

# PROGRAMMANUS



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## RADIO POPREEL

### Blades, Sails and interesting tales

**PAMELA:**

Today in *Radio Popreel*, sailing in Antigua and hockey in Canada.

This is *Pressure Waist* by the soca star Tian Winter.

**JANIELD:**

What's the best thing with Antigua? Well, Antigua is good because, you know, they have a lot of stuff going on here in terms of the marine industry. You have a lot of boats coming in here and stuff like that, so there's always an opportunity to get on a boat or do something that's gonna help you in the future, you know, so that's what I really like about Antigua.

**STEPHON:**

Also the weather, in terms of weather, we have perfect weather all year round. Perfect weather for sailing, and as Janield says, in the sailing industry you have many stuff to do. So it's good about that.

**PAMELA:**

Janield Smith and Stephan Dundas will be racing on the big yachts and they are looking forward to Antigua Sailing Week.

**STEPHON:**

I think it's gonna be good. New boats come in, fast boats, sailing in Antigua Sailing Week, so I think it's going to be very exciting on the water.

**JANIELD:**

Yeah, that's the excitement I love. You know, I like to be in the fast class. I don't want to be on like a cruising boat, like a Beneteau 40.7 or something. No, that's...that's not my taste, you know. I really like to be going fast downwind at like twenty to fifteen knots downwind. Yeah, that's what I like, so it's gonna be very nice.

I first started sailing about six years ago. I started at the Antigua Yacht Club. They had a course running there. And my dad always comes out here and does work and stuff on boats, because he's a marine engineer. So he saw the little guys out on the little Optimists and the little Lasers and he thought I might want to try it, so that's how I got into sailing. So he signed me up for a two weeks course, and then that's how I fell in love with sailing, and ever since

**soca**

*musikstil från Trinidad*

**marine**

*marin, som har med havet att göra*

**opportunity**  
*tillfälle*

**in terms of**

*avseende, gällande*

**yacht**

*yacht, jakt (en sorts båt)*

**exciting**

*spännande*

**excitement**

*upphetsning, spännande tilldragelse*

**cruising boat**

*kryssningsbåt*

**knots**

*knop*

**downwind**

*medvind*

**course**

*kurs*

**engineer**

*ingenjör*

**to sign up for**

*att skriva in sig, att registrera sig*



then I've been pursuing it and try to improve my skills and try to get better. And then it turns out I got a profession out of it, so that's very good. That's how I got into sailing.

**STEPHON:**

Well, I started up in a school program. It's like a free sailing program for all the government schools. I started up on the Yacht Club as well.

**PAMELA:**

Both Janield and Stephan work as sailing instructors at the National Sailing Academy in the English Harbour.

**STEPHON:**

We opened a new company here, the National Sailing Academy. It offers us some different course to do, and this is me right now, sailing instructor, teaching the kids how to sail. It's actually for the local kids, because to me [inaudible] the really big sports in Antigua is more about the cricket and the football, but you get...you gain a lot from this industry. You can make a career out of this stuff. Professional racing like me and Janield is doing right now. We actually get to tour around the Caribbean, racing, getting paid for it and come back here and teach the local kids how to sail, so just want the local kids, the younger ones, to be in our footsteps in the future.

**PAMELA:**

How can you do the balancing? How can you have...hold the balance and do stuff without falling...?

**STEPHON:**

It's all about muscle memory, you know. If you keep on doing something all the time, over...as time progresses, your body will get accustomed to it and you will get your balance just like that. Just like dancing. You have to practice and practice makes perfect. It's like that.

**JANIELD:**

Yeah, and also there's...there's lifelines and stuff you could hold on to, you know. So if you're going to a bow...if you're going to the bow, you definitely hold on to the life...one of the lifelines and try to shimmy your way up to the bow. But you'd also want us to run up there barehanded, you know, so that's the kind of things you need to look out for. And once you know your boat, you know where to hold on to, you know where to put your foot, you know where to grab. So that's also good to familiarize yourself with the boat as well.

Yeah, everyone have their own position to play on the boat. The captain will... Before you go out racing, the captain will sit down everybody and do a little crew briefing. So tells everyone what they're expected to do, and what their jobs are and where they're

**to pursue**  
*här: att fortsätta med*  
**to improve**  
*att förbättra*  
**profession**  
*yrke*

**government schools**  
*statliga skolor*

**to offer**  
*att erbjuda*

**to gain**  
*att vinna*

**to tour**  
*att resa omkring*

**in someone's footsteps**  
*att följa någon, att göra samma yrkesval som någon*

**to balance**  
*att balansera*

**to progress**  
*att utvecklas*  
**to be accustomed to**  
*att vänja sig vid*  
**practice makes perfect**  
*övning ger färdighet*

**lifeline**  
*livlina*  
**bow**  
*här: för*  
**to shimmy**  
*att dansa (shimmy är en dansstil)*  
**barehanded**  
*barhänt*  
**to familiarize oneself with**  
*att bekanta sig med*

**briefing**  
*genomgång*



supposed to be. So when we get out there on the racecourse, everyone knows where to be, and it's not a confusion and no one gets in no one's way. So that's the kind of thing you need to do before you go out on the water, it's good to do a briefing. And afterwards, you do a debrief. When the race is finished, you do a debrief and say like what you did and what could have been improved. Stuff like that.

