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HARBOUR SPIEL

DECEMBER 2010
ISSUE 240



Winter woes arrive early.



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Troy, Lorie and staff
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and happy 2011.

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Dec. 25.....Closed
Dec. 26.....9 am - 5 pm
Dec. 31.....9 am - 7 pm
Jan. 1.....9 am - 5pm

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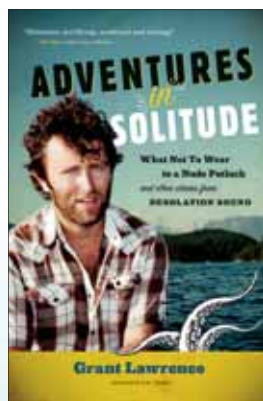
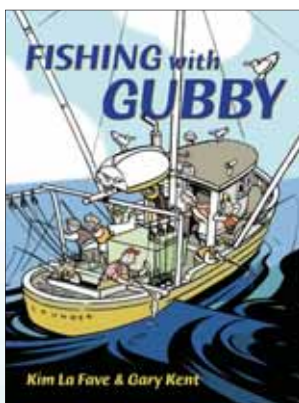
Recent Releases *from* Harbour Publishing

Fishing with Gubby
by Kim La Fave and Gary Kent • \$19.95



Book Signing:

Get your copy of *Fishing with Gubby* signed by artist Kim La Fave
on **Saturday, December 11th** from
1-3pm at Blue Waters Book Co.
(Madeira Park Plaza)



Adventures in Solitude

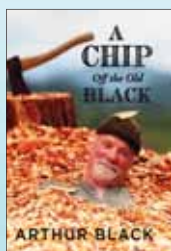
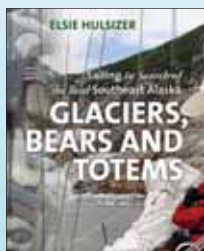
What Not to Wear to a Nude Potluck and
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Author Reading:

Join Grant Lawrence for a reading and
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at 7:00 pm at the Sunshine Coast Arts
Centre (5714 Medusa at Trail Avenue,
Sechelt)

Books make great gifts!



Harbour Publishing • www.harbourpublishing.com



The Independent Voice of Pender Harbour & Egmont since 1990.

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Available by subscription and for free at the following selected locations:

- Bluewaters Books
- Dazi Cafe (Sechelt)
- Coast Copy (Sechelt)
- Copper Sky Gallery & Cafe
- Garden Bay Pub
- Halfmoon Bay General Store
- IGA Madeira Park
- Mountainview Service
- Oak Tree Market
- Pier 17 (Davis Bay)
- Sechelt Public Library

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This month we thank: Anne Crocker, Theresa Kishkan, Shane McCune, Alan Stewart, John Wade and Jan Watson.

Advertising:

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~ NEXT ISSUE MAILS DEC. 28 ~

EDITORIAL

It's nothing to be ashamed about...



By Brian Lee

At certain times of the year, it can be unsettling to take a drive and rediscover how quiet our area can be.

Last week I drove around Garden Bay and passed only a couple of cars the entire time.

No one walking. Not even a dog.

On the way home I stopped for a burger in Kleindale and was told I was the first customer in three hours.

So, it was a bit of a shock to drive into Madeira Park a few minutes later to find the shopping centre humming with activity.

I thought of those frantic Friday afternoons in July as I scoured the lot for a parking stall.

When I finally made it to the credit union, I asked one of the clerks what the deal was.

She explained in an exasperated tone, "It's been like this all day. People are stocking up before it snows."

Stocking up before it snows?

The mid-November forecast was unclear but predicted freezing and a 60 per-cent chance of precipitation.

It didn't sound like a weather bomb but it was enough to push the entire town to buy extra potato chips.

While the rest of the country deals with a perpetual ice age for six months of the year, we panic when we hear it might freeze.

And it's not just our collective paranoia acting by itself.

West Coast media were abuzz with weather forecasts and tips on how to endure the weather phenomenon.

It dominated the news in what can only be described as absurd.

Would television news stations in Montreal be making such a fuss?

It was embarrassing.

There's a reason easterners make fun when winter weather gets lost and stumbles our way.

