

HAPPY VALENTINES DAY!

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Music & Entertainment

George J. Blisner

Welcome, folks to February's warming (I hope so, burrrrrrr!) music and entertainment scene. January was, as predicted, an exciting start to the year. **The Hoodoos Bar & Grill** rocked, rolled and jumped with the debut of a new four piece, emerging local group, *Thinking Man*. Showing how maturity and vision can inspire one's creativity. Good work, Rory, Mick, Billy and Core. They set up my favorite show band *McCuaig*, who vibrated the place and, as usual, got all the women to raise their arms in the air and dance with utter abandon. Saturday, *McCuaig* rocked the **Kicking Horse Pub** up at Panorama where more ladies ended up with their arms raised, jumping around (yeah, I got to play). That same night at **RK Heliplex** at Pano, *Kroniga*, a bluesey/funk/reggae quartet of talented musicians, who have visited the valley often but my first time seeing them, rocked the place (yeah, I got to play lots). A Busy weekend. On a sad note, the valley lost another good friend. My condolences go out to Darrel's family and friends. He was a true friend of the valley- a little eccentric, but aren't most locals a little bit? His wake was held at the **Windermere Community Center** and there it was evident how much the man was loved and will be missed. Local musicians, headed by John Cronin & Friends, then moved to the **Whitehouse Pub** and gave their hearts with their music to say good-bye. Georgie was also in attendance and I'm sure she felt the spirit given out for her lost son as well as Darrel. Music does have a healing affect. It works for me too (yeah, I got to play).

On a lighter note, February's music and entertainment will warm people up for sure. On the 2nd at the **Hoodoos Bar & Grill**, there is an *Aquarius Birthday Celebration* (Russ Prichard's 60th birthday). Playing, will be another new local band, *Late*. Blues, rock & roll and funk with a touch of MexCan. Pat, Franz and George (yeah, I get to play) will definitely get you dancing. Join the locals, out in numbers, who will surely be celebrating. This valley draws Aquarians. Later in the month, *Howling Dan*, February 24th, will bring his eclectic music style to **The Hoodoos**. Also, every Wednesday they have a *Jam Session* with *Dano* as the host. The **Sportsman's Pub**, under Josh's tutelage, is featuring some new and fun events. They have a new 50" Plasma T.V. which will be formally christened Saturday, February 2nd with a *USC Fight Night* followed by a *Super Bowl Party* with food and drink specials on Sunday, the 3rd. On the 11th they are having an *80's Music Night* with *Doc*, the man with the old tunes, DJ-ing. Keep in mind, **The Sportsman's** renowned *Thursday Night Jam* with *John Cronin* which is having a rebirth given Josh's new ambience to the night club. Oohhh (we have 2 now). *Weird Gal* is doing her usual successful *Tuesday Night Karaoke* at **The Farside Pub** 3

& Eatery. She has also added **The Station Pub**, in Invermere, to her Karaoke world every Saturday. **The Fairmont Lodge** has also booked some entertainment for the month which will show up in their own bulletins. Heading north, **The Whitehouse** features a *Thursday Night Karaoke Night*, hosted by *Curtis*. On Friday nights a new DJ is rocking up the old place. In Invermere, **Buds** is featuring well known Canadian DJs on the 9th and 16th. I've never seen a full contact DJ show and I think I'll have to check one out (I won't be tempted to play, at least). **Angus Mctooles Restaurant & Bar** has well known local musicians, Mike, Bruce, Frazer and Marty, playing from Thursday to Saturday with many more musicians from the valley appearing periodically (I love their Shepherd's Pie- whoops! Wrong column)..

I hope I haven't forgotten anybody and make sure you folks kick the winter cold and get out and warm up with all the music and entertainment this valley has to offer. Hey to Terry: now we have 12 months of articles done. I will send them to you soon. Take care and good music to all.

Fairmont Reads Book Babe

This month's selection is an homage to a great Canadian pasttime. Which pasttime, you ask? Well... rubbernecking. Yes, our ceaseless interest in the never-ending calamity that is our neighbors to the south. Yes, America.

I Am America (And So Can You). No, not me. Or you. *Stephen Colbert*. And his fellow Americans.

For those of you who don't know- perhaps you have a life-Colbert, formerly of Jon Stewart's satirical news review, *The Daily Show*, has stepped out on his own with a TV show and most recently, book, to much critical acclaim. A staunch conservative and disciple of 'Papa Bear', Bill O'Reilly, he dissects the days events, as well as the state of the union, from his ultra-right-wing perspective.

Satirically speaking, of course. Parody. He is a caricature. His views are spewed, much like those of his more serious, often deservedly maligned journalistic counterparts at Fox News, specifically the aforementioned, Papa Bear. Through these most righteous, most ridiculous and most extreme and outrageously conservative insights he shows us how incredibly ridiculous many of the issues concerning the US and consequently, the world, really are. If not the issues themselves, then certainly the way they are being handled, or pathetically mis-handled in many cases.

"If there's a bigger contributor to left-wing elitist brainwashing than colleges and universities, I'd like to see it. There's an old saying, "A little knowledge is a dangerous thing." Which means a lot of knowledge must be a really dangerous thing."

In showing us the ridiculous, farcicle and even grotesque, through his own brand of reactionary wisdom, Colbert addresses the concerns of the day, from the education system and gay marriage to the current imbroglio in Iraq.