I always make sure safety comes first. Anything I do, I make sure I'm always safe. And when I'm thinking out there, I think about the boat, I think about what could improve. I always look around the boat, see what's wrong, see if anything's wrong and make sure everything's always running smooth. Because you don't want any hiccups out there or anything bad to happen, because... That's what you want to do, you always want to keep the boat going fast.

Yeah, it's very important to win. Yeah, I like winning, I don't really like to lose. That's why I put in the hard work and I train very hard.

**STEPHON:**

Yeah, well, I love winning, but sometimes you have to get beaten to learn from your mistakes, for the better, for the other opportunity coming for next race, so... I think winning is a good one for me, but everybody still gets beat someday, so... It's in-between for me.

**JANIELD:**

When I'm not sailing...what do I do? I don't really do much but sailing. When I'm working, I try to come out and try to go sailing on my Laser. Because I also sail Lasers as well, me and Stephan. So we usually come out and do match racing with each other and stuff like that, just to try to improve each other's skills, so when we have other Laser competitions, we could excel in those as well.

**STEPHON:**

Janield actually beat me in two regattas, but it's okay for now. He's hitting it hard right now, so I give him his props for right now.

**JANIELD:**

I'm gonna try to get on a boat, maybe get some recommendations from some captains and try to get on an ocean racing boat, one of those charter race boats or something like that, you know. Something on the ocean, where you could just go around and see the world. That's what I really want to do, travel the world.

**PAMELA:**

Janield likes soca music, and this is *Pressure Waist* by soca star Tian Winter.

What question would you ask Tian Winter if you got the opportunity?

**racecourse**  
*tävlingskurs*  
**confusion**  
*förvirring*

**debrief**  
*utfrågning, utvärdering*

**smooth**  
*jämn*  
**hiccups**  
*här: störning*

**opportunity**  
*tillfälle*

**in-between**  
*mittemellan*

**to excel**  
*att överträffa*

**to hit it hard**  
*att påverka någon starkt*  
**prop**  
*stöd*

**waist**  
*midja*



**JANIELD:**

What question would I ask him?

**PAMELA:**

Yeah.

**JANIELD:**

Tian Winter, I'd ask him...I don't know... I'd ask him why... I'd ask Tian Winter how does he do it, you know. How does he have all the girls going crazy over him? That's what I really want to know. Tell me his secret.

**to go crazy**  
*bli galen*

**TIAN WINTER:**

I guess it's my charming looks. I'm just messing around. Truthfully, most of my songs are tailored for females, so I guess that has a lot to do with the females gravitating to me and that type of stuff, but... I sing for the ladies. I guess that's how I get them.

**to mess around**  
*att skoja*  
**tailored**  
*skräddarsydd*  
**to gravitate to**  
*att dras till*

**LAURA:**

I started with hockey eight years ago, when I was seven.

**MARIA:**

I started about when I was five.

**VANESSA:**

I also started when I was about five.

Laura Lowden, Maria Chronis and Vanessa Banks play for the Toronto Leaside Wildcats.

Tammy Amaral is a hockey expert based in Toronto, Canada.

**TAMMY:**

Canadians are proud of two things. One is their tendency to be overly polite, and also their second national sport, which is hockey. The first one is lacrosse.

**tendency**  
*tendens*  
**overly**  
*alltför*  
**polite**  
*artig*  
**blue-collar**  
*arbetare*  
**prairie**  
*prärie*  
**at the crack of dawn**  
*I gryningen*

It embodies the true blue-collar work ethic. It's mainly young boys from the prairies in Saskatchewan and Manitoba, and they come from hard-working families, you know, farmers and people who are, you know, up at the crack of dawn, working thirteen hours a day, driving their kids to the rink. And it's a sense of accomplishment and pride once they see their kids able to play professionally. And we take it very seriously here in Canada. It's a matter of pride. It's almost a matter of religion as well. If it's a Canadian team that's playing, the whole country gets on board.

**accomplishment**  
*prestation, att ha åstadkommit något*  
**pride**  
*stolthet*

**SINGER:**

O Canada. Our home and native land.  
True patriot love in all thy sons command.

