

THE BUZZ

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Welcome to **The BUZZ!**
Your information highway to "what's happening" in speed skating.

Paige's Golden Performance

By: Veritas Communications and Tom Norton

Paige Norton, of the Matsqui Blades Speed Skating Club represented Team Canada at the Special Olympics World Winter Games in Boise, Idaho Feb 7-13, 2009. In her very first international competition, Paige won Canada's first medal of the ninth Special Olympics World Winter Games beating out her competitors from Germany and Hungary to make it to the top of the podium...

The 15 year old speed skater took her second gold in the 500m and finished the competition with a bronze in a race that saw Canadian team mate Katie Saunders from Alberta take the gold. Team Canada Head coach Donna Bilous from the Matsqui Blades speed skating club coached her team of 8 athletes to a total of 18 medals (8 gold, 5 silver, 5 bronze). What an experience!!

This year marked the 41st anniversary of the Special Olympics movement. The movement has grown exponentially since the first games in 1968. This year the 2009 World Winter Games showcased the talent of nearly 2500 athletes from over 100 countries. The movement invites everyone to share in values that everyone can appreciate: unity, acceptance, empowerment, dignity, courage, strength, inspiration, determination, pride, confidence and fun. Although the next World Winter Games location was not announced at the closing ceremonies, Athens Greece accepted the Special Olympics flag as they prepare to host the world in the next Special Olympics World Summer Games in 2011.



Talking it Up With Jeremy Wotherspoon...

What is your favorite food: homemade hamburgers

Nick Name: Jer

Pet Peeve: When people aren't honest to themselves.

If you could do one thing to change the world, what would it be: I would get Canadians to eat less meat and more vegetables and fruit, preferably that were produced locally

Favorite music group: Lately it's been The Killers

Greatest achievement to date: 69 world cup victories

What advice would you give to young speed skaters: Do lots of different sports and non-athletic activities, and have fun at them

Greatest speed skating memory: The first medal I won at a World Cup. It was in Innsbruck in 1997 in the 1000m. It was outside, 14 Celsius and sunny



Tip of the Month: It's the photographer, not the camera!

The camera has a very simple purpose. It measures light. No matter if it is the new digital backs at \$40,000 or the plastic toy Holga or Diana at \$20. It is up to you to understand how compose, use light, establish content and form, then press the shutter. Some of the major award winners in '08 were taken with the \$20 Holga. These are kids toys that use medium format film. With all of their flaws and light leaks in the right hands, will create amazing photos. As long as you understand the limits of your camera, it is your skills and vision that make the photo. I won't be trying to capture your races at the Games with a Holga, but I will be using one for candid portraits whenever possible!!! Try an image search for 'Holga photos'

Next Month: Digital images are not free.

Don't forget to visit www.speedskating.ca again next month for our newest version of The BUZZ!!!
If you have a great idea you'd like to see in one of the upcoming The BUZZ issues, please do not hesitate to contact Yanna Moncion at ymoncion@speedskating.ca

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