



Until recently, too much caffeine could get an athlete disqualified from competition. But in January 2004, the World Anti-Doping Agency removed caffeine from its list of banned substances.

FITNESS JILL BARKER

Elite athletes know they can find strength in caffeine, but the everyday exerciser can also use it to boost long, tough workouts

Lord, give me coffee

Millions of people around the globe rely on coffee to start their day. But the caffeine boost found in your morning cup of joe does more than wake you up. It can also help you work out longer and harder at the gym.

The performance-boosting effects of caffeine are well known to elite athletes. As little as 3 to 6 milligrams of caffeine per kilogram of body weight has been shown to improve exercise endurance by 20 to 30 per cent. Until recently, too much caffeine could get an athlete disqualified from competition. But in January 2004, the World Anti-Doping Agency removed caffeine from its list of banned substances.

To get an idea of how much caffeine we're talking about, a 150-pound individual requires between 210 mg and 420 mg (about the equivalent of two mugs of strong coffee) to improve performance.

Yet according to numerous studies, not all exercisers receive the same performance-enhancing benefits. Heavy coffee drinkers will notice fewer benefits than those who rarely drink the stuff.

And, just in case you're thinking more is better, studies have shown that low-to-moderate doses of caffeine, 3-6 mg/kg body weight, are just as effective as higher doses – and with fewer side effects.

The whys and wherefores of caffeine's ability to enhance performance aren't totally understood. That it affects the central nervous system is clear, but exactly how it impacts performance is still being studied.

There is some scientific data suggesting that caffeine's capacity to enhance performance is related to its hypothesized ability to preferentially burn fat as energy. Proponents of this research say caffeine's carbohydrate-

sparing capability allows exercisers to work out longer before reaching exhaustion. Yet a study by Terry Graham of the University of Guelph, published in the December 2000 edition of the Journal of Physiology, shoots down this theory.

Another popular theory has it that caffeine reduces the perception of effort. An August 2003 report in the Journal of Pain indicated that caffeine diminished thigh-muscle pain during a bout of high-intensity cycling. Other studies have indicated similar results, stating that levels of perceived exertion were lower in exer-

ed that ingesting caffeine during a workout, especially toward the end, when exhaustion is at its peak, may provide exercisers with the boost they need to finish strong.

There has also been some suggestion that to reap the most benefit, users should take caffeine in its purest form – in a pill, not in common beverages like coffee or colas. Yet there are plenty of studies in which cola and coffee have demonstrated an ability to improve performance.

Adding caffeine to commercial sports drinks has also shown merit. A University of Birmingham study indicated that supplementing a sports drink with caffeine can increase the absorption rate of carbohydrates, the main energy source of working muscles, by 26 per cent.

Keep in mind that sports drinks like Gatorade are different from energy drinks like Red Bull, which already contain caffeine and other stimulants. Too much caffeine can lead to stomach upset, light-headedness, rapid heart rate and a possible laxative effect, which will undoubtedly dampen any benefits.

With the evidence pouring in, exercisers might want to add an extra cup of coffee to their morning routine, especially if they plan to work out within a few hours of their morning cuppa. Be aware, however, that for those who work out in the weight room or are looking for improvements in short-duration sprints, caffeine isn't effective.

To be on the safe side, try that extra dose of caffeine before a regular workout, not a competition. Side effects from a low-to-moderate dose are rare, but some people are more sensitive to caffeine than others.

If you're keen on replacing

your current energy drink with a strong jolt of java, keep in mind that there is a huge individual variation in the physiological response to caffeine. An extra cup of coffee will help some people go the extra mile, while others may have little to show for their extra tall double latte other than a little less change in their wallets.

Are you holding a walk or run in the Montreal area this fall? Send the details of your organization's event (registration, date, time, location, distance, website or telephone number) by fax to Race Calendar at (514) 987-2638, email arts@life.thegazette.com, west.com or write to Race Calendar, Arts & Life, The Gazette, 1010 Ste. Catherine St. W., Suite 200, Montreal H3B 5L1.

Sept. 30: Concordia University Shuttle, a 6.5 km walk between Sir George Williams and Loyola campuses to raise money for student scholarships and bursaries. Starts at 1 p.m. at the Integrated Engineering and Computer Science and Visual Arts Complex, 1515 Ste. Catherine St. W. Registration at several campus locations or on site. For information and pledge forms, go to shuttle.concordia.ca.

Oct. 1: Glenarry Walk/Run for cancer research (SK, 10K and half-marathon) in Curry Hill, Ont., 45 minutes from Montreal. Registration: \$15, \$20 and \$30. Start times from 9 a.m. to 10:10 a.m. Register online or on site. For information: (613) 347-2205 or go to www.geocities.com/glenarryrunwalk/contact.html.

Oct. 2: Canadian Breast Cancer Foundation CBC Run for the Cure. 5 K run or 1 K walk starts at 10 a.m. at Dorchester Square (Peel St. and René Levesque Blvd.) Register on site or online. For information: call (514) 571-1717 or go to www.nubarrco.org.

Oct. 15: Défi de l'île de Montréal, a 129-kilometre nine-day, eight-night triathlon. Departure is 6 a.m. (onsite registration 5 a.m.) behind the Verdun Auditorium (corner of de l'Église St. and LaSalle Blvd.). For registration and information, call (514) 768-1587 or go to www.defimontreal.com.

Lace up for local events

Getting the right kick

A single serving (6 ounces/150 mL) of drip coffee or one-half caffeine tablet delivers about 100 milligrams of caffeine. However, coffee varies considerably in caffeine content per serving, ranging from about 75 mg to 250 mg. Scientists at the University of Florida College of Medicine analyzed 16-ounce servings of caffeinated coffee from specialty shops and found almost twice as much caffeine in the strongest brew – Starbucks regular, at 259 mg – compared with the weakest, Dunkin' Donuts regular, at 143 mg.

Tea contains considerably less caffeine per serving than coffee – usually about half as much, depending on the strength of the brew – though certain types of tea, like oolong, contain more caffeine.

Soft drinks like cola typically contain 25 mg to 50 mg of caffeine per serving. Some energy drinks like Red Bull contain 80 mg of caffeine per container.

Sources: Wikipedia encyclopedia, University of Florida News

www.barker@videotron.ca

SHAPING UP

Depressed mom turned life around

First she weaned herself off medication, then ditched junk food and found fitness



JUNE THOMPSON

There was a time not so long ago when Anna Duncan was in such a fog that, as she says, she didn't know if she was coming or going.

She was suffering from postpartum depression, which later turned into chronic depression.

Two pregnancies, lots of medication and a lack of exercise were factors that propelled her weight to 192 pounds – 103 pounds more than she normally carried on her 5-foot frame.

"I was depressed, I had to take anti-depressant medication and I had to have my mother take care of my kids," Duncan told me sadly last week.

"It was absolutely the worst time of my life," she said.

But a time finally came when she decided that enough was enough.

Against her doctor's orders, she began to wean herself off of the medication. It was a slow process – in all it took four years – but at the end of it, she was able to function without the pills.

After years of erratic eating habits, alternating between bingeing and starving herself, she set out on a path of healthier eating.

"I virtually eliminated all junk food and processed food," she said. "I started to eat healthy foods – whole grains and fruits and vegetables," Duncan said. She replaced sugary soft drinks with water and lemon or green tea, and, since she had eliminated dairy products, she added vitamins and calcium supplements to her diet.

The next plan of attack was to exercise. "I was so self-conscious it was painful," she admits. Duncan decided to take aquafit classes so "I could hide my body in the water." To avoid having people see her in a swimsuit, she said, she was always the first in the pool and the last out.

But the weight started to come off and her confidence started to increase.