But then it did.

The dusting over the weekend was followed by a clear, deep freeze and then more snow Sunday night.

I ventured out Monday afternoon and was presented with the aftermath of the morning commute.

Cars slumped in ditches, stories of multiple car pileups in the predictable places and cancelled appointments all around.

And no foolin', it really was slippery out there.

It made me think how we (and the rest of the country) don't give ourselves enough credit for how challenging it is to drive after it snows around here.

It's assumed every time a car slides of a snowy road here it's been driven by a nincompoop.

For the most part, those same smug hecklers drive flat, arrow straight roads kept clear by armies of snowplows.

I'd like to see a typical Leafs fan tackle one of our banked hills, layered with damp snow on top of the previous day's melt ice.

I'm willing to bet we'd gain back a little respect.

So, I stopped to snap a few photos of the abandoned vehicles littering the ditches.

It was news but, more importantly, many of them were familiar to me and I hate to miss an opportunity to embarrass people I know.

But would it be right to embarrass the local fire chief by publicizing his driving missteps?

So, for once, I used restraint. (You're lucky, Bill.)

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Madeira Park Elementary School

DECEMBER EVENTS:

Dec. 10: Christmas Pancake Breakfast
Dec 15: School Skate at Sechelt Arena
Dec 16: Christmas Concert
Dec 17: Last day of school
Jan. 3: First day back for 2011

MPES PAC and staff would like to
wish everyone a safe and
happy holiday season.

YOU'RE INVITED TO WENDIE'S CHRISTMAS OPEN HOUSE

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SPIEL PICKS

CHRISTMAS CONCERT AND LIGHT THE LIGHTS - DEC. 5

Come out to the P. H. Community Hall on Sunday, Dec. 5 at 6 p.m. for the annual Christmas concert and "Light the Lights" ceremony. It's a free event hosted by the P. H. Community Club that will offer Christmas goodies and refreshments while you listen to live holiday music from a junior choir, an adult choir and a band.

BOXING DAY RENDEZVOUS - DEC. 26

If you grew up here you already know the tradition, meet at the Garden Bay Pub Boxing Day evening to catch up with old friends. Also a great excuse to get out of the family Monopoly marathon.

NEW YEAR'S EVE AT THE GRASSHOPPER PUB - DEC. 31

Altered, a live band, rings in the New Year at the Grasshopper Pub. There's no cover and plenty of dinner and drink specials.

PHOTOJOURNAL



Skardon Islands.

Proud sponsors of Abbeyfield House Dinners for Donors campaign: 146 bricks sold to date!



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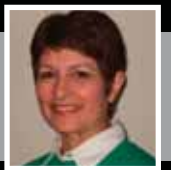
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Suncoaster Trail vandalized

Only days before it officially opened (see p.6), the Suncoaster Trail has already suffered vandalism.

Vandals removed a large number of boulders from a section of trail above Sakinaw Lake.

RCMP say they believe the boulders were removed by ATVers looking to gain access.

Four-wheel ATVs have caused considerable damage to parts of the trail requiring access restrictions on vulnerable sections.

RCMP are looking for any witnesses who may have seen a pick-up truck in the area using a rope to remove boulders from the trail.

Anyone with information about this incident is asked to contact the police and reference file No. 10-8666.



Vandals removed boulders guarding an entry point to this section of the recently constructed Suncoaster Trail. RCMP believe the boulders were removed by ATVers looking to gain access.

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Suncoaster Trail brings many feet to grand opening



Many came for the hike but left with a belly full of cookies and hot dogs.

