



# MAYDAY

The Official Newsletter of the Motorsport Emergency and Turnworkers Association  
M.E.T.A. c/o: Suite #469, 104-1015 Columbia St, New Westminster, BC, V3M 6V3  
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META Website: [www.meta.bc.ca](http://www.meta.bc.ca)

**December 2004**  
**Volume 29 Issue 12**

**Next META Meeting**  
**January 26, 2005**

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All opinions expressed in the Mayday are those of the individual authors and do not necessarily reflect the opinions of the Mayday staff, Club Executive, or the members of META.

META meetings are held on the fourth Wednesday of every second month. Publication deadline is the 30th of each month. Submissions may be faxed or e-mailed to the Editor.

Printed in Canada.

## Speed reading

Dec 8	SCCBC Meeting – Best Western,	North Road	Coquitlam, BC
Jan 8&9	Ice Race # 1 -- Barnes Lake	WCIRABC	Cache Creek, BC
Jan 12	SCCBC Meeting – Best Western,	North Road	Coquitlam, BC
Jan 22	IRDC Banquet – D-N-D Fab		Puyallup, WA
Jan 22&23	Ice Race # 2 -- Barnes Lake	WCIRABC	Cache Creek, BC
Jan 26	META Meeting – Century House	7:30	New West, BC
Jan 29	META Banquet – Best Western	North Road	Coquitlam, BC
Feb 5&6	Ice Race # 3 -- Barnes Lake	WCIRABC	Cache Creek, BC
Feb 9	SCCBC Meeting – Best Western,	North Road	Coquitlam, BC
Feb 19&20	Ice Race # 4 -- Barnes Lake	WCIRABC	Cache Creek, BC
Mar 5&6	Ice Race Alternate Date -- Barnes Lake	WCIRABC	Cache Creek, BC

## META Executive for 2005

President: Vacant

Vice President: Vacant

Secretary: Mike Zosiak

Treasurer: Max Thompson

As there were no members present at the AGM willing to fill the positions of President and Vice President it was determined that the section of the Policy and Procedures titled "Replacement of an executive member" would apply. To quote: "the other members of the executive shall take on the duties of the unfilled position until the next regular membership meeting at which time an election shall be held to fill that position"



Just a reminder.

META meetings have been changed to every second month.  
Next meeting will be January 26, 2005



*Have a Merry Christmas and a Happy New Year*

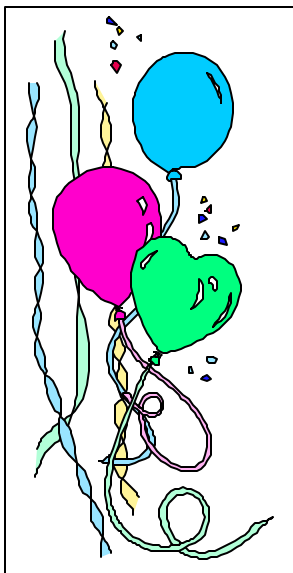
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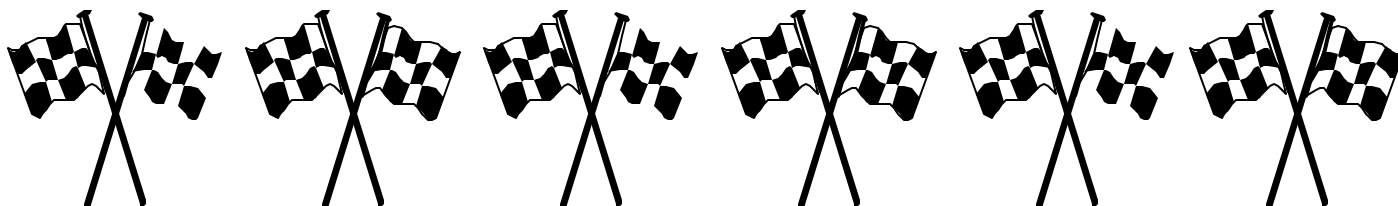
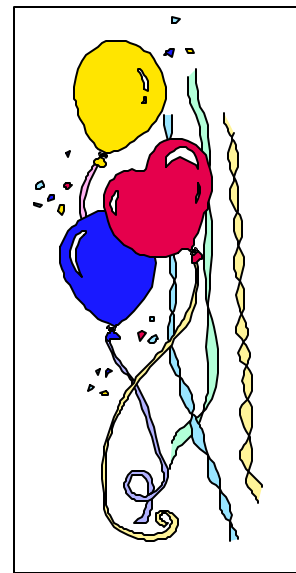
To the META Membership,