**thy**  
*dina, era*  
**command**  
*makt, kontroll*



**CROWD:**

O Canada, we stand on guard for thee

**MARIA**

When I first started, I really didn't like it. My parents forced me to go. But I've really grown to love the sport, it's like my favorite sport now. I don't play very competitively, I only play house league, so about once or twice a week. I play more just for fun and just like...just to meet new people.

**LAURA:**

I started playing when I was seven years old. I was in grade 2. And now I'm fifteen, so I've been playing for eight years. And my dad signed me up, me and my sister when we were seven. And I really didn't want to play, because I thought it was a boys sport, and I refused and I cried. And hockey has become such a huge part of my life. I spend so much time in the rink, way more time than I do at school, way more time than I do at home. Hockey is a huge part of my life. I've made all my best friends here, and my family is so committed to hockey. There isn't really time for any other sport, because hockey is such a big part of our life.

**MARIA:**

A lot of people in Canada play hockey, and we also have like a school hockey team, so some of my friends have joined that and we play together at school.

**LAURA:**

Hockey is probably the most important sport for Canadians. Well, at least in my home it is. I'm sure a lot of people can agree, though. Because we watch it on TV and there's so many rinks around and... In every school, there's...at least half the class playing hockey, so...

**TAMMY:**

It's huge. The registration numbers have jumped in Canada. Because there are so many public rinks, it's so...it's an easy sport to pick up. The downside to that is to play it's an expensive sport. And since...up until this year, there were no real professional women's leagues which paid their players. Parents don't usually foster that dream in their kids if they're girls, because the pay-off in the end is more just like...it's ceremonial. You could represent your country nationally, but you can't get paid professionally to play.

But that changed when a woman by the name of Angela Ruggiero... She was a US national team superstar hockey player. She co-founded a league, the National Women's Hockey League that's starting up this year, and they're actually going to pay their players and provide all the equipment, all the necessities... And so, now it's providing an outlet for these young girls to play grassroots hockey when they're younger, play at the college levels and then be

**thee**  
*dig, er*

**to force**  
*att tvinga*  
**grown to love**  
*lärt att älska*  
**competitively**  
*tävlingsinriktat*  
**house league**  
*på amatörnivå*

**to refuse**  
*att vägra*

**committed to**  
*engagerad i*

**to join**  
*att börja med, att gå med i*

**to agree**  
*att vara överens*

**to pick up**  
*att börja med*  
**downside**  
*nackdel*  
**expensive**  
*dyr*  
**to foster**  
*att nära, att utveckla*  
**pay-off**  
*utdelning, betalning*

**to co-found**  
*att vara med och grunda*

**equipment**  
*utrustning*  
**grassroots**  
*gräsrot*



drafted, just like how the men in the NHL are.

So, I think the more the public are exposed to seeing professional women's hockey and it being just as good as the men's, the more demand will be for it to be on television or it to be covered live even. And so I think it's just a matter of exposure, and a new acceptance in the general viewing public to be like "This is just as good as watching, you know, the Toronto Maple Leafs play".

**MARIA:**

Well, male hockey games, they have more like...hitting and it's more aggressive. Female is...less aggressive.

**TAMMY:**

I think the biggest drawback for women's hockey is that on the international stage, body checking isn't allowed. And I think that's also sort of a block for viewers who are really big fans of the game, because hitting and that sort of rough-and-tumble aspect of it is a huge part of hockey, so the fact that they penalize female hockey players for body checking, I think that sort of takes away a little bit of it. And I'm not really sure why they do that, because... You match up women against women, sure, some are gonna be bigger than others, but they're not going to injure each other just by a standard body check. It's the same how in men's hockey, you know, an undersized player isn't going to have all of his bones broken just because he gets hit by a guy who's bigger than him.

I think once they can get over that, and sort of fix that, they allow body checking in women's hockey, they see these women who like, yeah, obviously a lot smaller than men, but once they're out there on the ice, on their skates, in their equipment and they're like throwing a really hard body check, people are gonna be like: "That was pretty good. Like that's...she threw her weight around there and got that girl so good." It'll give like an element of excitement, because what they're selling, too. It's the sport, but it's also...it's entertainment.

**MARIA:**

Yeah... I like to be aggressive with like other players. I just think it's fun. Anyone can play hockey, it's just for fun.

This is *Earned It* by The Weeknd. The sound was engineered by Joakim Davidsson. My name is Pamela Taivassalo Wikholm and I produced the program. You have been listening to *Radio Popreel*.

**to draft**

*ung. att föreslå, här att välja ut nya spelare*

**exposed to**

*utsatt för*

**a matter of exposure**

*en fråga om exponering för*

**drawback**

*nackdel*

**body checking**

*att med hjälp av kroppen*

*hindra en motståndare*

*från att nå pucken*

**rough-and-tumble**

*slagsmål*

**to penalize**

*att straffa*

**to injure**

*Att skada*

**undersized**

*liten*

**an element of**

*en gnutta*