

**WESTJET**

**up!**

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**Trekking  
to Hawaii's  
Shangri-La**

**Discover  
Mexico's  
Wild Side**

# Sam Worthington

**Headlining Hollywood's  
New Breed of Brawn**



## In the Field

### OUT THERE

## Skydiving Indoors

Looking for a rush in Niagara Falls, Ont.? You don't need to jump out of a plane (or over the falls in a barrel)—just head to the indoor vertical wind tunnel at Niagara Freefall & Interactive Centre. Prepare for 225-km/h winds to gust you up the three-storey chamber for three minutes. It's meant to simulate skydiving, but the instructors liken the experience to floating in water as it's similar to the zero gravity astronauts experience in space. There's no motion sickness or feeling of falling, so even acrophobics and beginners can take part. The flight package includes a 20-minute training and safety demo and flight gear that looks like a colourful sumo suit. More advanced jumpers can practise flips solo or sign up for multiple-person flights. If floating in midair for three minutes is not enough for you, there are a variety of packages with additional flight minutes. (Single flight pass for three minutes: \$70 per person; [niagarafreefall.com](http://niagarafreefall.com)) —Mandy Savoie

### WESTJET'S FUN 'N FESTIVAL SERIES



## The Quebec City St. Patrick's Day Parade March 24

Quebec City is going even more green this St. Patrick's Day. This year's parade will be 100 per cent green, and even the snow will be an emerald hue. Instead of big floats, you'll see environmentally friendly electric cars, people on horseback and on foot. The parade will feature 1,000 participants, eight pipe bands—including the NYPD Pipes & Drums—and theatrical companies reenacting Irish history and culture in Quebec. ([qcpatrick.com](http://qcpatrick.com); [westjetfestivals.com](http://westjetfestivals.com)) —MS

### SPA

## TASTY REJUVENATION

When you order Kona coffee at the Four Seasons Resort Hualalai spa in Kona, Hawaii, don't expect a cup of steaming joe. At least, not if you're standing in front of the Apothecary, a display case filled with pots of more than 40 natural ingredients including lemon grass, sea salt, calendula, *niu* (coconut), crushed macadamia nuts and coffee that are custom-blended for use in the spa's body treatments. Book the **Kawili Scrub Ritual** and your therapist will mix antioxidant green coffee, slimming black coffee and skin-repairing hibiscus with ingredients you choose. Then, it's off to a treatment room for a full-body scrub with your personal blend and a rinse under a Vichy shower. The final stage is a deep massage with pure essential oils. (US\$240; [fourseasons.com/hualalai/spa](http://fourseasons.com/hualalai/spa)) —Ann Britton Campbell



### TIMELINE

## Where's my Juno?

The Juno Awards are heading back to Ottawa this month for live music shows and events that culminate with the televised awards show on April 1 at Scotiabank Place. This year, 41 awards will be given out. But, of the more than 1,300 Junos that have been awarded over the past 41 years, not all are where they should be. We look back at more than 30 years of all things missing, stolen, revoked and refused at the Juno Awards. Hold your trophies tight, 2012 winners!

**1978** Stompin' Tom Connors sends back his six Juno awards from previous years to protest the accolades given to "turn-coat" Canadian artists living and working in the U.S.

**1982** The elephant (not) in the room: Sharon, Lois & Bram and Raffi boycott the awards, saying the Junos reward popularity instead of artistry.

**1988** The Junos aren't held for the first time since 1970 due to a scheduling change. Glass Tiger had to wait an extra year to be named Canadian Entertainer of the Year.

**1990** Girl, you know it's true. Milli Vanilli's Juno for International Album of the Year is revoked months later, when it's revealed they didn't sing on it.

**1998** Rascalz live up to their name and refuse their Juno for Best Rap Recording, saying racism is why the award is not televised. The next year, the award is featured in the main event. They win and perform at the ceremony.

**2010** "Sometimes When We Touch" singer Dan Hill discovers his 1978 Juno Award is out of reach (i.e. stolen). He miraculously recovers it while on the way to Juno festivities, a year later.

**2012** The first Juno for metal is given out. Watch out for pillaging: this category includes Viking metal. —MS