed well in two other races. And the controversy provided weeks worth of good pub gossip, as in true Irish style, locals weighed in with their opinions. 🍀



city events

IRELAND Modern meets traditional at the Celtic Fusion International Music Festival in Co. Down, August 8-10.

JUNE

**Regina International Children's Festival
June 12 - 14, Regina**

Southern Saskatchewan's premier Children's festival celebrates its 16th Anniversary. World-renowned theatre, entertainers and artists fill this year's event. Discover unique activities, interesting and educational exhibits, workshops, crafts and "noodles & oodles" more to enthrall the minds and capture the hearts of the entire family. www.reginachildrensfestival.com

**Western Canada Farm Progress Show
June 18 - 20, Exhibition Park, Regina**

Newest innovations in agriculture and technology for farmers, manufacturers and distributors. Value of machinery and related products \$100 million. Commercial displays, lectures and demonstrations, seminars, fashion shows. www.reginaexhibition.com

**SaskTel Saskatchewan Jazz Festival
June 20 - 29, Saskatoon, Regina & more**

The 17th annual SaskTel Saskatchewan Jazz Festival is back with a stellar line up. Blues legends Joe Louis Walker, Jimmy Thackery and Sonny Rhodes and jazz headliners Holly Cole, Joshua Redman, Christine Jenson, Louise Rose, Carol Welsman and more. Based in Saskatoon, this year's event also features performances in Regina, Moose Jaw, North Battleford, Prince Albert and Lloydminster. www.saskjazz.com

**Bazaart
June 21, Regina**

Saskatchewan's finest outdoor arts & crafts, show and sale. Over 100 artists & craftspeople. Entertainment, pottery, stained glass, oil and watercolour paintings, jewellery, wood work and more. Food and concessions on site. www.mackenzieartgallery.sk.ca

**Mid-Summer Enduro 2003
June 21- 22, Bridge City Speedway, Saskatoon**

In the Enduro, the idea is to complete as many laps as possible in two hours. Contact between cars is allowed and encouraged. \$20,000 in prize money. www.bridgecityspeedway.com

**B.C. Lions VS Saskatchewan Roughriders
June 28, Taylor Field, Regina**

Check the Roughrider's website for upcoming CFL Football games all summer long. www.riderville.com

JULY

**Shakespeare on the Saskatchewan
July 2-August 17, Saskatoon**

This year's festival showcases As You Like It, one of the Bard's best loved comedies, and Measure for Measure, a satire of authority and corruption. On the South Saskatchewan River bank behind the Mendel Art Gallery. www.shakespeareonthesaskatchewan.com

**Saskatoon Western Development Museum - Pion-Era 2003
July 12 - 13, Saskatoon**

Pion-Era Hoe-Down, Gospel Brunch, old-time fiddling, blacksmithing, horse and wagon rides. Early pioneer women's crafts of spinning, rug hooking, ice cream and butter making. Vintage fashion show, children's petting zoo, pioneer equipment demos, unveiling of rare restored tractors and more. www.wdm.ca

**Great Northern River Roar
July 16 - 20, Saskatoon**

The only Canadian stop on the Formula One powerboat North American tour, the River Roar attracts 100,000 people to the riverbank. Held in conjunction with A Taste of Saskatchewan.

**Saskatchewan Festival of Words
July 24 - 27, Moose Jaw**

An annual celebration of novelists, filmmakers, poets, dramatists, songwriters, storytellers, non-fiction writers and journalists that grows in reputation every year. Festival 2003 is dedicated to the late Peter Gzowski. Take in the interviews, workshops, discussions, screenings, galas and coffee houses. www3.sk.sympatico.ca/praifes

AUGUST

**Saskatoon International Fringe Festival
August 1- 10, Saskatoon**

The Fringe on Broadway is theatre that refuses to be called mainstream. Over 40 performance companies from around the world, 10 days of innovative live theatre in Saskatoon's Broadway area. Plus street performers, dances, craft vendors and more. www.25thstreettheatre.com

For more information on these events and many more around the province, visit Tourism Saskatchewan at www.sasktourism.com.

Irish Home Cooking



Guinness Beef Stew

3 tbsp canola oil
2 lbs cubed beef
1/4 c flour
1 large onion, diced
2 large carrots, diced
6 ribs celery, diced
1 tbsp crushed garlic
1 tbsp thyme
1 1/2 c Guinness stout beer
1 lemon, zest only, finely chopped
1 cup rutabagas, diced
2 cups beef stock
salt and pepper to taste

Dredge beef in seasoned flour (seasoning salt, dry thyme, pepper). Heat 2 tbsp. oil in a Dutch oven and brown beef on all sides, then remove from heat.

Heat the left over oil in the pan and add onions, celery, carrots, garlic, rutabagas and thyme. Sauté for about 8 minutes, and add beef back into pot.

Stir in beer and stock. Simmer until beef is tender and sauce has thickened.

Add lemon zest and season to taste.

This recipe courtesy Chef Steve at Boffins.

Boffins offers cooking classes to its members on a monthly basis. Classes range from themes such as Asian cuisine, East Indian cuisine and summer BBQing to bread making, soups and stews. Guests are taken through the process of preparing items from scratch with hands-on training.

Classes are both entertaining and informative, with on- and off-topic discussions featuring a wealth of knowledge and kitchen lore shared by both chefs and managers. The finale of the class comes when everyone is seated at a large table together and returns to the kitchen with plate in hand to sample the foods that have been prepared.

For schedules and costs contact Ray Dulos at 249-5344.

Sean's Mom's

Irish Whiskey Cake - A "No Fail" Cake


This traditional Irish "tea brack" was served in Ireland after a funeral, but is enjoyed here overseas whenever the occasion suits. Makes 3 loaves for 8" x 4" x 3" tins.

2 lbs. (6 cups) raisins
1 lb. (2 1/3 cups) firmly packed brown sugar
1 1/2 cups milkless tea
1 1/2 cups Irish whiskey
(can substitute tea for whiskey up to 1/2 c whiskey, 2 1/2 c tea)

Soak fruit and sugar in tea and whiskey overnight. The next day, add alternatively 1 lb. (4 cups) flour and 3 beaten eggs. Finally, 3 level teaspoons of baking powder. Can add 3 teaspoons mixed spices (such as allspice).

Bake 1 1/2 hours at 300°F. When cool, brush top with melted honey. If you're planning to freeze the cakes, pour a bit of whiskey over the top and wrap it in cheesecloth.

This cake is best when it's had a bit of time to mature and should be left at least a week.



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