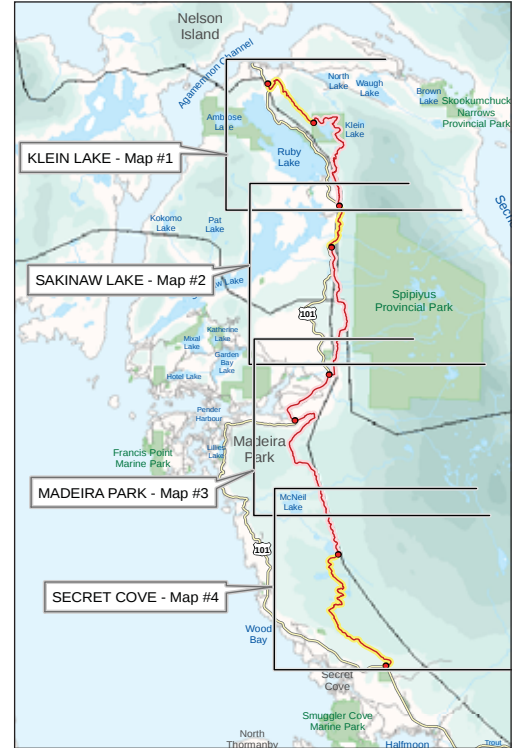
Close to 200 people braved the threat of rain to witness the official opening of phase one of the Suncoaster Trail Nov. 6.

Most attending the ceremony at the Iris Griffith Centre walked, biked or rode a horse on a three-kilometre section of the 30-kilometre trail starting from an entry point near the Malaspina Substation.

SCRD staff and elected officials recognized those involved in its planning and construction before cutting a ceremonial ribbon that marked the completion of the project that took over a year to build.

SCRD staff hope the trail will eventually be extended with an aim of constructing a multi-use corridor along the entire Sunshine Coast.

That work depends on the SCRD receiving more grants which would allow the completion of a phase two and three and continue the trail through Sechelt and then to Langdale.



map courtesy of SCRD

This map offers an overview of the entire length of phase one of the newly opened Suncoaster Trail stretching from Egmont Road to Halfmoon Bay.



Some members of the SCRD board were helped turned by local kids to cut the ribbon at the opening of the Suncoaster Trail Nov. 6. I-r: Darren Inkster (Mayor of Sechelt, Donna Shugar (SCRD chair and Director, SCRD Area D), Barry Janyk (Mayor of Gibsons), Carleen McDowell (manager, SCRD Parks and Trails), Eric Graham (Director, Area A) and Garry Nohr (Director, Area B).

