

Emperor's New Chute: They weren't kidding, a valley of a thousand falls. Whether your here for a week, or a lifetime **Emperor Falls and the Berg Lake Trail**, just west of Jasper in Mount Robson Provincial Park, B.C., is something to experience, plain and simple. A place where nature shows off through its power, beauty, and diversity. Stay as long as you can, and enjoy water in its many forms: snow, glacial, rivers, streams, lakes, falls and possibly rain.

-Bethany Staneland
Photo by Bob Covey



How do you **GET WET** in Jasper?



CHRISTA BERGERON
23, JASPER
"Taking a canoe instructor's course."



JODI HAWKINS
26, JASPER
"Going for a run in the rain."



LUCIANO
23, BRAZIL
"Dipping my feet in Pyramid Lake."



ARMAND
23, THAILAND
"Rafting with my family on the river."



TRAVIS MCINTYRE,
AGE UNKNOWN
"Admiring myself in this beaver pelt."

Book launch on park's best known boat launch

There are hundreds of posters, calendars, guidebooks and brochures celebrating its beauty, and now Jasper's most famous body of water finally has a book about it.

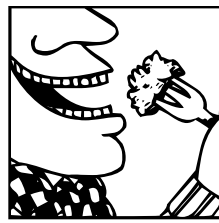
Interestingly, it took one of Jasper's young adults to write it. Until the recent launch of **Maligne Lake, the jewel of Jasper National Park**, produced by Summerthought Publishing in Banff, a book

focusing solely on Jasper's largest lake didn't exist. Now, thanks to Jasper's **Meghan Power**, visitors and residents can find details on everything from the iconic area's geography, to the wildlife that calls the Maligne Range home, to the local outfitters and entrepreneurs that blazed the tourism trail for the general public. The photos, by Andrew Hempstead, are coffee-table worthy and stunning.

Power, the archivist at the Jasper Yellowhead Museum and Archives, said it's a bit uncanny thinking of herself as a published author, but now that she's got Maligne Lake under her belt, she's working on another, a book about Jasper. So what does Maligne Lake hold for Power? "It feels ancient," she said. "It's like you're somewhere back in time." Look for Maligne Lake at better bookstores in Jasper. **-BC**



Meghan Power is Jasper's newest published author.



Grilled

with Chef TUNA



There are a few things I enjoy in life.

Candle lit dinners and long walks on the beach come to mind, as does casting for fish on the river bank, drinking ample amounts of Pilsner, and of course sitting on a lawn chair in a kiddie pool with my feet on a broken down block engine watching the Daytona 500.

What do all these have in common? Well I mean if you haven't figured out this is the "Water" issue of The Skinny, the answer is of course water, in all its glory. Of course it's a necessity to life, but it's so much more to this Jasperite. It's mixed with barley and hops to create delicious beer, it makes otherwise normal t-shirt contests extraordinary and when you're talking food, it can do so much more than boil your KD noodles.

One of the newest trends involving water in the kitchen is known as sous-vide. French for "under vacuum," this is a method of cooking food sealed in an airtight plastic bag in a warm water bath for a long time. And by long I mean, three days isn't an uncommon cook time. It also uses very precise temperatures—much lower than those normally used for cooking, typically around 60°C (140 °F). The intention with sous-vide is to create an extremely tender product yet maintain the integrity of the ingredients. Not yet a very common style of cookin, but Chef DGH at Tekarra Restaurant has brought it to our region.

On the other side of human history is one of my favourite water-based cookery tricks: brining. By simply mixing a cup of salt, a cup of sugar, some seasonings and a gallon

of water, you have made a basic brine. Marinate chicken (any thing from wings to the full-on bird) for a couple hours to overnight, and you will end up with a delicious, juicy, sweaty and salty dish. This works with anything too. Take a pork leg, brine and smoke it, most people would recognize that as ham. Or you can take baby cucumber, add dill and boil the brine, and you would be left with dill pickles. Brining may be one of the most versatile and historic cooking methods out there.

As I write this, it has dawned upon me, for an article about water, it has been kinda dry. I am gonna stray a little bit, but not far. Water can make your atmosphere the bees' knees as well. How about a lakeside cookout for instance? More than several cold beers, a few dirty doggers and two or three friends chillin' at lake, that's a straight up good time. Or create a Mexican themed get together. Ingredients should include: nachos and dip, burritos, some enchiladas and a 60 litre margarita mix (to be Enjoyed Responsibly, of course) using the aforementioned kiddie pool. (Tip: keep the pool outside after you're done, the bugs will be mental in the store room).

This brings me to my final thought. Water can easily be turned into a good night of drink and steak sandwiches for the table. "How the H-E-double hockey sticks does that work" you ask? If you golf and your playing buddy (or yourself of course) shanks two balls into the drink, well that's a ticket to steak sandwiches, compliments of the Tin Cup who drained 'em.

Chef Tuna is the host of "Cookin with 'SNER", found on YouTube



The Skinny Adventure Club and Parks Canada brought a dozen or so young adults to the Palisades Centre to learn outdoor skills including rock climbing June 27.



The Skinny Adventure Club continued to get local young adults around the park with a hike up Sulphur Skyline and a soak in the Miette Hotsprings June 30.



The 2011 Green Cup of Ball Hockey was claimed by **Team DaFerdz** (whatever that means). The annual Enviro-Fair tournament was sponsored by the Skinny. To watch a video of the event, like The Skinny on Facebook:

<http://on.fb.me/qRxe2Z>

The Cover Artist

Like many dudes all over the world, this issue's cover artist, **Dave Sampson**, gets plenty of inspiration from his girlfriend. It was **Siân Hill**, Dave's partner, who came to our Skinny board meeting for the July issue and it was Siân who spoke up on Dave's behalf when we were tossing around ideas for a potential cover artist. Although it may have needed Siân's kick start, what you see on the cover is the result of Dave's artistic motor running. Dave and Siân are only visiting Jasper for a month, so it's extra cool that both of them were big parts of The Skinny. It's not often that vacationers contribute to a community publication in such a dedicated fashion. Thanks to their interest, and to any other artists or photographers passing through: stop on by! **BC**

