

YOUR NORTH SHORE GUIDE *to* ACTIVE LIVING

LIVE

Columnist  
**DAVE NORONA**  
helps you get  
ready for the  
winter sports season.  
See story *page 17*

HEALTH NOTES  
See *page 17*

SHAUN KARP  
talks about the  
importance of  
incorporating  
antioxidants into  
your diet.  
See story *page 20*



photo Gordon Dunham

Members of North Shore Hikers take in the view from Deeks Peak, high above Howe Sound. The club, one of the largest in Western Canada, is celebrating 50 years of adventure this fall.

# A mountainous occasion

**Erin McPhee**

*emcphee@nsnews.com*

**FOR** the last 50 years members of North Shore Hikers have gone to great heights to indulge in their passion for the outdoors.

Started in the fall of 1958 by a group of 16 North Shore residents, the club has endured the test of time and today's membership sits at approximately 650, making it one of the largest in Western Canada. Its members are all dedicated enthusiasts who opt to engage in a variety of recreational excursions within the Lower Mainland and beyond.

North Vancouver resident Gordon Dunham, past-president, has been a member of North Shore Hikers since 1975.

"When I was going to university and when I grew up, I was doing a lot of hiking on the North Shore. . . . It's hard to

## North Shore Hikers celebrating 50th anniversary

depend on friends to get out on trips so you just join a club and there's something happening every weekend pretty well," he says, of what attracted him to the club.

The genuine nature of the individuals, as well as the wide-variety of activities organized by members has meant he's never strayed.

Since its inception, North Shore Hikers' mission has virtually remained the same, says Dunham.

"There's not really a lot of difference between now and then," he says, with the exception of equipment, which has improved immensely.

"As far as the kind of trips we do, they're similar, but we can go much fur-

ther afield now (and) we have a much better road system," he says.

The club attracts a wide range of members, their average age approximately in their 40s, though the majority are highly skilled, as members have to be "half-mountain goat" to contend with the unique properties of the West Coast terrain, says Dunham.

"It's a hard area to hike in because of the elevation gain," he says.

North Shore Hikers members have a lot of hike options to choose from, laid out in a quarterly schedule averaging seven trips per weekend, ranging in their level of difficulty, as well as a Wednesday hike, its location determined on a weekly basis. In addition to hiking, cycling, backcountry skiing, snowshoeing and backpacking excursions are also offered.

Safety comes first, with experienced members looking out for new members and training is offered on things like ice



## Helping new moms get on the right track

### QUESTION:

Since we had our baby I have noticed my wife's mood has changed quite dramatically. I'm very concerned because she doesn't seem interested in the baby, and at times she seems to zone out as we're having a conversation. Is there something I should be doing or somewhere I can take her for help?

### Answer:

You are right to be concerned. I'm wondering if she has spoken to her family doctor or obstetrician, or midwife if she had one, about how she is feeling. It would be very important to alert the professionals who supported her throughout her pregnancy and the birth about her state of mind.

Even a complication-free childbirth and celebration brings sudden major changes you cannot fully prepare for psychologically and physically. As well as the emotional changes you both experience, your wife also continues to experience significant changes in her body while she is adjusting to the demands of taking care of your baby's dependence primarily on her to meet immediate emotional and physical needs, 24/7.

She has little time for herself, can become physically

See *Strong page 16*

See *Follow page 18*

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**LIVE**

# Follow up with medical supports

From page 15

and mentally exhausted, and may not have supports other than you, such as extended family, for example, particularly if you have recently moved and are living in an unfamiliar community. She may be feeling overwhelmed and unable to cope.

I am not familiar with your particular situation, but I am concerned by both of your comments — that your wife seems disinterested in the baby, and that she zones out. I think it is helpful to you both to have some facts about the kinds of mood changes that can follow childbirth, what you can do, and where you can seek help, but it would be most important first of all to follow up with your medical supports. She may need temporary medication and medical supervision to help her through this period.

Approximately 12-15 per cent of mothers (and up to 25 per cent of adolescent mothers) experience mood changes that call for intervention by an experienced professional with expertise in post partum mood changes. Normal baby blues, typically beginning on the third or fourth day after delivery, may include symptoms such as tearfulness, anxiety, irritability, insomnia, poor concentration, fearfulness and emotional instability. This condition is often transient and disappears after two or three weeks. For some women though, the condition may last longer, developing into a more serious mood or anxiety disorder.

Post partum depression (PPD) is characterized by classic symptoms of depression or anxiety, extreme irritability, panic attacks, obsessive-compulsive symptoms and intrusive thoughts about harming the baby. PPD with psychosis, the most severe form of PPD, is characterized by psychotic depression, mania, hallucinations (hearing or seeing things that other people cannot), delusions (fixed, false beliefs), extreme confusion and suicidal thoughts, and must be rapidly treated for the safety of the mother and her baby.

This condition is more common in women with a previously diagnosed bipolar disorder. PPD can last several weeks, months or even years af-

ter the birth. PPD is seen more frequently in women who have experienced previous episodes of depression. Thirty per cent of women with a history of depression prior to conceiving will develop post partum depression.