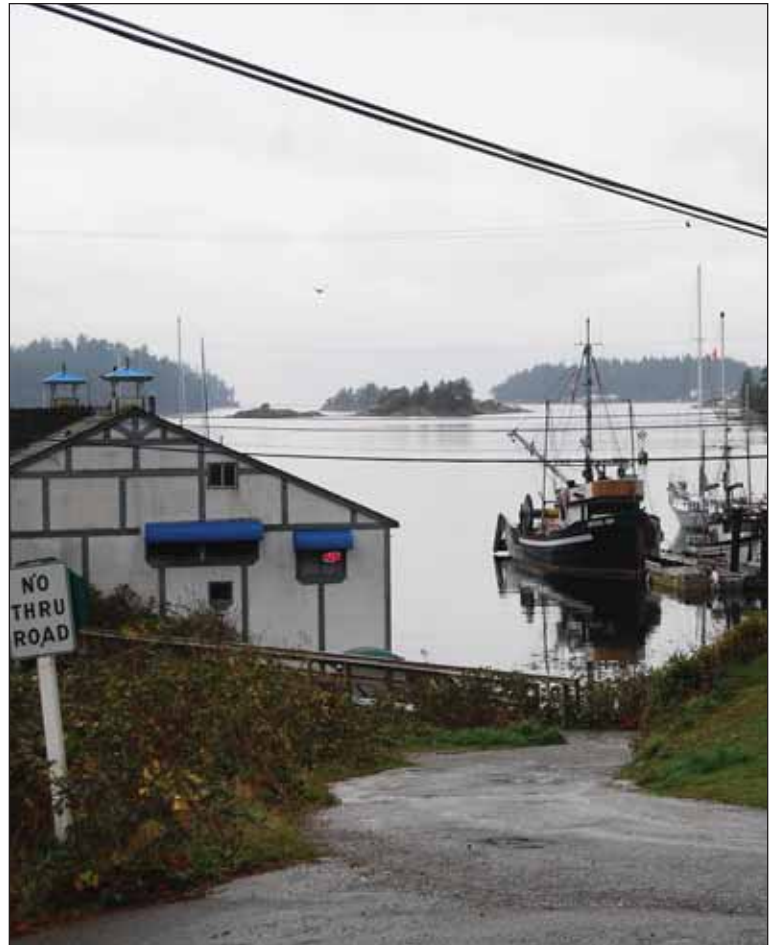
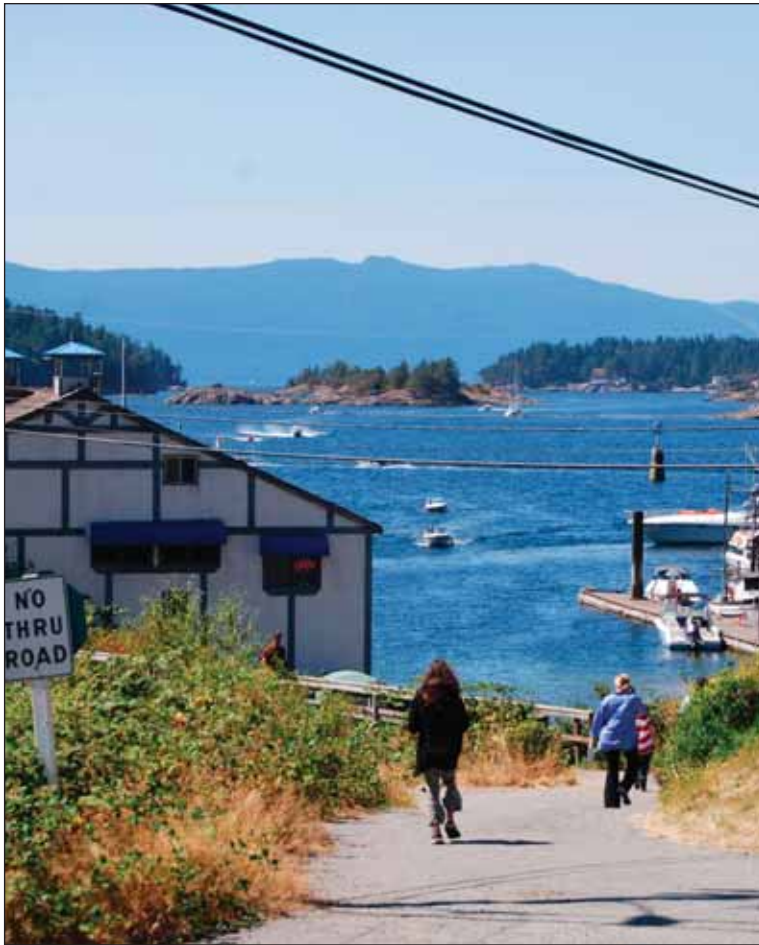
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Saturday: 8 a.m. to 5:30 p.m.

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Can you tell which is a typical day in downtown Garden Bay in July and which is November? Harbour Spiel photo editor proves it isn't just our collective imagination — Pender Harbour is distinctly quieter in the winter.

Art. In yurts.

Gallery Exhibition:
**Celebrate
the Season**

Continues through to Jan. 9.

FibreWorks Gallery will be closed
Jan. 10 to March 4.

FibreWorks Studio is open by appointment
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Teresa Sladey photo

This territorial stand-off was captured by Teresa Sladey. It seems the dispute was over which animal rightfully claimed ownership of the grapes just off the porch. The resolution? The bear ate the grapes. In return, he didn't eat the cat.

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Egmont Saloon draws 'gamblers and loose women'

Becoming an annual fundraising event for the Egmont Community Club, the second Egmont Saloon sold out once again and raised approximately \$3,500.

The money raised will go toward the ongoing restoration of the Egmont Community Hall.



Beverly Saunders photo

The lights are bright in the Egmont Hall. Steve Hamar keeping the peace.



Beverly Saunders photo

Saloon girls (l-r): Sheri Hamar, Alison Hume, Joyce Wilson and Tanya Hume



Beverly Saunders photo

Never take your eyes off the blackjack dealer's hands.