Both Lynn and Irene have reflected on the outcome of the elections for this coming year. The pride and commitment that we both feel for the META organization is immense and we would after lengthy discussions put forward to the membership in January that we are willing and committed to continue on in an executive role as Co – Presidents for the year 2005. By having the shared responsibilities of Co-Presidents we have the ability to be more flexible in these times of change. As we are all very aware, we are pulled in many directions and are not always able to fully participate at a level that we would choose, but we feel that as a team we can accomplish the goals and tasks put before us and have with each of our own strengths the ability to carry forward the visions with the contribution of each member of the organization we proudly call META. Each and every one of us takes away something from this passion that we have for motor racing but the question is what are you willing to give back to our unique organization? We have been lucky to have had the Treasurer and the Secretary step up again to fulfill those roles and now would like to complete the team. We both wish you a very Happy Holiday Season with your families and friends and look forward to seeing all of you in the New Year.

To our racing family,  
Lynn & Irene



*Come one come all  
To the Annual META Banquet  
January 29, 2005  
Dinner–Dancing–Awards–Prizes  
Best Western Coquitlam Inn  
\$40/person  
More details next month*



## Vancouver Indy Cancelled....Edmonton Here We Come

Edmonton Champ Car race July 15/16/17, 2005

Bonnie Healy has been looking for accommodations in Edmonton for next years race and the following is the best available.

### Yellowhead Motor Inn

15004 Yellowhead Trail Edmonton, AB T5S 1A1

Tel: 1-780-447-2400; 1-800-343-8533 Fax: 1-780-447-2400

The room prices next summer are \$79.00 - he is prepared to discount them by \$9.00 a night and offer them to us for \$70.00 for either single or double, \$10.00 extra for additional guests. They have a few queens but mostly double beds. No roll-aways (they found they damaged the rooms).

He has put our group rate under "META". Folks should give that name when they call to make their reservations.

Even though the race isn't until July, folks should call to make their reservations now. They can always cancel if it doesn't happen or their plans change, but there are not a lot of hotel rooms in Edmonton, so the early bird gets the worm!

The hotel is 4 miles away from the City Airport and is a straight shoot down the Yellowhead Highway. They have a 24 hour restaurant, gas station ... and I know this will be popular with some of the folks - a liquor store! As my fiddler friend said - it ain't the Ritz, but it's clean, the folks are friendly, and it's inexpensive.

The time I've told him we'd be looking at is checking in on Wednesday, July 13th, and checking out on Monday, July 18th. Some may not come until later or may leave earlier, but I wanted to give him a ballpark idea.

Call 1-800-343-8533 (toll free), give your dates and the name META and make those reservations early!

Cancellation policy is 48 hrs.

*Bonnie*

## Annual META Awards

*Please help out our awards committee this year by nominating someone for a META award. Elsewhere in this issue you will find the nomination form with everything you need to know.*

*Who went above and beyond this year? Who stands out from the rest? Who needs the recognition they so richly deserve? Let the awards committee know.*

*Your opinion does count.*

*Send your nominations to:*

Committee Chairman:

Joe Proud 8671 Galway Crescent, Surrey, BC V3W 6C8    [jjproudca@yahoo.ca](mailto:jjproudca@yahoo.ca)

Or

Mark Miller, Irene Chambers, Doris Gildemiester, or Mike Zosiak.

Also,

If you have any joke or blooper awards that can be handed out at the banquet please forward them to Joe Proud.

## End of the Road for Indy

Motorsport: Tourism industry mourns, but not everyone is sad

By Lena Sin

Staff reporter

While the anti-Indies reveled in victory yesterday, motor-racing fans and the tourism industry both wallowed in disappointment.

After 15 years, the Molson Indy Vancouver officially screeched to a halt despite "exhaustive efforts," Molson Sports and Entertainment announced.

To remain, the event needed major sponsors — including the Insurance Corp. of B.C. and B.C. Lottery Corp. Greg Walker, B.C. Lottery spokesman, said the Crown corporation had actually increased its sponsorship for 2005 and was prepared to spend "several hundred thousands of dollars."

"We informed Molsons of our intent," said Walker. "We just have to conclude that Molsons could not get all the sponsors it needed."

ICBC spokesman Doug Henderson said it ultimately backed away from sponsoring the Indy because it didn't fit with the objective of investing in events that directly help reduce crashes —road-safety initiatives, for example.

Jo-Ann McArthur, president of Molson Sports and Entertainment, said: "The decision to end the Molson Indy in Vancouver after 15 fabulous years of racing was extremely difficult.

"We have worked very hard with the Vancouver business community over the past few months to make every effort to continue racing prior to construction of the Olympic Village."