"One day I was in the pool and I could see the turnstiles to the weight room and I knew I had to get in there and start working with weights." So she did, and from that point on she has never looked back.

Duncan boosted her workout by strength training three times a week and doing cardiovascular exercise four times a week. "I

threw myself into it 100 per cent," she said.

The end result was a weight loss of 92 pounds over four years – and an absolute addiction to fitness.

In 2000, the thirty-something Duncan took Core Fit training and has become a certified instructor. But she didn't stop there.

She went on to enter bodybuilding competitions, the first one in 2002. She has competed in nine so far, winning one local novice competition. She is slated to compete in another next spring.

Understandably proud of her accomplishments, Duncan strives to be an inspiration to people who are stuck where she once was.

"You have to set small, realistic goals, and when you achieve them, reward yourself with an outfit or a night at a spa. But more importantly never say never and never give up, because it means you're giving up on yourself."

These days she sees things pretty clearly.

Have you lost a lot of weight or even a life? Do you have questions or tips to share about fitness or diet? June Thompson would like to hear from you. E-mail jthompson@thegazette.com, canwest.com or send a fax to (514) 987-2639.

June Thompson is an executive assistant at The Gazette.



COURTESY OF ANNA DUNCAN
Before: Anna Duncan suffered postpartum depression.



GORDON BECK, THE GAZETTE
After: Duncan now, after a 92-pound weight loss, says she's a fitness addict. She has participated in nine bodybuilding competitions.

LIFE



VINCENZO D'ALTO, GAZETTE

Terry Maxwell lifts as Dinesh Ambalapady looks on. Both will compete in the STS Physique Quebec Natural Competition 2002 this weekend.

Muscling up to the big day

Three bodybuilding contestants talk about what keeps them pumping iron

BRAM EISENTHAL
Special to The Gazette

Remember the old stereotype of the 98-pound weakling, perennially having and kicked in his face?

Here, from my vantage point on the elliptical trainer at Côte St. Luc's West End Gym, I can't spot that guy through the plethora of bodies forever working to reach new physical heights.

Before you picture this enthusiastic lot as nothing more than bubble-headed, muscle-bound, 'roid-raging freaks, take a good look.

They're normal people, just like you and me, generally with something to prove to no one but themselves. And some are competing in an increasing number of drug-free arenas — competitions where serious weight trainers can display the results of their hard work and nutrition.

One of the more important competitions will be held Saturday, when 70 men and women show off their physiques in the STS Physique Quebec Natural Competition 2002, at CEGEP Marie-Victorin. STS stands for Suppléments Technologies Supérieures, a maker of nutritional supplements.

The winners — six men and three women in different weight classes — will move on to the national championship, to be held in Halifax in June.

Five members of West End, a community gym that attracts men and women of all ages, will compete.

So what drives these people to grunt, sweat and pump iron, often on a daily basis? Here's what three had to say:

Dinesh Ambalapady, 33, co-owner of West End Gym

Height: 5 feet 8 inches (172.7 cm)
Weight: 168 pounds (76.2 kg)
Arms: 17½ inches (44.5 cm)
Chest: 46½ inches (118.11 cm)
Legs: 26½ inches (67.3 cm)
Waist: 29½ inches (74.9 cm)

"I had an inferiority complex when I was a teenager, and weighing 120 pounds didn't help much," said the personable, clean-cut entrepreneur. "I got into martial arts and, while it made me stronger, it didn't add weight. So I started training and I've been at it for 16 years. The results have been dramatic and, for me, it has been all about personal accomplishment."

"It also sets an example for the people who join the gym. Really, if I can do it, anyone can. I practice what I preach."

What's most impressive is that, not only does Ambalapady train drug-free, he does so as an ovo-lacto vegetarian, meaning he does not eat any animal products, except for eggs and dairy items. His diet during the training period leading up to the competition includes egg whites and cruciferous vegetables (like cauliflower and broccoli), as well as protein shakes, consumed in six to eight small meals daily. He also drinks six litres of water a day.

Terry Maxwell, 32, bike mechanic and a former Mr. Montreal bodybuilding champion

Height: 5 feet 4 inches / 162.5 cm
Weight: 150 pounds / 68.04 kg
Arms: 15 inches / 38.1 cm

Chest: 39 inches / 99.06 cm
Legs: 25 inches / 63.5 cm
Waist: 27½ inches / 69.9 cm

"You wake up every morning to this thing we call weights," the former karate-school owner said.

"For many of us, training does take on almost biblical proportions."

An Achilles-tendon injury, sustained while playing basketball, propelled Maxwell into a deep depression. He turned to bodybuilding, which he has been involved with for only five years, to revamp his sagging self-esteem.

"I felt vulnerable and weak. A doctor told me to quit all sports and, being the stubborn sort, I did the opposite."

Maxwell is at the gym every day, working out a powerful form anchored by tree-trunk legs. "My goal is to make it to the Olympics in two years. And I'll do it without drugs," he said. His training meals of choice feature plenty of low-fat, high-protein treats.

Anna Duncan, 34, personal trainer, mother of two

Height: 5 feet / 152.4 cm
Weight: 98 pounds / 44.4 kg
Arms: 10½ inches / 26.67 cm
Chest: 34 inches / 86.4 cm
Legs: 19½ inches / 49.5 cm
Waist: 25 inches / 58.4 cm

"I've been training for seven years now, since I had my second child. I wanted to lose weight and get into better shape," said the blonde, who packs impressive muscle tone into her small frame. For Duncan, the effects have

been more than physical. Besides losing a lot of weight, she gained a lot of confidence. "I've become much more assertive, and my decision-making abilities have improved dramatically."

"This experience has really changed me, inside and out."

During competitive training, Duncan consumes egg whites with mushrooms, onions and garlic, boiled chicken with broccoli, and relaxes by shopping for clothes.

The competition

The STS Physique Quebec Natural Competition 2002 is the brainchild of promoter Arsène Lagrange, an award-winning bodybuilder who took up the sport at 17, in 1971. He organized his first competition in 1974 and has done two a year ever since.

The competition will take place Saturday at the Salle Desilets at CEGEP Marie-Victorin, 7000 Marie-Victorin St. in Rivière des Prairies.

Competitors will be judged for presentation, muscle volume, definition and proportion.

The preliminary round begins at 9 a.m. and runs through the day.

The final round begins at 7 p.m. Admission costs \$12 for the day-time competition, \$25-\$30 for the final round.

For more details, call Lagrange at (418) 397-6289, or E-mail him at arsenal@globetrotter.net.

REMEMBERING BELMONT PARK

Story by BRAM EISENTHAL Special to The Gazette

BELMONT PARK WAS MAGIC. From the moment you walked through the front gate, you were hooked and reeled right in, your senses assaulted by the whirling rides, yummy odours, screams of the roller-coaster riders and the loud, unsettling cackle of the park's unofficial mascot: the Laughing Lady.

People still remember her today, 25 years after the Cartierville amusement park called it a day. The 1.52-metre papier-mâché figure of a fat, dark-haired, garishly made-up lady — “la grosse femme” — laughed eerily on a recorded soundtrack for 50 years. Moved from place to place around the midway often found just outside the Magic Carpet ride, the Laughing Lady, or Laughing Sal, looked a lot like your crazed Aunt Sybil.

I remember great rides — though I admit I was always too scared to embark on a death-defying journey on the Cyclone, which until 1946 was the world's tallest and fastest wooden roller coaster, sending riders in open cars hurtling over the tracks at more than 100 kilometres per hour.