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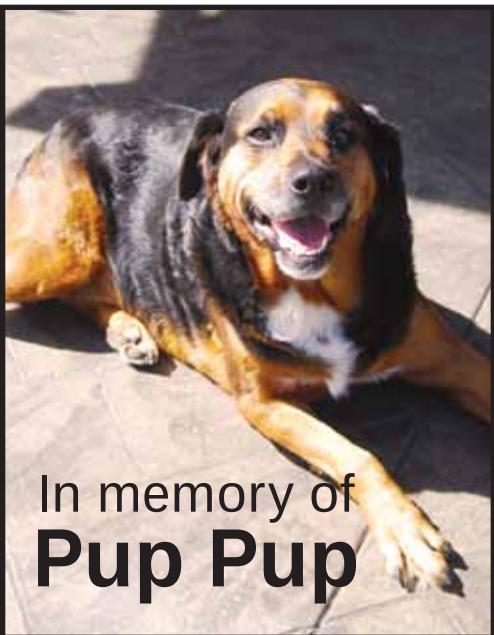
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In memory of
Pup Pup



It was so cold, even the daily BS session was cancelled at the Millennium Park Gazebo.

Reid reveals the real “Gubby”

Dear Editor,

I have fished with the real “Gubby.”

He is Alan Gudbranson, skipper of the troller “Viking Master.”

He is from Ucluelet.

As far as I and my father know of, he is the only Gubby on the Coast.

I called Gubby last night after reading the Harbour Spiel online and read the excerpt from the book.

He is fully aware of the book due to numerous calls to him after the release.

He chuckled and said he is waiting for the royalties to start rolling in.

I bought the book today at Chapters in Nanaimo and, despite

having to pick it out of the children’s section, I thoroughly enjoyed it.

In the ’70s my family had a cabin up on Dogwood Drive with the best view of the Harbour on the hill.

I still miss that place and have very pleasant memories of my times there.

The local kids hated us “out-of-towners” and I once almost had a fight with Dennis Gamble — but he found out I wasn’t such a bad guy after all.

Madeira Park and area will always have a special place in my heart.

Please send my best wishes to Nancy Smallwood, Moni or George Langham, Sunni or Jackie



Illustration courtesy of Harbour Publishing

Is Ucluelet’s Alan Gudbranson the real Gubby?

Charbonneau, George Haddock and the Kleins (but I expect the Kleins are long gone).

Terry Reid
Nanaimo

December at the pool!

• Zumba!.....

Friday, December 3, 6:30 - 8 p.m.

Pre-registration required, \$10. The Latin inspired, easy to follow, calorie-burning, dance fitness party. Feel the music and let loose!

• Activity Weeks.....

Dec. 7 to 9 and 13 to 16, All programs: 3:15 - 5:15 p.m.

Monday, Dec. 13: Discover Scuba (ages 8-18). \$15

Tuesday, Dec. 7 & 14: Aqua Squirts (synchro). \$5 per class

Wednesday, Dec. 8 & 15: Swim Sport. \$5 per class

Thursday, Dec. 9: Harbour Seals Swim Meet. Free

Registration is required for all Activity Week programs.

(Waiver and medical form must be completed for Discover Scuba by Dec 6.)

• Family Christmas Santa Swim.....

Sunday December 5, 1-5pm.

Join us to help celebrate the season and have fun with Santa and the Elves!

• Holiday Hours.....

The facility will be open for regular hours of operation throughout the holidays including the gym, pool and fitness classes!

The facility will close on Dec. 24, 25, 26 and the evening of Dec. 31 and Jan. 1. It will also close early (at 8 p.m.) on Dec. 18.

• Holiday membership

Purchase a special holiday membership for \$20.10.

Valid Dec. 20-23, 27-31. Use the membership as many times as you like during this time. If you already have a membership, we will suspend it for use in the New Year so you can take advantage of this special offer.

Thanks for your patronage and happy holidays!



Winter/Spring session (registration begins Monday, Jan. 3): The Pender Harbour recreation activity guide will hit mail boxes by late December.

Look for information on new programs: Martial Arts for Adults ~ Are You at Risk? Diabetes Program with the PH Health Centre ~ Sessions at the gym with Harbour physiotherapist ~ Get Ready for Golf ~ Harbour Seals Swim Club ~ Bent into Shape ~ Gymnastics ~ Ladies Only Spa Night and more.