With crowds of 160,000 in attendance each year, the economic impact of the Indy ranged from \$25 million to \$30 million.

For Walt Judas, Tourism Vancouver spokesman, the demise of the Indy was "extremely disappointing."

"It brought international attention to travelling here and, of course, [it was broadcast] on television," said Judas.

Mayor Larry Campbell said he was "sad it was going" but remained optimistic that other summer events will draw just as many people to the city

"The Tall Ships festival will be in the same month and, if it's anywhere near the numbers they got in Richmond, it'll be larger than the Indy," said Campbell.

Carmen Mills, who has in past years organized the Wholesome Undie, a bike ride protesting against the Indy said she'll be planning a victory ride this year.

Mills said her biggest problem with the Indy was that it promoted a "car culture" that pollutes the natural beauty of B.C.

"The thing with the Indy is that it's not only noisy, it's noisy and insulting," said Mills. "It's one thing to hear loud music or fireworks, which are public celebrations. This is a private corporate spectacle which people have to pay to see, but nobody pays to hear."

For John Teti, co-owner of the Shark Club, the death of the Indy is just one more blow to a business already suffering from the National Hockey League lockout.

*lsin@png.canwest.com*

*Congratulation to Jason Brassfield*



*ICSCC Worker of the Year*





## 2005 Ice Race Schedule:

January 8/9

January 22/23

February 5/6

February 19/20

March 5/6 (5th Race weekend or alternate)

### Put the Glass Down

A lecturer was giving a lecture to his student on stress management.

He raised a glass of water and asked the audience, "How heavy do you think this glass of water is?"

The students' answers ranged from 20g to 500g.

"It does not matter on the absolute weight. It depends on how long you hold it" said the lecturer.

If I hold it for a minute, it is OK.

If I hold it for an hour, I will have an ache in my right arm.

If I hold it for a day, you will have to call an ambulance.

It is the exact same weight, but the longer I hold it, the heavier it becomes."

"If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier."

"What you have to do is to put the glass down, rest for a while before holding it up again."

We have to put down the burden periodically, so that we can be refreshed and are able to carry on.

So before you return home from work tonight, put the burden of work down. Don't carry it back home. You can pick it up tomorrow.

Whatever burdens you are having now on your shoulders, let it down for a moment if you can.

Pick it up again later when you have rested...

Rest and relax.

Life is short, enjoy! They say you're dead a long time.

# Race Officials Division

If you joined the ICSCC Race Officials Division (ROD) this year then you should already have your year end recognition awards. All awards have been handed out. If you did not receive an award, worked at least 3 Conference races, and joined ROD then please contact your local ROD rep.

Vancouver: Thomas Liesner                      tliesner@shaw.ca 604-501-1503  
Portland: Teresa Hanken or Ken Killam      cscsafety@yahoo.com  
ICSCC ROD Director: Lynn Yeo                lynnyeo@telus.net 604-951-4068

## 2005 ICSCC Proposed (and very tentative) Race Dates:

### ICSCC Races

May 7-8, Cascade - Portland

May 21-22, IRDC – Seattle

June 4-5, Cascade – Portland

June 11-12, SCCBC - Mission

July 2-3, SCCBC - Mission

July 15-16-17, TC - Spokane

August 6-7, IRDC - Seattle

August 13-14, SCCBC - Mission

August 27-28, Cascade - Portland

September 3-4, SCCBC - Mission

September 24-25, Cascade - Portland

October 1-2, IRDC - Seattle

### Conflicting Races

Knox Mtn Hillclimb – Kelowna

Stock car event -- Seattle(Tentative)

??Rose Cup – Portland??

Vintage Historics – Seattle

Champ Car – Edmonton

Vintage Columbia Classic – Portland

Vintage Fall Finale – Seattle

*This schedule will be subject to approval at the January E-Board meeting.*

(Note: the editor added the 'conflicting races' for your amusement)

## Stroke Or Heart Attack Self-Help

### Stroke?

This might be a lifesaver if we can remember the three questions!

Is it a Stroke?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster.

The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a Stroke.

Now doctors say any bystander can recognize a stroke by asking three simple questions:

***Ask the individual to smile.***

***Ask him or her to raise both arms.***

***Ask the person to speak a simple sentence.***

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

### HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many people as possible about this.

It could save their lives!!

From "The Province" newspaper November 24, 2004

## Marysville & County back out of track deal

NASCAR: Financial risk too great for local taxpayers, officials tell would-be builder

MARYSVILLE, Wash. — Plans for taxpayer support of a NASCAR racing facility in Snohomish County were called off Monday.