You could ride through a terrific Haunted House, once known as Laff in the Dark, where your car veered back and forth on a track in darkness and you were confronted at intervals by goosebumps-raising props and memorable characters like the giant Tiki Gods and the Shiverin' Indian. Or walk through the Magic Carpet on switch-boards that blew air up your pant legs, then through a tilted, dizzying kitchen and exit by way of an unexpected roller slide (the “magic carpet”). There was also the Whip, a reference to how your insides churned into whipped cream every time you rounded a corner; and the Wild Mouse, where you died a little, inside anyways, every time your tiny car took a turn on narrow tracks situated high enough in the air to matter.

Then there were the games: I never could solve the mystery of the Milk Bottles. A strongman stand compelled you to swing a hammer to send a weight to the top of a pole and ring the bell and the cutest girls appeared around that one. I noticed. The nearby casse-croûtes made great burgers, hot dogs, fries, pizza and the wickedest candy apples and cotton candy imaginable — although I learned fairly young that eating hot dogs and then rushing onto the Whip was not a good idea, at least not if you wanted to attract the cutest girls.

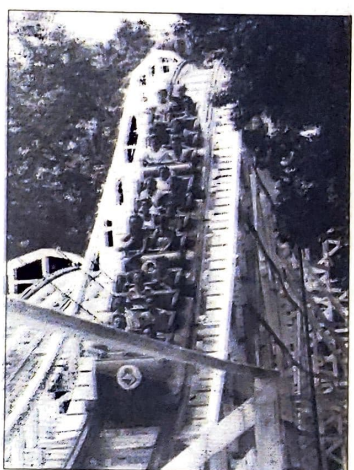
During the 1930s, '40s and '50s, circus entrepreneurs like Pete Kortes mounted “freak” sideshows of hirsute ladies, armless wonders and assorted others; and stunt performers like the human cannonballs, the world-famous Zaccchini brothers, made appearances here. (In 1955, on discount days, the price of admission to the park was a dime for adults and a nickel for kids; by the late 1950s, 800,000 people visited annually.)

Belmont Park was one Coney Island. Built in 1923 and a popular family destination for 60 years, it was struck down by the wrecking ball not long after it closed on Oct. 13, 1983. For me, the view from the Lachapelle Bridge, connecting Montreal island to Chomedey, still provokes a great sense of nostalgia but it has changed: Today, condos perch on the bank of the Rivière des Prairies.

There has been just one book written on Belmont Park, *Les Saisons du Parc Belmont* (Les Éditions Libre Expression, 2005), by Montreal author Steve Proulx who in 1998 watched a movie in which Genevieve Brouillette played a bearded lady appearing at Belmont Park. “I wondered if it really existed, with this ‘tent of creatures’ shown in the film. Then I discussed Belmont Park with people older than me and I became fascinated by it — and how it still exists in the minds of so many people. I



1940s: Signs at Belmont Park entrance read, “Entrance fee for adults 20 cents, children 10 cents” and “No zoot suits.” At right, the legendary wooden roller coaster.



Summer 1980: Belmont Park boss Paul Pappas (left) with clowns Nestor and Patof, flanking master of ceremonies Jean Simon.



Pappas stands at the former site of the Cartierville amusement park this week. The park closed Oct. 13, 1983.

wanted to document these memories about this lost place before they disappear completely.”

Proulx was born in 1977 and never had the chance to see the place himself. “It is most strange,” he confided. “Even though I never went there, after doing all the research for the book and having all the facts and details, down to a map of the site, engraved on my mind, I feel like I was there many times.”

Those of us who were there, however, will never forget it.

“I was a Gazette newspaper boy in Montreal in 1957,” Toronto writer Bob Carswell told me. “As a youngster, my earnings from that job often financed my trips to Belmont Park, though I am guessing my first visit there was in 1949 with my parents. I also worked there one summer as the kid who set up the two Coke bottles that people threw baseballs at in order to win a prize. I remember the laughing fat lady near the entrance and, for the older crowds, the dance hall at the far end, right next to the river.”

“But,” Carswell stressed, “do not forget... the No. 17 streetcar ride from Garland Station, where it met the 48 to Montreal West and the 68 going downtown. It was the trip untold numbers of people took to Belmont Park.”

Paul Pappas, 78, also enjoyed Belmont Park a lot, so much so that in the 1980s, the established Montreal restaurateur went from running the park's food concessions and parking lot to buying Belmont Park with partners Bill Capstick, Ron Cotton and Spiro Gavaris. Its previous ownership group was led by Jacques Gauvreau (son of J. Romeo Gauvreau, who purchased the park in 1929 from its four founding partners), Charles-Émile Trudeau, lawyer, wealthy entrepreneur and father of future prime minister Pierre Elliott Trudeau, had also been a minority partner prior to his death in 1935. His son actually sat on the board for a time in the 1960s.

“I initially got involved because they needed someone with experience to run the concessions,” the generous and gentlemanly Pappas said over lunch recently

“Then, since I already had over \$100,000 of equipment, like popcorn and candy floss machines worth nothing on the street, I figured it made sense to become an owner.” Pappas's group rented the park in 1980 then bought it in February 1981.

As owner of Premier Concerts with Roy Cooper, Pappas was also one half of a leading impresario team of the time, bringing the top American jazz, blues and Broadway entertainers to Montreal, and he recognized the value of bringing talent to Belmont Park to perform at an outdoor auditorium by the river. He booked such artists as Martha Reeves and the Vandellas, Pierre Lalonde, René and Nathalie Simard, Michel Louvain, Renée Martel, Myriam, and clowns Nestor and Patof — as well as a very young Céline Dion.

Unfortunately, Pappas couldn't stem the park's decline, which had begun the year before his group took over.

In August 1979, a seat on the ride Parachute Paratrooper broke loose and fell eight metres to the ground, seriously injuring two children and striking a blow

to the park's safety record. In fact, a recall notice from this particular ride's manufacturer never arrived, Pappas recalled.

Then, about a week later, a double whammy: Quebec provincial police officers raided the park and shut down seven of its games of chance (15 were also shut down following a raid at La Ronde), asserting that illegal gambling was taking place. Pappas and his partners sued the city of Montreal and won “settling for \$115,000 in damages...” but the negative publicity really hurt us.

The park, which had averaged more than 500,000 visitors annually during its later period, suffered a major lag in attendance. The damage was done. Belmont Park's 1983 season would be its last, the owners' \$1.8 million investment down the drain, and my favourite rides and the Laughing Lady merely memories.

Actually, the “grosse femme” suffered the unkindest end of all. Pappas revealed. Kept in an employee's garage for years, she was unceremoniously chucked out after the garage was flooded. No laughing matter, to be sure.

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View from Ferris wheel at Belmont Park.

PHOTO GALLERY

Belmont Park scrapbook: Memorable sights.

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A web tour of amusement parks across the country.

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www.montrealgazette.com/soundoff



This photo of broadcaster Don McGowan was taken in 1941 at the base of the roller coaster at Belmont Park in Cartierville. The tethered “ape” was part of the entertainment. “This was actually the start of the PULSE news team on CFCF 12,” McGowan writes.

BELMONT PARK MEMORIES: A rickety, thrilling carnival

Ricky Friedlander, 46, today a Plateau Mont Royal-based professional photographer today, grew up in Chomedey. “We were within striking distance of this bruise-inducing theme park, featuring rickety rides like the Wild Mouse, guaranteeing that I’d be a chiropractic patient forever.”

“The Matterhorn’s cars screeching past their peeling, painted Alps scenery is surely the reason my head permanently tilts to the left and, boy, the memory of the Haunted House, your car smashing through the plywood entranceway into total darkness, before being assaulted by spring-loaded ghosts.

“For just \$5 — you could ride any puke-provoking ride all day long. Oh, how I miss childhood!”

