

**YOUR NORTH SHORE GUIDE to ACTIVE LIVING**

**LIVE**

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NEWS photo Kevin Hill

**NORTH Vancouver residents Ethan Ribalkin (left) and Gavin Thompson shave their beards as part of their participation in Movember, a moustache-growing charity event benefitting Prostate Cancer Canada.**

# The 'mo're the merrier

**IT'S that time of year again, when the guys in our lives abandon their razors in the interest of promoting men's health.**

More than a fall fashion trend, they're doing so in the interest of marking Movember. Held annually in November, the campaign is an international charity event intended to benefit prostate cancer research.

The idea originated in Australia in 2003 before spreading to Canada.

According to the Canadian Movember website, over the course of the month,

## Moustache fever taking the Lower Mainland by storm

participants grow a moustache as a means of helping raise awareness and funds for Prostate Cancer Canada.

According to the organization, one in six men will develop the disease in his lifetime.

Proceeds from Movember will be used by Prostate Cancer Canada for the development of programs related to awareness,

public education, advocacy, patient support, and research into the prevention, detection, treatment and cure of prostate cancer.

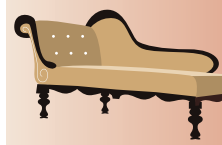
Last year's campaign yielded \$2.4 million for the cause.

At the end of the month, participants are invited to attend a gala event. Vancouver's is being held Nov. 26 at Fortune Sound Club at 8 p.m. Tickets: \$10.

To sign up for Movember, sponsor a participant, or for more information, visit the Canadian website, at [ca.movember.com](http://ca.movember.com). For more information on prostate cancer, visit [www.prostatecancer.ca](http://www.prostatecancer.ca).

— Erin McPhee

on the couch



## Who to trust in the search for Mr. Right

**QUESTION:**

Two years ago I ended a bad marriage. I thought I knew my husband well but soon realized that I didn't. Now, I don't trust my own judgment. There is a new man in my life who seems really interested in me and I think he is a good person but I am anxious about getting involved. I have a young son and I want a long-term commitment. How can I be sure that he is the right one?

**Answer:**

You can't. Every time you engage in a new relationship you are taking a risk. You are right to be wary and to be somewhat suspicious of your own judgment.

Here is what I suggest. ■ Put off the intimacy for at least six months.

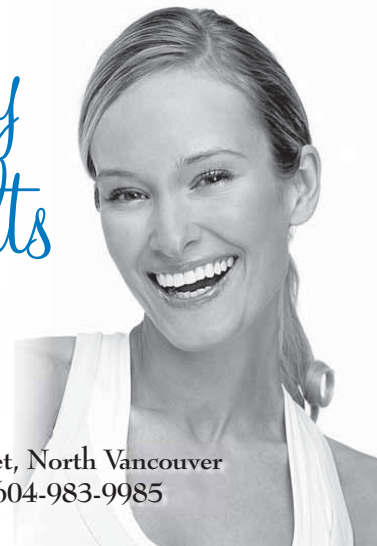
I always advise clients to do this and they rarely listen. The problem is that once you get involved sexually you set off a riot of chemicals that run through your brain and can negatively impact your judgement. Your powers of

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LIVE

# Preparing to hit the slopes Get to know who he really is

## A how-to guide to gear up and get out there

OVER the last week the mountains have been getting hammered with snow.

I absolutely love winter and just can't wait for it — the adventures of each day and the light, fluffy snow that surrounds you.

This winter is going to be epic, whether you watch the Olympics or avoid them in favour of getting your own fresh turns.

The following are a few places to go to get away from all the hustle and bustle as well as some hot new equipment ideas to make your time out on the slopes awesome.

There is no doubt that the action at West Vancouver's Cypress Mountain this winter is going to be wild. For anyone with tickets to the Olympic events, well, you're in for a real treat. However, this means that Cypress will be closed to the public during the Games.



**Supercharged**  
Dave Norona

To make sure you have all the information, check out [www.cypressmountain.com](http://www.cypressmountain.com) for up-to-date closures in the downhill and cross-country areas.

