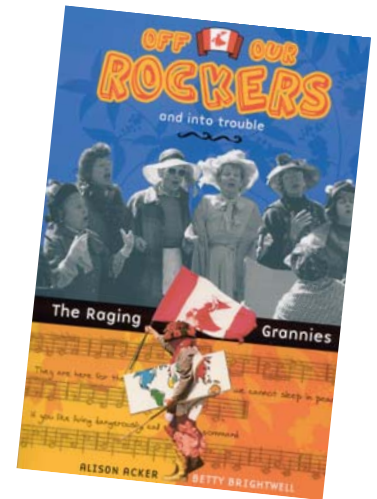


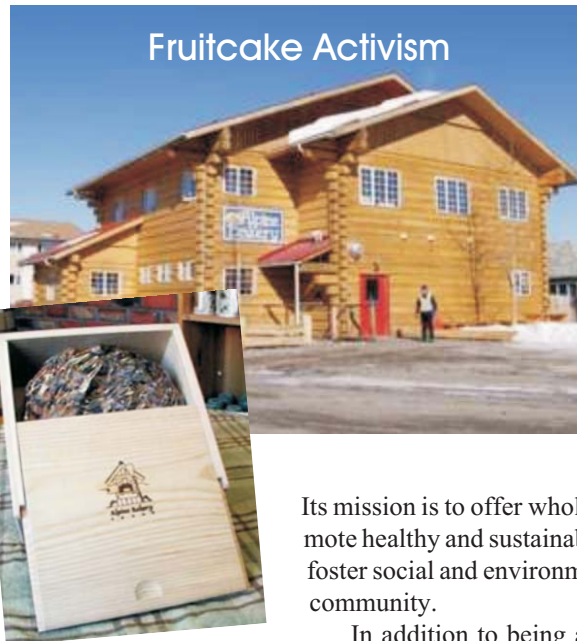
The Grannies Are Off Their Rockers

When the Raging Grannies sprang into being in 1987 in Victoria, B.C., they didn't plan to start a worldwide movement; they just wanted to protest in a different manner. But they have done both. Armed with catchy, hilarious songs, the Grannies have taken on a host of issues, from nuclear-armed ships to war toys, and challenged every level of government. Wearing outlandish hats and warbling their witty lyrics, they poke fun at the powerful people who are wreaking havoc with the world of everybody's grandchildren. Alison Acker and Betty Brightwell are two of Victoria's most active Grannies, and they have the scars and the laugh-lines to prove it. And now they've written *Off Our Rockers – and into trouble* (2004, Touch Wood Editions, www.touchwoodeditions.com), the hilarious and inspirational story of how a group of middle-aged and older woman are creating change, challenging the powers that be and having a lot of fun along the way. (See also an article we wrote about the Raging Grannies a few years ago at www.life.ca/nl/77/grannies.html).



Sip Away Stress

A new and innovative organic beverage promises to assist with stress-related issues such as anxiety, sleep disorders and sexual dysfunction. Zenbev is the result of research by Dr. Craig Hudson, CEO of Biosential, which formulated specific ingredients that are a natural source of tryptophan. Tryptophan is an amino acid found in protein and is essential in nutrition because the body cannot produce it on its own. Under proper circumstances, tryptophan metabolizes into serotonin, which elevates moods and emotions. In a nighttime environment, serotonin becomes melatonin, allowing you to fall asleep naturally by triggering the brain's own sleep mechanisms. Zenbev uses a natural source of tryptophan derived from pumpkin seeds, combined with small amounts of carbohydrates into a formula designed to provide the optimal conditions for full utilization by the body. For information or to order, visit www.zenbev.com.



We are what we eat. In the modern world of globalization, this old adage takes on new meaning. Our food choices are no longer geared towards physical health. Instead, deciding what we put on our tables and in our mouths has become a political, environmental, social and spiritual choice. With that in mind, a bakery in Whitehorse, Yukon has a vision to work towards making positive changes in the world.

Its mission is to offer wholesome organic food products, promote healthy and sustainable alternative lifestyle choices and foster social and environmental activism to its customers and community.

In addition to being an environmentally conscious and socially responsible company, Alpine Bakery does an excellent job of baking bread, perhaps because owner Suat Tuzlak says baking bread is his pleasure as well as his business. Customers from around the world have visited his log bakery and store to buy the kind of wholesome, organic European-style rye bread they remember from their childhood. The *Toronto Star* has called it one of the best bakeries in Canada. But Alpine Bakery is perhaps best known for its organic fruitcakes, which are shipped around the world and have even won kudos from *The Wall Street Journal*. The dark fruitcake has twice as much fruit as batter and the tangy light fruitcake features their own quince marmalade. Rather than using ready-made mixes of cut fruit that come from industrial farms along with a variety of chemical preservatives, Alpine Bakery hand processes organic dried fruits. While this process is time consuming and labour intensive (and adds significantly to the price), the end result is a much healthier and higher quality product, evident in the cake's moisture and flavor.

Buy a large 1 kg (2.2 lbs) cake and it will arrive in a handcrafted rustic wooden box made in the Yukon by another family business. Yes, fruitcakes are great for gift-giving or complementing holiday festivities. But they are also a welcome treat for lovers of the outdoors. Wrapped slices of fruitcake in a backpack are a great survival food because they keep well and are rich in carbohydrates. In fact, Alpine Bakery fruitcake has been used on many adventures, including a Geological Survey of Canada scientific expedition to Mount Logan, Canada's tallest peak, as well as RCMP and dogsledding expeditions. Contact Alpine Bakery at 411 Alexander Street, Whitehorse, Yukon, Canada Y1A 2L8, (867) 668-6871 or www.yukonweb.com/business/alpine.