Documentary film-maker Ezra Soiferman, 36, visited the park as a “magic lad.” “Belmont Park represented the days before kids were hypnotized by video games and sucked into the Internet. I cherish the nostalgic popcorn and bashing my nose into the greasy vinyl padding of a bumper car’s steering wheel. I haven’t been to an

amusement park in years, but it wouldn’t surprise me if today’s bumper cars have cute little airbags to protect the precious modern child and stave off lawsuits.”

Norman Klein, 48, a onetime Chomedey boy now residing in Côte St. Luc, was one of the 500 employees, approximately 80 per cent of them students, employed at the park for several years in the late 1970s. “I worked as a break-man, relieving the game employees during their breaks, and I loved the job because I got to work at all the different games... The atmosphere at Belmont Park was great and I will never forget it.”

Personal trainer Anna Duncan recalled the intimate, carnival-like atmosphere. “I remember seeing a guy with tight leopard shorts, a muscular build and a snake around his neck. I’d never witnessed such a thing before. My favourite ride was the whirling teacup and saucer; and I also remember their annual Italian Day, where my family and I would participate in races and the prize was spaghetti.”

BRAM EISENTHAL



The gender aspects of sports

By Colette van Haaren

The gender divide in sports is dissolving. We see more women in previously masculine sports, such as boxing, karate, and weight training, and men are entering previously feminine domains, such as cheerleading.

While seeing men in figure skating is considered normal, thanks to achievements of national icons such as Kurt Browning and Elvis Stojko, not all boys entering this sport at a local level have an easy time of it.

Unlike most boys, twelve-year-old Patrick does not like playing hockey. Hockey is too rough for him and does not suit his sensibilities. When he began learning to skate, he eased into figure skating. He liked the jumps, hated the spins, but was skating for his own enjoyment.

That got spoiled when his schoolmates found out about his leisure activity and teased him about it — it wasn't considered cool. Heartbroken, Patrick dropped out of the program. He feels this kind of peer pressure is unfair.

"I had to quit something I liked, because my friends didn't," he said.

The *Suburban* asked Kurt Browning for his viewpoint. He answered, "When you work hard at something to a point where you start to get 'good' at it...even those who laughed are forced to accept your accomplishments. It's simple really. If you want something hard enough and it is truly in your heart to do it then you won't let others and their 'little' opinions get in your way. Skating is something to be enjoyed at many levels for the rest of your life."

Women playing a men's sport have it easier. "Women are more accepting of each other's decisions. They don't bug each other," said Jesse Tomalty, an N.D.G. young woman who plays rugby in T.M.R. Although Tomalty first played on Villa Maria's school team, she says the sport is not often found in private schools. "It's considered physical and not very lady-like."

Tomalty describes the female variant of rugby as slower and less aggressive, but just as intense as male rugby. Women tend to think more while they are playing. "They process the strategy," on the field. The men build muscle mass more easily, which gives them the physical capacity to run faster and enter into physical contact. Their game is characterized by speed and instinct, Tomalty said.

In playing a traditionally masculine sport, she feels empowered and equal. "We are representing all women in doing this," she said.

Weight training is also becoming more accessible to women. Anna Duncan, a personal trainer who operates from the West End Gym in Côte St. Luc, calls bodybuilding for women "body sculpting."

"A sculpted body: there is nothing nicer than a body with shape on it," said Duncan, who exudes confidence and delight in her toned body. Body sculpting means changing the body through a program of weight training, fitness, cardio-vascular exercises, and nutrition.

The goal may be esthetic, but its effects are not just skin deep. "When you change your

outer appearance, and you change your inner with nutrition, you're benefiting physically and mentally," Duncan said.

Duncan once was overweight and depressed. When she saw a picture of Miss Olympia Cory Everson in a magazine, she thought, "I want a body like that." She began exercising slowly, and gradually with the change in body her outlook changed as well. As benefits of her physical activity and appearance, she mentions self-assuredness, assertiveness and self-esteem.

Does it work for everyone?

"They have to want it. I have customers who waste their time, but a lot of them want to be helped," said Duncan. A typical exercise schedule involves 2-3 hours of weight training a week, and then cardio on top of that.

Is there a continuous effort to display that muscle tone?

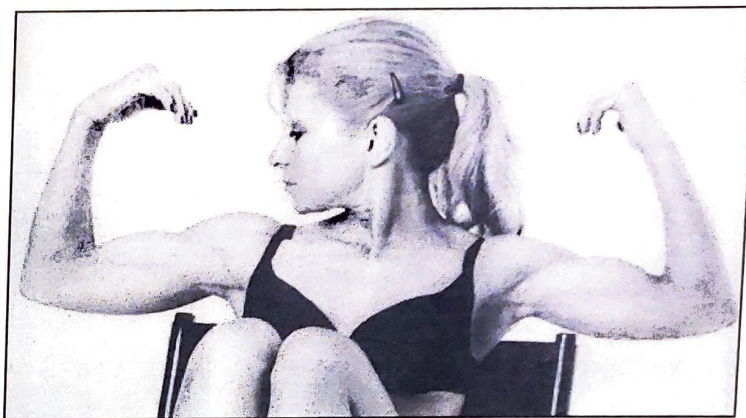
"No, I'm loose. The only time you have to strain is on stage to hold poses. There, you have to crunch, or squeeze, your muscles and hold them for a minute. That's where you're going to sweat," says Duncan.

While we may think men and women have equal opportunities, in sport choices women seem to have it easier. Woman in macho sports are cool. Young boys or men who do not reach any level of competency in feminine sports, may be ridiculed.

As Tomalty put it, "Men have to be comfortable enough."



Figure skater Kurt Browning: 'If you want you won't let others get in your way.'



Côte St. Luc trainer and bodybuilder Anna Duncan participates in what has traditionally been seen as a "masculine" sport.

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Welcome to the Weight Train, where you hop on board and, whoosh, your extra pounds are whisked away! Yeah, I've become a wee bit obsessed with weight lately, it's true. I had no choice but to take the journey, however, and I'm actually having fun finding ways to challenge myself into losing more. And knowing NDG-bred personal trainer Anna Duncan is such a motivational experience, you can't NOT work hard at losing. You could say that, based on her own experiences, Duncan has earned her license as chief engineer of the Weight Train. It's a most inspirational tale.

Back in 1994, the diminutive Duncan had recently given birth and weighed about 195 pounds. "I was really depressed, ate everything in sight and when it got to the point where I could hardly get my pants over my thighs, I knew it was time to stop the self-destruction," Duncan reminisced. She had become obsess-

ed with watching fluffy exercise guru Richard Simmons on TV and he motivated her to get into the gym.

Duncan started working out twice weekly at Cote St. Luc Shopping Centre's West End Gym with a personal trainer and a year and a half later, she was not only sporting petite-sized fashions, she was working as a trainer herself. Soon after that, she was entering competitions and her confidence was so high, she started taking acting classes. The comeback circuit was complete.

This isn't so much a look at the past, however, as a peek into the future. This past New Year's Eve, Duncan hosted a party at Auberge Lakeview in Knowlton, in the Eastern Townships. "Sales consultant Larry Smith, owners Chris and Van Voutsimas and I really hit it off," she said. "And they asked me if I would come up periodically and give fitness classes. We started something really special."

The historic inn, built in 1874 and known for the specters that haunt the place as much as for its romantic atmosphere, terrific service and décor, 4-diamond rated gourmet cuisine and stunning location, is the ideal venue at

which to improve one's physical and mental wellness. "I hold my classes in the lovely Victorian Room in the winter and I am hoping to start water fitness sessions in their large pool when the warmer weather arrives," Duncan told me.

Knowlton is also ideal for outdoor activities, from snowshoeing and cross-country skiing during the winter to any form of wholesome countryside activity in the summer. I've been mushroom picking in the Townships and that alone is a great activity ... before you wolf down the creamy chanterelles.