Do note that some of the most amusing nuggets are located in the margins, paralleling the daily "Word" segment of his show. A quick and very entertaining read.

I know people actually read in Fairmont. Consider sharing. You there... Yes, you! Have you read a good book! Sure you have... Write a review! We want to know what Fairmont is reading! Contact me for submission info: info@frgazette.com



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Lunch On This

We all know the old saying "you are what you eat". Well, the last time my pantry was being stocked, I didn't find a flabby 40 year old male with more wrinkles than hair hiding from Revenue Canada behind a bottle of gin. Looking much more closely however, I did see a lot of corn*, but alas, not the fresh, sweet corn on the cob from fond childhood summertime memories. Allow me to introduce you now to the "other" corn - in all its reduced, refined, modified and processed forms*. Be it further down the ingredient label as a stabilizing agent or up top as a variety of starch, protein, oil, or syrup - corn is forced into our diet more than any other ingredient out there in the market place. Why? Primarily because it is extremely abundant, versatile and cheap. So cheap in fact that that it allows the North American food conglomerates (from feedlot operators and fertilizer manufacturers to soft drink makers and fast food companies) to collect huge profits while at the same time allowing the consumer to spend very little on so called food. I guess you get what you pay for - generally speaking, the less money (and time, actually) you spend on groceries, the more corn you consume. This should come as no surprise, as the measure of poor health caused by dietary co-factors is after all, ultimately a socio-economic condition. Read..... super-size my fries and soda, I'm cravin' some corn! (Yes Virginia, there is corn in French fries and pop) The corporations that make up the Wall Street Corner of the Food Industrial Complex are not alone in the effort to manipulate corn and its consumers. Corn also has strong and willing allies in the 33 billion dollar a year marketing machine, which in turn exerts enormous pressure on the governmental authorities that are supposed to cut through advertised "health" claims and guide us wholly on the scientific benefits of what we eat. Which of course they do not do. The FDA** currently allows health benefit labels on products such as margarine (corn oil), sugar laden cereals that are marketed directly to children (fructose), rice cakes (germ removed), melt in your mouth white bread (corn starch), jam and fruit juice (more corn syrup) just to name a common few. Difficult as it sounds, as consumers we need to physically get away from the glossy packaging and the federally approved fine print (as well as the purposefully manipulated labeling laws) in order to eliminate some of the corn that ends up in our diets. Corn is so incredibly prevalent in the Western Diet- which despite the latest fads is proven to be responsible for countless premature deaths - that it now accounts for a full 25% of the calories we consume. Diabetes, obesity and heart disease are just a few of the many serious ailments that are linked to poor diet, a diet based predominantly on corn. The dietary crimes we as a society commit in this fast food nation on a daily basis are indisputable. Our dinner plates hold too many calories and offer little in overall nutritional value, and corn, although the primary suspect since the early seventies has yet to be arrested. The use of corn in consumer goods is not limited to those found in food. Dang it, corn is in our toothpaste and on our toilet paper. (Examples where corn derivatives are added into or onto food items that surprised me the most were ice cream, apples, jello, yogurt snacks, pretzels, peanut butter and vitamins. The less expensive brand names contained the most corn; got to add weight somehow. Filler up!! So, my advice on how to eat in a more balanced fashion is to eat the yummy kind of corn, the kind grown for summertime

gatherings and reject the stuff found throughout the grocery store. In essence, before you check out, check out. Plant a few veggies like your Granny did and stay the hell out of the freezer aisle whenever possible. Get off the grid and back into the garden. Avoid the noise of the supermarket and enjoy the silence of the yams.

Ask yourself, is the corn found in (nearly) everything you eat and drink for your nutritional benefit or is it there to perpetuate profit and thus, the status quo? Millions of people (and animals in commercial feed lots) consume this agricultural commodity by the metric ton every single day, so at what point do we simply say enough is enough. I say let cows eat grass like nature intended and keep your perverted corn out of our cupboards. Till next time,
Always Hungry

*less than 1 % of corn grown in the U.S. is for immediate human consumption. Over half is genetically modified and grown for live-stock feed.

** Food & Drug Administration.



Top Ten... or So

Interesting... for you of the scientifically minded. A top ten list, found at www.livescience.com, of Science Revelations for this past year:

- 10 *Impending Oil Peak.* A new study this year predicted that [global oil production](#) could peak as soon as 2008, and would likely do so before 2018.
 - 9 *Antarctic Surprises.* Sub-glacial lakes and some newly discovered creatures thriving on the sea floor beneath a collapsed ice sheet.
 - 8 *Drought.* A study in the journal Science found that Earth's warming temperature could shift wind and rain patterns so that dry areas become drier and wet areas become wetter, leaving places like the [American Southwest](#) permanently parched.
 - 7 *Endangered Animals.* In its annual [Red List of Threatened Species](#), the World Conservation Union announced that 200 species moved closer to extinction in 2007, with more than 40,000 species, including gorillas, dolphins, corals and many species of birds and fish, total on the list.
 - 6 *Coral Cold Sores.* Really, they are now also susceptible to herpes. But *they* die.
 - 5 *Carbon Dioxide.*
 - 4 *Good and Bad News on Alternative Energy.* To corn or not to corn? Essentially, the jury is still out.
 - 3 *Extreme Weather.*
 - 2 *Arctic Meltdown.*
- And.... drumroll please....
- 1 Yes, let's here it for Al Gore, ... *Climate Change.*

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