Local leaders told International Speedway Corp. that the proposal posed too great a financial risk.

Snohomish County and the city of Marysville are withdrawing from further negotiations on the proposed track, county executive Aaron Reardon and Mayor Dennis Kendall said in a letter sent to a top ISC official.

"As public officials, our foremost obligation must be to the citizens of Snohomish County, Marysville and Washington state," the two men wrote to Lee Combs, ISC senior vice-president, The letter said the Marysville city council agrees with their action.

"Unfortunately, we do not believe that taxpayer safeguards in the financing package have proceeded to our satisfaction, nor as swiftly as we had hoped," the officials said of negotiations for the track that had been planned near Marysville, 124 kilometres south of the B.C. border. After months of speculation about a track to stage NASCAR races in western Oregon or Washington, Reardon and Kendall announced Sept.27 that ISC had chosen a site near Marysville. But local support was based on a business proposition that benefited all parties, they wrote.

Two weeks ago, a report commissioned by Marysville officials found that transportation needs for the track could require \$85 million US in public financing. The money was earmarked to rebuild interchanges on Interstate 5 and surrounding roads likely to be used by cars and buses on race days.

The road costs were in addition to the \$200 million ISC has already requested from the state legislature to pay for the track. ISC said it would contribute \$50 million. — AP

## CLUB MERCHANDISE

Pens on Neck string \$2.00

META Crests:

Black Border/Vancouver or

Black Border/Vancouver/25<sup>th</sup> Anniversary or

Red Border/Westwood \$3.00 each

META Decals Static for inside or

Stick-On for outside \$1.00 each

META Pins \$3.00 each

## Club Shirts

*White, short sleeve, 'Golf Shirts' with  
META logo embroidered on front.*

*\$26.00 each*

META Shirts with design by Krystyna Mitchell

100% Cotton--Long sleeve--All sizes

\$10.00 each

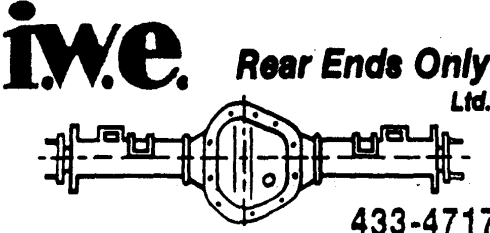
For all club merchandise contact:

Charmaine Meakings 604-460-9399

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Contact the editor for more info



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## Membership

C/O Thomas Liesner, 13425 87B Ave, Surrey, BC V3W 6G7

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Address: \_\_\_\_\_

City: \_\_\_\_\_

Province/State \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone No.-- Home: \_\_\_\_\_

Work: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Newsletter via E-Mail

Yes

No

Cost is \$20--Membership year ends Dec. 31--MAYDAY mailing list will be purged of non-members Mar. 31

Please indicate if you would like the META newsletter sent to you by E-Mail or send the editor an email at

[maydayeditor@hotmail.com](mailto:maydayeditor@hotmail.com)



## HAPPY HOLI DAYS FROM OUR HOUSE TO YOURS!

Our lives were filled with travel again this year, mostly in the motorhome, only this year we took the three cats with us most of the time. Duke still just can't figure out why the cats have free roaming of the motorhome while he is confined to his space.

In March, the triplets celebrated their 1st birthdays and the three of them made a mess of their cakes. Leslie and Mitch, with their three in tow, have moved to Rancho Mirage, near Palm Springs. We plan on spending Christmas Day with them while motorhoming in the Palm Springs area. We will be spending the New Years with our friends the Thygesons from Arizona and Pete and Ann Wagner, now residents of near by Santa Maria.

Thanksgiving was spent in New Jersey with Karen's family at Laura and Bryan's house in Chester. Andrew, now 8, plays the trumpet and soccer and looking for new ways to get out of the house in 2005 to be more involved with sports. Matthew is now 6 and also enjoys sports. Patrick, 4, loves being a big boy and riding the bus to and from school. Patrick also loves salami and Doritos.

While in the area, we celebrated Karen's 60th Birthday in New York with a stay at the Waldorf Astoria, a dinner at Felidia's and a Broadway show called the Producers. On Sunday morning, we took a stroll around Rockefeller Plaza and then Central Park all in the pouring down rain.

Jason and Claudia are still finding out just how busy it is raising their three children, Austin 9, Tyler 7 and little Miss Morgan is going to be 4 in January. Jason now commutes to Oakland. In June, Claudia and Jason ran in the Suzuki Rock and Roll marathon in San Diego and ran their feet off.