So, if you want to work with a most inspirational trainer, you can reach Duncan at her West End Gym office anytime, or e-mail her to arrange private sessions at annaduncan@bellnet.ca. To find out when she'll be at Auberge Lakeview next, call them at 800-661-6183. You can probably grab a ride there on the Weight Train.

Important correction

There seems to have been an error in the URL for the Free Saul Itzhayek online petition in my last column. To sign it, go to: www.ipetitions.com



Through hard work, West End personal trainer Ann Duncan dropped from 195 pounds... to this.

(Bram ESENTHAL, The Chronicle)

OPINION

LETTERS to the editor

Robert's Rules of Order not in effect?

To the Editor,

Why do borough council meetings have such flexible rules? I have been to meetings where I was told I had a maximum of 3 minutes to speak, as long as 2 separate questions, (max) were asked.

Yet at last night's borough council meeting, asking why we see ads featuring Michael

Applebaum as a real estate agent when he's clearly stated he is NOT active in real estate, I was twice interrupted before the end of three minutes.

I timed other speakers: one person took 7 minutes to ask a non-threatening question, and another took 5 minutes to speak. Another speaker was again interrupted before

his 3 minutes were up, but the questions might have made the person queried uncomfortable. Councillors are not time-limited in answering, it seems, nor are the civil servants.

Let's have some standardization, and let's follow Robert's Rules of Order fully if that is the model the borough proposes.

Alana Ronald, NDG

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Lifestyles

Concordia clinic marks two decades of serving the community

When it comes to offering quality injury rehabilitation for amateur athletes, Dave Campbell and Gary Cummings are tops in their field. In fact, they have been doing so for 20 years. I first met Campbell when he worked for the now defunct Manic soccer team. Cummings catered to the training needs of the football Alouettes. They launched the GDC Sports Rehabilitation Centre in 1983, which today is known as the Concordia Sports Medicine and Physiotherapy Centre.

Over the years, staff therapists at the centre have represented Canada working for

PublicEye



Mike Cohen

medical teams at many international events, including the Olympics. They've also lent their expertise and experience to a number of non-profit organizations and programs such as the foundations of the St. Mary's and Lakeshore General Hospitals, the Standard Life Marathon, the YMHA/ Ben Weider JCC 100 km Bike-athon, and charity tennis and hockey tournaments in Pointe Claire, Beaconsfield and Dorval. Campbell and Cummings have two top-notch partners in Paul Evans, a Certified Athletic Therapist and Osteopath, and Ron Rappel, the longtime athletic therapist for the Concordia varsity sports programs. There

are now Concordia Sports Medicine Centres in N.D.G., Snowdon, Brossard, La Prairie, Laval, Pointe Claire and on Côte des Neiges. For more information log on to www.concordiasportsmed.com or call 848-3317.

BATSHEVA'S FIND: This year's special fundraising component for the Festival International de Nouvelle Danse (FIND) will benefit the Batsheva Dance Company of Israel and take place on Thurs. Oct. 2 at the Place des Arts. It is being held under the patronage of Israeli Ambassador to Canada Haim Divon, Federal Heritage Minister Sheila Copps and provincial Minister of Culture and Communication Line Beauchamp. There will be a dinner cocktail at 6:30 p.m., followed by the performance at 8:30 p.m. Nancy Cleman, Honey A. Dresher, Doreen Green, Angela Lipper, Sarah Riesman, Beryl P. Wajzman and Claudette Dionne are among the committee members. The festival itself began on Sunday and concludes Oct. 12.

AVI HOFFMAN: The Jewish Eldercare Centre Auxiliary's annual fundraising gala will feature an evening of hilarious musical comedy with Avi Hoffman's performance of *Too Jewish?* on Sun. Oct. 26 (6:30 p.m.) at the Gelber Conference Centre (2 Cummings Square). The evening will include a cocktail reception and silent auction prior to the show, sweet table following the performance, and valet parking. The gala is the Auxiliary's largest fundraising event of the year, under the chairmanship of Ruth Shustack and Lois Tafler. All proceeds will be dedicated to enhancing the quality of life

of the Jewish Eldercare Centre's 320 frail elderly residents, and 130 geriatric day centre participants, through the funding of essential equipment and programs. The Centre is Quebec's second largest Jewish long-term care facility. With an average age of 88.5, its residents suffer from Alzheimer's, Parkinson's, diabetes, heart disease and other chronic illnesses. For tickets or further information, please contact the Auxiliary office, 514-738-4500 ext. 8108, Ruth Shustack, 514-485-3474 or Lois Tafler, 514-487-7975.

AROUND AND ABOUT: The McGill Symphony Orchestra under Alexis Hauser (<http://www.alexishauser.com>) will open the 2003-2004 season in Pollack Hall on Oct. 3 and 4 with Walton's Viola Concerto and Bruckner's Fourth Symphony ... On Sunday Oct. 5 (8 p.m.), CHAI Montreal host Lisa Winston will welcome Rabbi Lionel Moses of Shaare Zion Congregation to the CH Cable Channel 14 studios. Replays are on Monday (1:30 p.m.), Tuesday (8:30 a.m.), Wednesday (10 a.m.) and Thursday (1:30 p.m.) ... The Sir Herbert Samuel Chapter B'nai Brith Young Men, formed in 1943, will be celebrating a 60th reunion on Sat. Oct. 18. Members will be coming from England, Florida, California, and from other parts of Canada and the United States. For the location and more details, call Sam Rappaport at 484-1900 or Jack Kadaner at 487-7153.

Have you got something to talk about in the Public Eye?

E-mail mcohen@thesuburban.com, call 484-1107, ext. 307, or fax 483-7213. ■

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Anna Duncan has realized her dream and now nothing brings her greater satisfaction than supporting her clients in achieving better health and vitality. It was not an easy journey for Anna, but one that is familiar to many young mothers.

In 1994, as the mother of two young children, Anna found herself feeling depressed, ugly and fearing leaving the house nearly to the point of becoming a recluse. The weight she had gained during her pregnancies had stayed with her and incited comments from well-meaning friends and relatives about her size and health.

One day a gym flyer arrived at Anna's door and she decided to make a change. With encouragement, Anna joined the gym where she started to learn about herself and what she could accomplish physically and mentally. Anna began to educate herself about weights and resistance training while she started to exercise with a personal trainer. She also began to read everything she could find

about fitness and nutrition.

Today, Anna not only regained control of her body, but she also gained the confidence, self-assurance and determination to create new goals for herself. She decided that she wanted to help others find what she had found - a healthy "inside" and "outside" for life. She successfully completed a Certification Program to become a certified personal trainer.

Today Anna is particularly interested in helping women who feel there is no hope. Anna was there once and knows what it takes to

regain your life when you feel hopeless. Above all, Anna is living proof that it is possible to reshape your life!

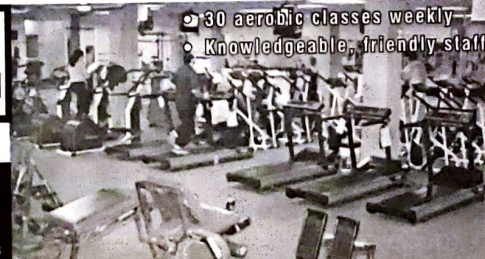
I want to emphasize the importance to work hard to achieve what is best for the individual person, to look and feel your best! I am here to set an example and to motivate you!

To learn more about personal training I can be contacted at the West End Gym. You can also check my website: www.annaduncan.com or call me at (514) 483-9991 for an appointment.

