

Stouffville Says

By Hannelore Volpe

How ready are you for winter?

— Asked at No Frills in Stouffville Tuesday morning

Ian LANGDON



I get prepared before. I make sure the tires are good on the car and make sure to have lots of windshield washer fluid on hand.

Diane CLARKE



I am completely ready because my husband did it. We know the snowblower is working and have found the snow shovel.

Ida SOOLEY



I am surprised at people who aren't ready because this is Canada. "Hello", winter happens every year.

Larry CONNOR



I am never completely ready. There is always one snowstorm that catches us off guard. I make sure the car is running well.



STAFF PHOTO/MIKE BARRETT

Whitchurch-Stouffville's Werner Berger has already scaled the highest peaks on four of the seven continents. Antarctica is his next destination later this month.

Climber conquers peaks one continent at a time

BY JOAN RANSBERRY
Staff Writer

A 67-year-old Whitchurch-Stouffville man will spend Christmas at the foot of a mountain in the Antarctic.

Werner Berger of Vivian Road became hooked on mountain climbing while backpacking with his son in Nepal in the Himalayas in 1992.

Mr. Berger expects the expedition to climb Vinson Masiff in the Antarctic will take two-and-a-half weeks. Leaving home Dec. 16, he plans to be at the base of the mountain on Christmas Day.

HIGHEST POINTS

The trip will mark the fifth of the seven summits Mr. Berger hopes to conquer — the highest point on the seven continents.

During the past four years, Mr. Berger has climbed Mt. McKinley in North America, Aconcagua in South America, Kilimanjaro in Africa and Mt. Elbrus in Europe. Next year, he adds Mt. Cook in New Zealand to his list. He intends try and conquer Nepal's Mt. Everest, the highest mountain in the world, in March 2006.

On the Antarctic expedition, Mr. Berger is part of a 12-

member group including three guides. Members of the group, most of whom have never met, are from around the world.

"We'll form teams once we get there," Mr. Berger said.

The biggest challenge will be weather conditions. "It will average about minus 40 degrees," Mr. Berger said. The wind chill could be about minus 100 degrees. You never know when the wind is going to shift.

Physical conditioning, researching and obtaining the right equipment and mental preparation are all part of his journey.

Mr. Berger trains near his home in Vivian Forest. "I backpack in the forest," he said. "I also make use of the area's gravel pits. I practise by climbing the slopes of the gravel pits."

Mountain climbing demands staying focused.

"When I'm on the mountain, life is for the moment," Mr. Berger said. "I have no worries about yesterday. I have no worries about tomorrow. All I am thinking about is the next thing that has to be done. It's wonderful."

The climb begins well before you get to the moun-

tain, Mr. Berger said. "It starts with the idea of the climb, followed by the intense desire to experience the ultimate, to accomplish the impossible and, finally, the decision to go for it."

Mr. Berger is part of a new initiative known as Meet You at the Top. Through the program, he will soon be inviting 100 seniors in 100 cities to join in a health and fitness revolution designed to improve the quality of life on this continent.

INSPIRES SENIORS

"We inspire and urge each senior to go forth and motivate 100 family members, friends and colleagues to join the cause," Mr. Berger said. "We are committed to having one million people say enough is enough. I want to be healthier and feel better."

While preparing for the Antarctic, Mr. Berger is lending some thought to Mt. Everest.

"I will be 68 years old when I aim for the summit of Mr. Everest," Mr. Berger said. "If I can do that, there isn't anything stopping us from climbing higher on the health and fitness scale."

Briefly

West Wing shoots at Main St. restaurant

The Fickle Pickle and Stouffville's Main Street will have to discard Christmas and become New Hampshire next Wednesday.

They'll be the set for one part of an episode of the TV drama The West Wing being filmed Dec. 15. Since the episode is set in January in New Hampshire, all traces of Christmas wreaths and decorations will be taken down on part of Main Street for the day.

The name of the restaurant is to be kept in the film.

The restaurant will be closed for filming on Wednesday, Fickle Pickle owner Nick Paraskevacos said.

During this episode, a new candidate for the leadership of the Democratic party, played by Jimmy Smits, campaigns at various locations throughout New Hampshire.

The episode is also been shot in Uxbridge, Port Perry and Pickering.

The one-hour drama starring Martin Sheen is in its sixth season and gives viewers a behind-the-scenes look at life in the U.S. presidential office.

— Hannelore Volpe

Lights on for contest

It's last call for entries in Stouffville's 15th annual Outdoor Christmas Display Contest.

Residents have until Sunday to nominate homes. All residences east of Hwy. 48, south of Bloomington Road, west of Uxbridge Line, and north of 19th Avenue are eligible.

Residents are reminded to leave their lights on for judging Dec. 14, as well for lights tours tonight and Dec. 15. There are \$325 in cash prizes. The contest is sponsored by the Lions, Noma Cable Tech and the Stouffville Sun-Tribune.

Nominations can be e-mailed to jmason@yrng.com

Quoteworthy

'We're looking for some serious sanctions to come out of this.'

Larry LaBelle, of the Ajax Axemen on junior A hockey incident Sunday. See story on page 26.

Contacting Us

Have a news tip? Please

- phone us at (905) 640-2612
- e-mail us at jmason@yrng.com
- visit us at 34 Civic Ave., Stouffville.



FOR REAL BEEF LOVERS
THE NEW BK™ Steak Burger