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UBCM offers a chance at broaching some issues



By Eric Graham
SCRD Director,
Area A

At the recent Union of BC Municipalities (UBCM) convention I attended some interesting workshop/meetings.

DERELICT BOATS

The Association of Vancouver Island and Coastal Communities'

largest problem with regard to coastal waters is what local governments can do about derelict boats.

I attended a workshop in which a panel of three speakers (one from Federal Small Crafts, one from BC Prov. Integrated Land and one from Washington State) made presentations.

In Washington State they have been dealing with the problem for 40 years, and 10 years ago they added a fee to every boat licence that funds a reserve to deal with derelict boats in

their waters.

They inventoried 300 problem boats and have removed 147.

One derelict barge cost them over \$100,000 to salvage what they could and landfill the rest.

It's a growing problem in our own harbour and if something isn't done soon, some of them may sink, costing even more to clean up the mess.

There are also large boats anchored out in the harbour year-round.



MEETINGS AT 1975 FIELD ROAD

Infrastructure Services Committee
December 2 at 1:30 p.m.

Planning and Development Committee
December 9 at 1:30 p.m.

Regular Board
December 9 at 7:30 p.m.

Special Planning and Development Committee
December 10 at 9:30 a.m.

Community Services Committee
December 16 at 1:30 p.m.

For more information:

1975 Field Road, Sechelt, B.C. V0N 3A1
T: 604-885-6800 F: 604-885-7909
Office hours: 8:30 a.m. to 4:30 p.m.
www.scrd.ca

Sunshine Coast Regional District

UPDATED SCRD STRATEGIC PLAN

The updated SCRD Strategic Plan is now available. The Strategic Plan focuses on three key strategic directions and identifies three overarching principles that will guide decisions within the organization. Visit www.scrd.ca to view the Strategic Plan.

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PENDER HARBOUR LANDFILL WINTER HOURS

Monday 8:30 a.m. - 4:30 p.m. Tuesday 8:30 a.m. - 12:30 p.m. Wednesday to Saturday 8:30 a.m. - 4:30 p.m. Closed on Sundays and statutory holidays from Thanksgiving to Easter weekends. Closure at 3:30 p.m. on Christmas Eve.

AREA A - APC MEETING

The December meeting of the Egmont/Pender Harbour Advisory Planning Commission is cancelled. If required, a meeting may be scheduled early in January 2010.

OFFICE HOURS ON CHRISTMAS AND NEW YEARS

The SCRD Administration offices will be closed from December 27 to December 31.

Area A - Director Contact Information

Director Eric Graham is available to meet with residents to discuss local issues related to the Sunshine Coast Regional District. He can be reached at home at 604-883-9061 or by email at ericgraham@dccnet.com.

Some have no insurance and if and when they lose their anchors during winter storms, they could do a great deal of damage colliding with other boats or docks.

Thanks to Paul of the *Slowcat*, I took a tour of the Harbour and took pictures of these problem boats and will be sending a report to the provincial authority in Victoria.

MORATORIUM ON NEW DOCKS IN OUR HARBOUR

The SCRD board set up a meeting with Minister Pat Bell and one of the concerns I brought up was that, for many years, no new permits have been issued for foreshore permits in our harbour.

The Sechelt Indian Government is currently in negotiations with the BC government over land settlement.

The SIG were at this meeting and what we all wanted is to speed up these talks in order that people with waterfront property can receive permission to build docks.

I think that was shown to the minister in charge.

B.C. TRANSIT

I was able to have a private meeting with the president and CEO of BC Transit and his assistant.

I tried to have a meeting with him last year, regarding acquiring partial funding for our bus, but nothing could happen until we got our bus on the road and we showed proven ridership.

It was a good meeting in which the president stayed extra time and was late for his next meeting.

He promised to send one of his staff up to Pender Harbour and report to him to see if they can help us.

THE BUS

The bus has been on the road for almost three months now.

Ridership for September averaged 12 per day and for October and part of November it was down to 10 per day.

I had a meeting with the Bus Advisory group and it was decided that we would do a mail-out survey to all the people of Area A asking how we can improve ridership without being too costly.