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West End Edition



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(Photo credit: Bram D. Eisenholz)

COMMUNITY NEWS

West End trainer Ana Duncan shows us what hard work can do

Page 6



(Photo credit: Nav Pall)

SPORTS

Final skate on LCC's historic rink

Page 13



Singing a Mumbai melody



This past Friday, February 22, Marymount Academy staged two fundraising shows to benefit the Children's Wish Foundation of Canada. Sharma Dey, the 16-year-old organizer credits the many young performers (like young Pushpa Haldar seen here) for the show's success and informs us that over \$1,000 was raised. (Photo credit: Nav Pall)

Network of green spaces could save Meadowbrook, say activists

Martin C. Barry

Members of les Amis de Meadowbrook, a group that is spearheading efforts to save the Meadowbrook Golf Course, want to create a network of linked green spaces in southwestern Montreal in order to help keep the site from being redeveloped.

During a standing-room-only meeting held by the group at Montreal West town hall last week to rally support against Groupe Pacific, a company that wants to create a residential development on the Lachine portion of Meadowbrook, MPs and MNAs from the West End threw their support behind les Amis' efforts.

"You don't have to convince me that it's necessary to keep Meadowbrook as a green space," said NDG MNA Russell Copeman. "In the short term, the real issue is to protect Meadowbrook as a green space and I will do everything in my power to ensure that occurs."

D'Arcy McGee MNA Lawrence Bergman said that as a supporter, he wanted to keep Meadowbrook green, because "in my opinion green is gold. We have here a piece of gold and we've got to keep that as gold ... as something which our community, our society can enjoy."

NDG-Lachine MP Marlene Jennings said, "Anytime we can save a green space is a good day and a good deed. So you can count on my support ... The citizens of Montreal West, the citizens of Côte St. Luc and, hopefully, the citizens of Lachine as well, will want to protect this space."

Continued on page 2

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Mahjongg Bistro - Celebrating the return of Pu Pu



Briefly Bram

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For many Montrealers, Ruby Foos restaurant on Decarie was THE zeitgeist of the sixties and seventies. A major player on a former culinary strip that included other famous establishments like *Piazza Tomasso* ("Magic" Tom Auburn, we miss your sensational sleight of hand!), *Bill Wong's* in its heyday and *Miss Montreal*, going out to Ruby Foos was an event.

For me, as a teen, the Pu Pu Platter defined fine cuisine. The oversized plate featured a smorgasbord of chicken wings, egg rolls, won ton and – accompanied by a side of legendary sweet spare ribs – all greasy and fried and dripping with cholesterol. But, hey, I was pretty scrawny back then anyhow, and I couldn't even spell cholesterol yet.

The best part, the VERY best part, was skewering the delicacies on thin wooden spears and holding them over the blue/white flame burning in the midst of those magnificent, mouthwatering morsels. When they sizzled just enough, you bit right in, blistering your mouth in the process, unless you took a moment to cool your devourable prize by



Bram as a teenager dining at Ruby Foos in 1972

dunking into their secret sweet sauce. But it was all good. What wasn't good was the closure of many of these prime establishments over the years. Ruby Foos Hotel is still there, but, sorry to say, it's *Tulipe Noir* eatery merely left me fantasizing about that Pu Pu Platter ever since.

The news that a spanking fresh restaurant which replaces *Tulipe Noir*, called *Mahjongg Bistro de Chine* (7655 Decarie, in the Ruby Foos Hotel complex, 514-395-8080), has engaged some of the Ruby Foos chefs who created that platter (and other memorable dishes) threw my salivary glands into a tizzy.

Now, I stress that this isn't a restaurant review, as I and a few friends attended the soft opening, just two weeks after they unveiled a stunningly renovated establishment the likes of which does not exist in the area. The big launch will take place January 30, 2008, but if what we experienced was any indication, this place will be HOT.

First-off, the Pu Pu Platter is still THE suggested starter, enough for four hungry diners to dig into as your main dishes are being prepared. While the egg rolls were not quite as I remember them from the originals, they were absolutely delicious, with chicken instead of pork setting off the flavour. The included spare ribs, however, were superb and an exact replica of their forefathers, boasting a sauce that is decadently delicious and with tender, tasty meat. You will order a side of them, I promise.

The owners, the Mah (led by Hazel Mah, of Piment Rouge and El Diablo Rojo) and Wong families, including George, a former Ruby Foos chef, and son Paul, who owns the excellent M&M on Somerled Avenue, are really stressing quality here. Hazel had taken over *Tulipe Noir*, which was in a sorry state by then, Paul told me. "We put our heads together and, starting with major renovations, came up with this idea," he added. And George Wong took me aside to explain that he is forever fine-tuning the old Ruby Foos standards to make them even better. The egg rolls, he hinted, will be even more "Foo-ish."

By that point, I didn't care. Everything – the shrimp won ton soup, chicken and crispy



Bram Eisenthal during his recent visit to Mahjongg Bistro

spinach, sesame beef and shrimp in lobster sauce – was perfect and we were all ready to bust. That's when Hazel sat down with us and supervised our devouring of a series of desserts, one more terrific than the other. The key lime tart was truly sensational.

Café dLUX next door is a more casual eatery that provides a full range of menu items, from salads to burgers to, well, anything you can think of, and has a complete Sunday buffet featuring East-West choices. Plus, of course, the same deadly selection of desserts, including some of the *Tulipe Noir* standards you enjoyed.

And with that gastronomic interlude to tempt you, I wish you a Happy New Year, everyone!

Attend a New Year's Eve Gala in Knowlton with a local personal trainer

West End personal trainer Anna Duncan is hosting a HUGE New Year's bash at one of the prettiest locations, the Auberge Lakeview Inn, at Knowlton in the Eastern Townships. Duncan knows everyone through her work, so the turnout should be a good one. And hey, you're invited! Interested? E-mail Duncan at annaduncan@bellnet.ca.



Royal Vale student rewarded for academic excellence

The English Montreal School Board distributed 40 cash scholarships of \$500 each recently to students from the graduating class of 2007. Scholarships were awarded to high school students who are continuing their studies in a post-secondary educational program. The students also received free all-in-one printers courtesy of Dell. Pictured here, Cassandra Freitas from Royal Vale School in N.D.G. receives her scholarship from Regional Director Paola Miniaci and Royal Vale Principal John Roumeliotis.

Праздник дзюдо на олимпийской арене Монреаля

Федерация дзюдо Квебека провела традиционный 41-й международный турнир «Omnium du Québec», собравший 975 юных и взрослых поклонников борьбы в кимоно из Канады, США, Бразилии и других стран Южной Америки. Итоговое событие для профильной Федерации было организовано на самом высоком уровне: с прила-

шением президентов спортивных клубов, специалистов в области спорта, ветеранов борьбы дзюдо. Для столь масштабного турнира был выбран великолепный спортивный комплекс «Claude-Robillard», построенный в преддверии летних Олимпийских игр 1976 года. На аренах данного комплекса прошли олимпийские турниры по гонд-

болу и водному поло, о чем напоминает посетителям комплекса мемориальная доска в холле знаменитого олимпийского сооружения. На каждом уровне спорткомплекса вывешены стенды с фотографиями Олимпиады 1976 года, напоминающие прошлых олимпийских сражениях и призывая всех поклонников спорта продолжить былые традиции.