Cari and Guy still live in Vacaville. Guy just got a big promotion at the hospital. Cari is very busy with her church activities. Cameron, now 7, and Cailey, 3, are as healthy as can be, and both giving mom a run for her money.

Chris and Dione are both busy at Valley Import Center, Chris trying to get Dione more involved in the business. They rented a motohome again this year for their vacation. Christian, 8, loves any kind of sport he can get into.

Zach, now 15 young years of age is now taller than his grandfather, who now has the nickname of Shorty around Zach. Next thing we'll know, he will be driving.

The entire side of the Cook Family, as well as Leslie and the triplets, had a great get together at the campground in Olema, near Point Reyes. Ian's sister and her husband and their grandchildren as well as cousin Brian made this a great weekend of laughing, hiking and eating. We are hoping to do it again in 2005.

Our motorhome travels this year took us to Oregon twice. We spent a week on the coast and yet another week in the Bend area. We towed Karen's new Toyota Rav 4, a gift from Santa last Christmas, so we could take off and sight see when ever we felt like it. We have also taken several closer to home motorhome trips.

Karen went back to New Jersey last September to watch the boys while Laura and Bryan went to Las Vegas for the Toyota Convention. Karen was on the go with all of the boy's activities. Don't worry, she found time to visit with her Mother, who is now 94 and still looks great.

Our racing trips took us to Sebring Florida, Portland Oregon, beautiful Vancouver BC and Las Vegas in addition to our normal SCCA events at Thunderhill, Laguna Seca and Sears Point. Our racing season started in January in Phoenix and ended in November. Our last event of the year is a four hour endurance race in which son Christopher, Ed Railton and Dave Vodden scored a well fought victory in our Miata. A great way to end another great racing season. And of course, our 2005 racing calendar is almost full.

And if all this isn't enough, Karen is going back to work for Dr. Wake for about 6 months while the gal that replaced Karen four years ago is on maternity leave.

We hope that your Holiday Season is filled with JOY And LOVE.  
Have a happy New Year and if you are ever in our area, do stop by.

God Bless

I an and Karen Cook  
and Duke

# ANNUAL META AWARDS NOMINATIONS

Nominations will be accepted only from META members in good standing. All nominations must be forwarded to the awards committee: Joe Proud – 8671 Galway Crescent, Surrey, BC V3W 6C8 or jjproudca@yahoo.ca or Mark Miller, Irene Chambers, Doris Gildemiester, Mike Zosiak.

**Deadline for submissions is January 9, 2005.**

Please offer a brief explanation as to why you wish to nominate a given person for an award.

## The President's Award (META Member of the Year)

Criteria: This award is presented to a member who displays exceptional contribution to the Association and the sport on and off the track. Candidates must be members in good standing for one full membership year and have attended at least 75% of the races as a paid-up META member.

I wish to nominate \_\_\_\_\_ for the President's Award for the following reasons:

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## The META Rookie of the Year

Criteria: Rookie of the year is a volunteer who participates in racing and must attend 50% of the races to qualify.

I wish to nominate \_\_\_\_\_ for the Rookie of the Year for the following reasons:

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## The Non-META member Worker of the Year

Criteria: Must not be a META member.

I wish to nominate \_\_\_\_\_ for the non - META member Worker of the Year for the following reasons:

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## The Buzz Beley Memorial Award

Criteria: The Buzz Beley Memorial award is presented annually to the META member who exemplifies the spirit of the Club by making the greatest contribution towards the goal of having fun and ensuring that all workers experience the greatest enjoyment possible from Motorsport.

I wish to nominate \_\_\_\_\_ for the Buzz Beley Memorial Award for the following reasons:

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Nomination submitted by \_\_\_\_\_ on \_\_\_\_/\_\_\_\_/\_\_\_\_.  
D M Y

## Hockey withdrawal: The 8 step program

For the first week, spend a little time each day wearing your team's jersey while sitting in the refrigerator

Find something else to watch Saturday evenings, such as the sunset from English Bay. After a month, try doing it without working the channel changer.

There are other things to do with your buddies than watch hockey, try going to the ballet together. Sit up front so you can high-five over a good 'pas de deux'.

Remember, you may be inconvenienced, but others could be ruined by this lockout. Invest in Cheese-Doodle stock.

Devote more time to the loving, non-hockey relationships in your life – also see if Don Cherry will do a color commentary on them.

Exercise your mind in new ways. Have the sports bar tune in PBS and speculate which of the Three Tenors would be the feistiest goalie.

Join court room observers at Tod Bertuzzi trial and initiate the wave.

In an emergency, the Weather Channel is there 24/7. you can always drink beer and root for weather systems.