



gossip

CONGRATULATIONS!

Since our last issue we've picked up on some accomplishments that we felt really deserved a mention. So a big round of applause and congratulations to:

- Choices Markets for their reader awards in both the Westender (1# choice for natural foods) and Vancouver Courier (#1 health food store)
- Choices Markets and New Zealand Trade and Enterprise for their successful launch of New Zealand Days at Choices.
- Bir Kaur, manager of Yoga West on her upcoming marriage
- New Rave Productions on another successful Wellness Show as well as for the brilliant launch of the West Coast Families Expo
- Form and Function for being voted #2 furniture store in the Vancouver Courier's Reader's Choice Awards
- Lisa Ovens (Advertising Account Manager at the Vancouver Courier) for the release of her book Hockey and High Heels

FOURTH PLACE!

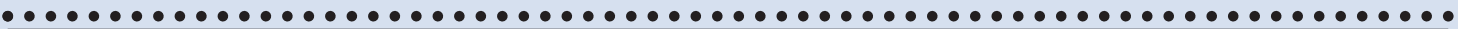
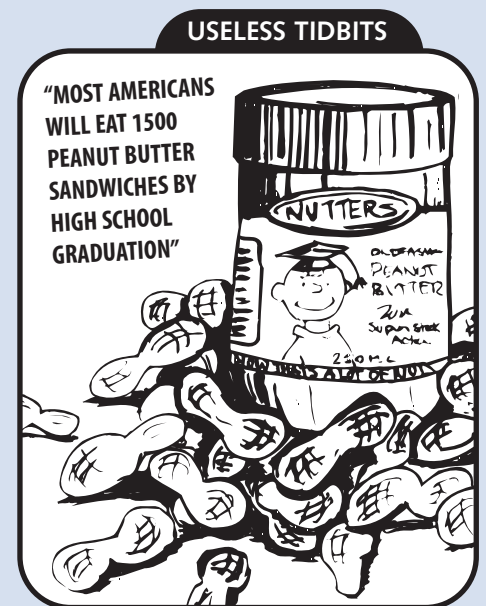
This June our family participated in the Robeez 1st annual Strollerthon, where we came in 4th place in the best decorated stroller competition and walked 5km in the pouring rain to help raise money for Success By 6. Our custom semi truck complete with flames and sound effects could be seen parading up and down Spanish Banks beach along with teletubbies, dragsters, chuckwagons, giant shoes, and flower gardens to name a few.

To find out more about Success By 6 and the strollerthon visit www.successby6bc.ca and www.strollerthon.com

brainstorm

TERMS OF ENDEARMENT - WHAT IS THE DIFFERENCE BETWEEN VECTOR VERSUS BITMAPPED IMAGES?

- **Vector images** – Vector images are made up of solid lines and curves. You can enlarge them to any size and reduce them to any size and the image quality will not change. This is the file format that is typically used for logos and clip art. Vector images usually come in .eps and .ai file formats and have transparent backgrounds.
- **Bitmapped images** – Bitmapped files, used primarily for photographic based images, are made up of tiny squares. Because of this you cannot enlarge a bitmapped image by either changing its size or resolution. If you do you will end up with a jagged/fuzzy image. This is why graphics pulled from the web don't work for print applications. However you can reduce its size without compromising quality. When selecting a photograph or bitmapped illustration for print, you will want an image that is at least 300dpi. Bitmapped images typically come in .eps, .tif, .jpeg, .psd files.





our heros

NO MEDIA KINGS

For anyone who's ever thought "I've got a great idea for a book, but getting published is so hard", meet Jim Munroe. After publishing his first book Flyboy Action Figure Comes With Gas Mask through Harper Collins, Munroe became disillusioned with the publishing industry. His solution? Publish his books himself.

So Munroe started No Media Kings - not really a publishing company, but a very loose organization to publish his books from. He also encourages other artists to do the same, providing information on how to write, publish and gain distribution. Munroe also formed the Perpetual Motion Roadshow - a promotional tour of indie press, variety acts and bands that visits seven different cities every month. For more information visit www.nomediakings.org.



limelight

NEW RAVE PRODUCTIONS

Founded by Jeanette Savard, New Rave has been producing events for almost 25 years. Their premiere event, the Wellness Show, has grown to be the largest consumer show of its kind in Western Canada. It celebrated its 13th year in 2005 with over 240 exhibitors. The next one will be taking place from February 3 - 5, 2006.

2005 also marked the start of the West Coast Families Expo, another exciting New Rave event, which ran this past May at the Vancouver Convention and Exhibition Centre.

For more information visit
www.westcoastfamiliesexpo.com and
www.thewellnessshow.com.



bookworm

The Mountains Of My Life by Walter Bonatti

Italian mountaineer Walter Bonatti tells about his high altitude adventures including his first rock climb using a clothesline for rope, what really happened on the first Italian ascent of K2 in 1954, and his farewell to mountaineering in 1965.

A Boat In Our Baggage by Maria Coffey

Maria Coffey and her husband Dag embark on an ambitious plan to kayak some of the world's most famous waters. Their year-long odyssey takes them from their home on Protection Island off the coast of BC to five continents and fourteen countries.



art corner

PAPER BAGS KITE



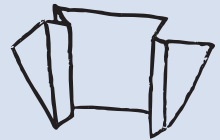
STEP 1 - OPEN BAG



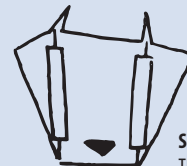
STEP 2 - CUT OUT
BOTTOM OF BAG



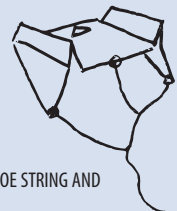
STEP 3 - CUT AN X ON THE SEAM SIDE
OF THE BAG WITH THE MIDDLE POINT
ABOVE THE CENTER OF THE BAG



STEP 4 - FOLD LIKE SO



STEP 5 - TURN OVER AND TAPE
THE FLAPS. CUT A VENT IN THE BACK.



STEP 6 - TIE ON SHOE STRING AND
FLY YOUR KITE.

DO YOU KNOW...

One thing we like better than getting a referral is giving them. So if you ever have an idea or need but don't know how to make it happen or who to use, give us a call (604.681.4442) and we'll see who we know to get you started.