Мастер-класс в исполнении олимпийцев

Заднею дня начала турнира организаторы пригласили всех желающих и прежде всего детей из групп начальной подготовки на мастер-класс с участием членов олимпийской сборной Канады. Перед любознательной детворой выстроились нынешние лидеры национальной сборной, и в их числе Antoine Valois-Fortie - бронзовый призёр летних Олимпийских игр в Лондоне, серебряный и бронзовый призёр чемпионатов мира, бронзовый призёр Панамериканских игр, победитель турниров национального и международного уровня, а также Antoine Bouchard - обладатель 5-го места на Олимпийских играх 2016 года, а также полного

комплекта медалей на Панамериканских играх и чемпионатах последних трех лет. Наставник сборной Gabriel Da Silva предложил юным дзюдоистам выполнить комплекс подготовительных упражнений, а затем эстафету в качестве добровольных тренеров приняли активные спортсмены, показавшие самые простые и доступные упражнения: как удерживать соперника на спине и добиться победы, как быстрее всех на коленях добраться до противоположной стороны ковра. Кроме приятной физической усталости и новых знаний в области техники дзюдо, все детишки получили памятные дипломы, подписанные знаменитыми спортсменами.



День первый. Поединки юношей и ветеранов

В программе самого значительного для северной Америки турнира 2017 года были поединки в возрастных категориях U14, U16, U18, U21 (junior), а также схватки с участием взрослых борцов и ветеранов. На 7 татами (коврах для дзюдо) развернулась упорная борьба за призовые места, открывающие дорогу в юношеские команды клубов, городов и национальных сборных. Среди прочих конкурентов звучали знакомые фамилии спортсменов: Иванов, Романов, Сальников. В стартовом дне соревнований один из самых зрелищных бросков, внутренний захват одноименной ноги соперника, выполнил Юрий Семиряк из Монреаля, категория до 66 килограммов. На этот раз ему не уда-

лось добраться до пьедестала почёта - юному борцу всего 14 лет, а тренер заявил его в категории до 16 лет. Уверен, мы еще увидим Юрия на подиуме для чемпионов! В другой категории, до 73 килограммов, стремительно продвигался к финальному поединку Константин Габун, представлявший спортивный клуб «Jhidokan» (Монреаль). 19-летний спортсмен великолепно провел 5 поединков и во всех одержал победы со счетом 10-0. Среди первых поздравил Константина двукратный призёр Олимпийских Игр в Барселоне и Сиднее, трехкратный призёр чемпионатов мира Nicolas Gill, ответственный за подготовку спортсменов высшей категории в Федерации дзюдо Канады.

Титулованному специалисту понравился стиль борьбы Константина, богатый арсенал технических действий, его волевые качества и неуверенное стремление к победе.



«В настоящее время в канадском дзюдо наблюдается приток свежих сил и новых имен. Данный феномен объясняется тем, что в Страну кленового листа прибывают не только специалисты в области информатики, экономики, строительства и энергетике, но и спортивные педагоги, а также целые семьи спортсменов, родители вместе с детьми. Бывшие чемпионы и призёры из стран СНГ делают все возможное для того, чтобы их дети продолжили спортивные традиции и добились новых побед в спорте высших достижений», - отметил в интервью для газеты «Место встречи - Монреаль» тренер «Club de Judo Métropolitain-Montréal» Владимир Костровец. Кстати, опытный наставник подтвердил свой авторитет перед воспитанниками спортклуба, выиграв звание чемпиона в категории 81 килограмм в поединках среди ветеранов. Детям есть с кого брать пример!

День последний. Воскресенье - главные финалы

Не приняв значение поединков среди юношей и кадетов, согласимся с фактом, что турнир среди взрослых спортсменов стал главным украшением заключительного дня Международного турнира «Omnium du Québec 2017». Многочисленные зрители, заполнившие трибуны спортивного комплекса «Claude-Robillard», увидели зрелищную борьбу с изобилием красивых бросков и новых технических комбинаций. В число соискателей награды включилась и внушительная группа молодых борцов, жаждущих испытать себя в напряженных сражениях с опытными дзюдоистами. В категории 60 килограммов, где были заявлены 27 спортсменов, успешно стартовал трехкратный победитель первенства Канады среди кадетов и юношей Богдан Марин. Первые три встречи Богдан выиграл, а в поединке за выход в полуфинал турнира уступил сопернику и в итоге занял 5-е место. Неплохой результат для молодого и старательного борца, мечтающего завоевать квоту для участия в юношеских Олимпийских играх 2018 года среди молодых спортсменов в возрасте от 14 до 18 лет. Неожиданно для многих зрителей на татами вновь

был приглашен Константин Габун, завоевавший накануне первое место в категории 73 килограмма среди юношей. Забыв про травму (в одном из поединков получил удар ногой в глаз), Константин ринулся в бой. Пять поединков выиграл досрочно, получив высшую в дзюдо оценку ippon (10-0), а в финале встретился с главным фаворитом публики и турнира Antoine Bouchard, обладателем 5 места на



Олимпийских играх 2016 года. Решающая встреча за звание чемпиона превзошла все ожидания: соперники показали зрителям все лучшее, что украшает дзюдо: быстрые передвижения, скоростные атаки, молниеносные контрприемы. На последней минуте финального поединка Габун уловил мгновение и молниеносно провел бросок с захватом ноги соперника. Судья на татами показал оценку waza-ari, однако затем отменил свое решение. Публика зашумела, проявляя недовольство, и к чести судейской коллегии оценка waza-ari была утверждена, а за несколько секунд до окончания встречи сохранить подобное преимущество оказалось делом техники. В итоге Константин Габун одержал вторую победу в рамках турнира, победу, которая открыла ему путь в национальную сборную Канады для подготовки к Олимпийским играм 2020 года в Токио. Успех в полной мере может разделить и коллектив Collège de Maisonneuve (Монреаль), где нынешний чемпион упорно штурмует другие высоты в стремлении стать специалистом в области технологии или информатики. Пожелаем ему успехов!

Репортаж с турнира подготовил спортивный журналист Николай Бучацкий

А. Корсунская
Монреаль

Body for Life!, или Получи удовольствие!

Никогда прежде не интересовалась, но, оказавшись в нашей "глобальной деревне" обитает огромное количество гедонистов, утверждающих, что сбалансированное питание и физические упражнения идут вразрез с человеческой природой, мешая наслаждаться "и без того короткой" жизнью. Конечно, право выбора (там, где оно не противоречит уголовному кодексу) - штука священная. Однако, даже отправляясь на "blind date", вы прежде выясните хотя бы возраст потенциального кавалера (дамы). Не стоит выбирать "modus vivendi" вслепую. В рассуждениях поборников "сплошного наслаждения", по меньшей мере, отсутствует логика: все мы знаем, что именно избыточный вес часто приводит к сокращению жизни - этого главного, полученного нами от родителей подарка. И кто только не пытался оправдать свою элементарную лень и отстоять вредные привычки, клеветая на человеческий организм!

Взялись за дело? И надо же: "Я опять не влезаю в брюки, а всего-то месяц не бегал! Это невероятно! Или весы врут!" Нет, как-то То ли весы врут, то ли все мои усилия в последнюю неделю были полной ерундой". Ответственно заявляю - и так далее. Прочитанные фрагменты выбраны не из художественной литературы. Из социальных сетей, где подобных признаний не счесть. Насчет "врущих весов" высказывается чуть ли не каждый второй. Правда, предшествуют этому вердикту описания "сумасшедшей рабочей недели" или иных напряженных событий, которые вынуждают, в общем, не пренебрегающего своей физической формой индивидуума забыть не только о посещениях гимнастических залов, но и об утренней гимнастике в любом ее варианте.

Я беседую с совладельцами "Power Gym", недавно открывшегося в Cote Saint-Luc гимнастического зала: Борисом Чимевым (Boris Tchimev), победителем международных состязаний по бодибилдингу, высококвалифицированным тренером (полный список его регалий и умений смотрите на сайте зала), и менеджером Нандини Дендукури (Nandini Dendukuri).

- Так врут ли весы?