Kim and I snagged Grouse Mountain Y2Play passes and can't wait to rip up the slopes. Grouse, in North Vancouver, is one of my favorite places to ski because following an epic dump of snow, you can rip laps of Inferno for two hours in the morning before anyone else shows up.

Kim and I also love to snowshoe through the Munday Alpine Snowshoe Park and up to Dam Mountain. With an annual Grouse Grind pass, snowshoeing and skating

are free. Check out [www.grousemountain.com](http://www.grousemountain.com) for more info.

Another North Vancouver option for winter sports is Mount Seymour. Visit [www.mountseymour.com](http://www.mountseymour.com) for details.

If you really want to escape the traffic and the crowds this winter then maybe this is the year to head into the Interior to Big White Ski Resort or Silver Star, both in the Okanagan Valley. These amazing mountains offer great skiing and snowboarding, have incredibly light powder and aren't always packed. I love these places because you can ski in and out of your accommodation and you never have to drive anywhere, so you really feel like you're out there. Visit [www.bigwhite.com](http://www.bigwhite.com) and [www.skisilverstar.com](http://www.skisilverstar.com) for information on these B.C. resorts.

Each winter, I talk about preparing your gear for the wicked season ahead. Whether you have new or old equipment, make sure to get it tuned-up before the season begins. Swiss Sport Haus and North Shore Ski and Board are two great shops on the Shore and staff can help you with

your gear. I always have my bases tuned up by Dave at the Crystal Glide on Pemberton Avenue. He's an awesome technician and will dial in your new or used skis or snowboard. Visit [www.crystalglide.ca](http://www.crystalglide.ca) for details.

Of course the season would not be complete without a new incredible gadget designed to make your days outside even better. Mountain Hardware has just released heated jackets. I used the Refugium heated jacket last season and it's incredible, supplying you with eight hours of heat while you're out in the backcountry. Check them out at [www.mountainhardware.com](http://www.mountainhardware.com).

The Columbia Sportswear Company has also released a Bugathermo heated boot, which is intended to keep your feet nice and toasty whether you're shovelling snow or playing in it. See [www.columbia.com](http://www.columbia.com) for more information.

*Adventurer Dave Norona hopes you have the best winter yet! Bring it on Mother Nature! His powder mornings are supported by Advil, Genuine Guide Gear and Seymour Bean.*

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observation decrease and you begin to see everything less accurately.

■ Get to know the man's family.

What is his relationship with his parents and siblings like? What kind of contact does he have with them and how does he talk about them when they're not around? Hang out a little with them, watch them interact and see what you can find out about their values.

■ Who are his friends and what is important to them?

Generally, we tend to connect with people who are at a similar level of emotional maturity. This is particularly the case with long-term friendships. If he doesn't have good connections with friends or with family he will probably be expecting more from you than is good for either one of you.

■ Watch him with strangers.

How does he treat the waiter when you are out for dinner, the bus driver when you board a bus, the cashier in the coffee shop?

■ How does he talk about his past relationships?

Can he identify his contribution to the issues that he and his partners struggled with, or does he see them as the problem?

■ How does he manage his emotions when he is under pressure?

We can all look pretty good when things are going well. You need to see how he operates when life throws him a challenge.

■ At the same time as you are doing your research on him, he should be doing his own research on you.


Is he interested in your politics, your ambitions and your debt load? Is he curious about how you handle your responsibilities as a parent?

All of the suggestions above are about trying to get an unbiased read on who this man is. This is particularly important when you have a child. There is often a discrepancy between how we represent ourselves and the facts. We usually think that we are more attractive, more thoughtful and more sensitive than we actually are.

While the chemical wash of infatuation is an amazing experience that one would hate to miss, be warned that the only thing you can trust about it is that it will end. It has a shelf life of about four to six months, sometimes a little longer. That's when you begin to know who you are sleeping with.

So if you decide to risk a new relationship, at least make the risk an informed one. Good luck and keep it real!

*Margaret Anne Speak, M.A., C.C.C., works with couples, individuals, and families from a Bowen Family Systems perspective at Family Services of the North Shore. Questions? Write [ontbecouch@familyservices.bc.ca](mailto:ontbecouch@familyservices.bc.ca) or call 604-988-5281.*



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