These are some of the ways your wife can help herself:

- Get some sleep — This is easier said than done, but if the baby naps during the day, your wife should try to discipline herself to sleep at the same time. Sleep deprivation is a depressant;
- Spend some time away from the baby — she needs to be encouraged to do this and not to feel guilty about it;
- Find ways to nurture herself, even short periods can help;
- Eat well and exercise — a regular walk (even if it has to be with the baby) can make a big difference in mood;
- Be easy on herself about having difficulty coping; and pay attention to positive experiences and feelings.

She can find supports and support groups through the Pacific Post Partum Support Society ([www.postpartum.org](http://www.postpartum.org)) and should seek help from family, if they are available, or friends she trusts to be able to take care of the baby while she has time on her own or with you. Your role, of course, is essential: you can encourage her to talk to you about how she feels; tell her you love her and are there for her; share in home responsibilities; accept help from friends and family; and, be physically affectionate, but don't push for sex until she's ready.

It's important for you both to remember that even though it may feel insurmountable in the beginning, women do recover from PPD to experience the enjoyment and fulfillment of motherhood.

Sources of information on PPD are found at [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) and [www.bcwomens.ca/services/healthservices/reproductivementalhealth](http://www.bcwomens.ca/services/healthservices/reproductivementalhealth).

*Bea Donald, M.A., R.C.C., B.C.A.M.F.T., program manager and clinical supervisor of the family counselling/employee assistance program at Family Services of the North Shore. Questions? Write [onthecouch@familyservices.bc.ca](mailto:onthecouch@familyservices.bc.ca) or call 604-988-5281.*

## Did you know...

Many students who need to upgrade their credit load attend Capilano University's summer school. A variety of courses are offered to students wanting to raise their credit level, or who simply want to get a jump start on post-secondary programs.

**Capilano University**

## public notice



### Notice of Election by Acclamation and Voting Saturday, November 15, 2008

#### NOTICE OF ELECTION BY ACCLAMATION - OFFICE OF MAYOR

Public Notice is given to the electors of the City of North Vancouver that as no more candidates for the Office of Mayor were nominated than there were to be elected, the following candidate is declared to be elected by acclamation:

MUSSATTO, Darrell R.	935 St. Andrew's Avenue, North Vancouver BC
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#### NOTICE OF ELECTION BY VOTING - SATURDAY, NOVEMBER 15, 2008

Public Notice is given to the electors of the City of North Vancouver that an Election by Voting is necessary at the election now pending for the offices of Councillor and School Trustee for a three year term, and that the persons nominated as candidates at the election, for whom votes will be received, are as follows:

COUNCILLOR (SIX TO BE ELECTED)	
BOOKHAM, Pam	508 East 12th Street, North Vancouver BC
CLARK, Rod	112 - 257 East 12th Street, North Vancouver BC
FEARNLEY, Bob	349 West 17th Street, North Vancouver BC
HEILMAN, Joe	248 West 27th Street, North Vancouver BC
HEYWOOD, Guy	1404 - 121 West 16th Street, North Vancouver BC
KEATING, Craig	172 East 25th Street, North Vancouver BC
LEIA, Cheryl	353 West 26th Street, North Vancouver BC
LEONARD, Ivan	310 - 215 St. Andrew's Avenue, North Vancouver BC
McINTYRE, Ron	539 West 21st Street, North Vancouver BC
NIELSON, Kelly	5187 Cliffridge Avenue, North Vancouver BC
RABBANI, Behgam	505 - 137 West 17th Street, North Vancouver BC
SCHECHTER, Sam	206 - 254 West 3rd Street, North Vancouver BC
SOSTAD Ron	211 - 312 East 1st Street, North Vancouver BC
TRENTADUE, Mary	425 East Keith Road, North Vancouver BC
VICKERY, Richard	310 - 225 West 3rd Street, North Vancouver BC

#### SCHOOL TRUSTEE (THREE TO BE ELECTED)

BUCHANAN, Linda	508 East Keith Road, North Vancouver BC
DORAIS, Chris	303 - 365 East 2nd Street, North Vancouver BC
HARVEY, John	33 - 1910 Cedar Village Crescent, North Vancouver BC
SKINNER, Susan	79 - 1930 Cedar Village Crescent, North Vancouver BC
TASI, Mary	322 West 6th Street, North Vancouver BC

GENERAL VOTING DAY will be open on **SATURDAY, NOVEMBER 15, 2008**, between the hours of **8:00 A.M. and 8:00 P.M.** at the following locations:

#### WHERE TO VOTE

1. *CAPILANO MALL (Community Meeting Room) 935 Marine Drive	2. *CARSON GRAHAM SECONDARY SCHOOL (Small Gymnasium) 2145 Jones Avenue
3. *HOLY TRINITY CHURCH HALL 2725 Lonsdale Avenue (27th Street and Lonsdale Avenue)	4. *MEMORIAL GYMNASIUM (Harry Jerome Recreation Centre) 125 East 23rd Street
5. *NORTH SHORE NEIGHBOURHOOD HOUSE (Gymnasium) 225 East 2nd Street	6. *RIDGEWAY ANNEX ELEMENTARY SCHOOL (Gymnasium) 450 East 5th Street
7. ST. AGNES' CHURCH HALL 530 East 12th Street (12th Street and Grand Boulevard)	8. *ST. JOHN'S CHURCH (Janet Wilcox Lounge) 220 West 8th Street

\* Accessible to People with Physical Disabilities