Борис: Нет, если они исправны, конечно. Наш организм реагирует на тот образ жизни, который мы ему в данный момент предлагаем. Превалили физические упражнения? Значит, подали сигнал: можно не спешить. Метаболизм замедляется, отсюда - лишние килограммы. Но это только одна сторона вопроса. Напряжение на работе, в быту - всегда еще и дополнительная нервная нагрузка. Прекращая заниматься спортом, вы мешаете организму ее преодолеть. Попросту говоря, начинаете спорить с природой. Постоянная разумная физическая активность как ничто другое укрепляет нервную систему. Она также способствует образованию в организме серотонина, а без этого нейромедиатора человек не чувствует радости.

- Усталые, но довольные?..

- Да-да! Заметьте, я сказал о "разумной физической активности".

- А кто определяет соответствие занятий этому критерию?

- Специалист, конечно.

- Как долго Вы шли к этому высокому званию?

- Вся жизнь. Решение связать свою жизнь со спортом я принял еще в Софии. В школе занимался легкой атлетикой, потом закончил Спортивную академию, начал работать тренером. В Канаде я 27 лет, и практически все это время выступал и тренировал других.

- А здесь учились?

- Да, я закончил McGill University и являюсь также специалистом по здоровому питанию и фитнесу, которые тесно между собой связаны.



- Борис, в 2000-м году Вы стали победителем на международном состязании "Body for Life". Что стоит за этим выражением?

- Прежде всего это определенная программа правильного питания и физических упражнений, позволяющая приобрести и сохранять хорошую физическую форму. Разработана она Билли Филиппсом и за неполные 20 лет приобрела большую популярность. Но я бы сказал, что это еще и призыва по-настоящему полюбить свое тело. Оно ведь замечательно устроено и готово всю жизнь исправно нам служить. Нужно только ему помочь, причем постоянно. Нужно сделать физические упражнения частью своей жизни. Правильно организованные, они доставляют человеку подлинное удовольствие.

- Нандини, в Монреале много спортивных клубов и залов. Почему Вы решили открыть еще один?

- Так и город немаленький. То, что качество жизни напрямую зависит от здоровья, человечество поняло давно. А сегодня большинство людей понимают, что здоровье - это во многом результат физической подготовки. Вы, наверное, знаете, что ожирение называют в Северной Америке эпидемией! Кроме того, склонность набирать излишний вес с годами возрастает, а население Канады стареет. Поэтому существует огромная потребность в фитнес-услугах, которые хотелось бы получать неподалеку от дома. Тренажерный зал в торговом центре Cote Saint Luc закрыли. Остались ли дорогие "клубы здоровья" или залы дешевле, но оснащенные низкопрофильными тренажерами. В итоге многие жители NDG - CSL лишились возможности поддерживать хорошую форму. Мы (я говорю в целом о нашей команде) почувствовали, что есть потребность в чем-то среднем - в смысле ценового диапазона, но с первоклассным оборудованием. "Power Gym" предлагает спортивный клуб с доступной оплатой членства, опытейшими инструкторами, великолепными тренажерами, классами аэробики и боевых искусств. Да! Имейте в виду, что до 31 мая вы можете получить годовое членство в "Power Gym" всего за \$100! И для всех возрастов мы организуем один день занятий бесплатно.

- Как это начиналось?

Нандини: Борис и Анна (Anna Duncan) - хорошо известные в этой области тренеры, с более чем 30-летним опытом, у Камена (Kamen Kostadinov) опыт - более 20 лет. Все они с успехом участвовали в соревнованиях по бодибилдингу, фитнесу, восточным единоборствам и словесному творчеству, или пауэрлифтингу. У всех присутствует педагогическая жилка и настоящая страсть помогать людям в поддержании хорошей физической формы. Работая персональными тренерами, они успели набрать постоянную клиентуру, которая поддерживала зал, когда он только открылся.

Борис: Одним из таких клиентов была Нандини, наша единомышленница, решившая стать и нашим деловым партнером. Конечно, как любое малое предприятие, мы должны завоевать себе на рынке имя, но, думаю, отличительные качества нашего коллектива и прекрасное оборудование позволяют на это надеяться.

По поводу коллектива. Нандини, как Вы собрали свою тренерскую команду? Какие критерии вы применяете к персональным тренерам в "Power Gym"?

Борис, Анна и Камен обладают высочайшей квалификацией и невероятной работоспособностью. Посмотрите на нашем сайте. Их "послужной список" говорит сам за себя. Они уже многим помогли достичь цели, в чем бы та ни выражалась: в желании сбросить вес, участвовать в соревнованиях по фитнесу, в восстановлении после тяжелой болезни или травмы. Помимо совладельцев, у нас также работают еще 4 квалифицированных тренера, прошедших профессиональное обучение и имеющих сертификаты. И мы готовы к приему новых сотрудников. Кроме профессионализма, для нас чрезвычайно важен характер человека. Занятия в течение долгого времени предполагают и человеческое общение. Персональный тренер должен не только владеть своей специальностью, но и поддерживать дружелюбную, стимулирующую к занятиям атмосферу. Нам удалось создать такую атмосферу, и мы ею дорожим.

Борис, трижды в неделю Ваш зал предлагает также занятия дзюдо. Почему вы выбрали именно это боевое искусство?

В Монреале это - самый естественный шаг. Дзюдо очень популярно в городе, потому что здесь живет эмигрант Хироши Накамуро. Удивительный человек! Он переехал в Квебек из Японии в возрасте 26 лет, когда узнал, что в Канаде нет школы дзюдо, и сразу поставил перед собой цель: вывести канадцев в этом виде спортивного единоборства на уровень Олимпийских игр и сделать так, чтобы дзюдо по популярности сравнялось в стране с хоккеем...

- Получилось?

С Олимпийскими играми - да. Насчет хоккея мне судить трудно. Конечно, мастер в любом виде восточных единоборств будет уверять, что выбранная им школа не знает себе равных. Но я бы хотел сказать, что, если речь идет о поддержании хорошей физической формы, польза дзюдо - неоспорима. Это борьба чрезвычайно полезна для сердечнососудистой и дыхательной системы человека. То, что она развивает гибкость, наверное, известно каждому: в основе ее метода - образ прогнувшегося под тяжестью снега вети. Само собой, и силу.

- С какого возраста лучше начинать занятия дзюдо?

Мы принимаем учеников любого возраста (если исходное здоровье позволяет), но я бы сказал - с 16 лет. Нандини, не могли бы Вы подробнее охарактеризовать преимущества Вашего спортивного зала?

"Power Gym" предлагает целую систему первоклассных разнофункциональных тренажеров, как последней конструкции, так и традиционных, стандартных. Это станции для упражнений с подтягиванием, кардиотренажеры, стационарные велосипеды, эллиптические тренажеры и беговые дорожки и т.п. Для занятий восточными единоборствами оборудован специальный отсек с татами. Сам тренажерный зал - просторный, ярко освещенный. И чистый (очень женское замечание, да?). Разумеется, есть душевые для женщин и мужчин. Зал удобно расположен. Мы находимся на пересечении Cote Saint Luc и Westminister, так что подыхать можно с любой стороны. Еще одно женское замечание: рядом с нами - Eiko's Deli. После тренировки легко купить привычные продукты.

Понятно, что в нашей газете Вы обращаетесь к русскоязычным читателям. Что бы Вы хотели им сказать?

Что к нам обращаются люди самых разных возрастов, от 16 до 80 лет, с различной степенью выносливости и физической подготовки, которые ставят перед собой разные цели. И мы подготавливаем персональную систему занятий для каждого клиента. Трое из наших тренеров владеют русским и с удовольствием поработают с Вами на Вашем родном языке. Приходите и становитесь нашими постоянными клиентами!

См. рекламу на соседней странице 24

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