Once we have the answered questionnaires returned to us, we plan to hold public meetings in Madeira Park and in Egmont with a proposal gleaned from the information we receive.

Please take the time to fill out the questionnaire and return it to us and then attend the public meetings.

It is your bus whether you are

using it or not.

ANOTHER COLD WINTER

I can remember how bad it was two years ago in December and I think the Ministry of Transportation (highways) has learned a lot.

They now have two smaller 4x4 sand trucks and have told me they are better prepared.

If you have concerns (day or night) they are listed in the Blue Pages, under Province of BC, Ministry of Transport and their number is 1(800) 665-3135.

We have chosen to live in a rural community so get to know your neighbours and let them know you, in case one needs assistance.

They may be the only person that can help you or you them.

Have a good and Safe Christmas.



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Guardian
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The patience of this designated driver was commendable considering the how cold it was this Saturday evening at the Grasshopper Pub. It's unknown how long he had to wait for his passenger to come out or how his feet reached the pedals.

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883-2747

PHSS grads getting dirty to raise funds for June ceremony

Submitted

Pender Harbour Secondary School's Grade 12 class have been busy fundraising for their graduating ceremony in 2011.

You may have seen them at Madeira Park Elementary's haunted house or bought an item at their silent auction.

You may also have found them knocking on your door asking for bottles. Many community members supported the bottle drive on Nov. 13 that saw the students canvass the entire town in pickup trucks

You may have bought soup from them at the craft fair Nov. 20.

You may have even ordered meat from them. (If you did, remember that the day for pickup is Thursday, Dec. 16 between 3:30 and 5:30 at the high school.)

Further fundraising plans include selling tickets for a cruise raffle.

Tickets should be available for that starting some time around Christmas.

The Pender Harbour grads are grateful for the support the community provides and offer genuine thanks for your continued generosity.



photo submitted

Parents and grads pitch in to return the dirty bounty of a day's bottle driving to GRIPS.



photo submitted

Some do the work, some shout out their devotion to Satan. Taylor McKay throws up the devil horns while Chloe Christie and Lauren Storoschuck do the heavy lifting.



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By mail or e-mail: editor@harbourspiel.com.

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- **Madeira Park:** Large two-bedroom duplex with lake view. In 55-plus community. Ideal for people in transition or professional couple. N/S. \$1,000 Available immediately. Malaspina Realty and Property Management. (604) 741-0720.

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LOST

- **Lost in windstorm Oct. 23.** One two-piece wooden oar from Avon dinghy from Cameron's marina in Whiskey Slough. (604) 883-9789.

WANTED

- **The Pender Harbour Lions Club** hall renovation project needs a washer/dryer set, a full size fridge, wood stove, 36" outside door, interior doors and bifolds, flooring, curtains and a kitchen sterilizer. If you can help, please contact Neale at 883-3693.

WORK WANTED

- **Knees ripped in your favourite jeans?** Update that Chanel suit? For repairs, alterations, re-fashioning and custom sewing, call Billy. (604) 865-0640.

HARBOUR SEALS



Free! APPROVALS or DISAPPROVALS!

Send to: editor@harbourspiel.com.

Include your full name and a telephone number for confirmation.
Please keep them short.

Seals to **Megan Mansbridge** for her effort spent designing and posting longboarding signs throughout the community. We all want to keep our local boarders safe — this is a great reminder to keep an eye out for them!

Sandra Bosch

A Harbour Seal of Approval to **Dorothy and Wayne Miller**. Even in their own time of need they haven't stopped helping others are struggling with homelessness and poverty Keep it up, people like you make the difference.

Reanna Hagar

Harbour Seals to our generous business community: **IGA #78, Painted Boat Resort, Oak Tree Market and our lovely credit union ladies** for donations to Halloween Fun Night.

Kelly Kammerle
MPES PAC

Harbour Seals to those who made the Halloween Fun Night possible: **Tanya M., Pauulet H., Andrea C., Val H., Nadine C., Tanis Z., Tammy H., Michelle S., Lori P., Paola S., Jodee Y.** and the **2011 Grads**.

Kelly Kammerle
MPES PAC

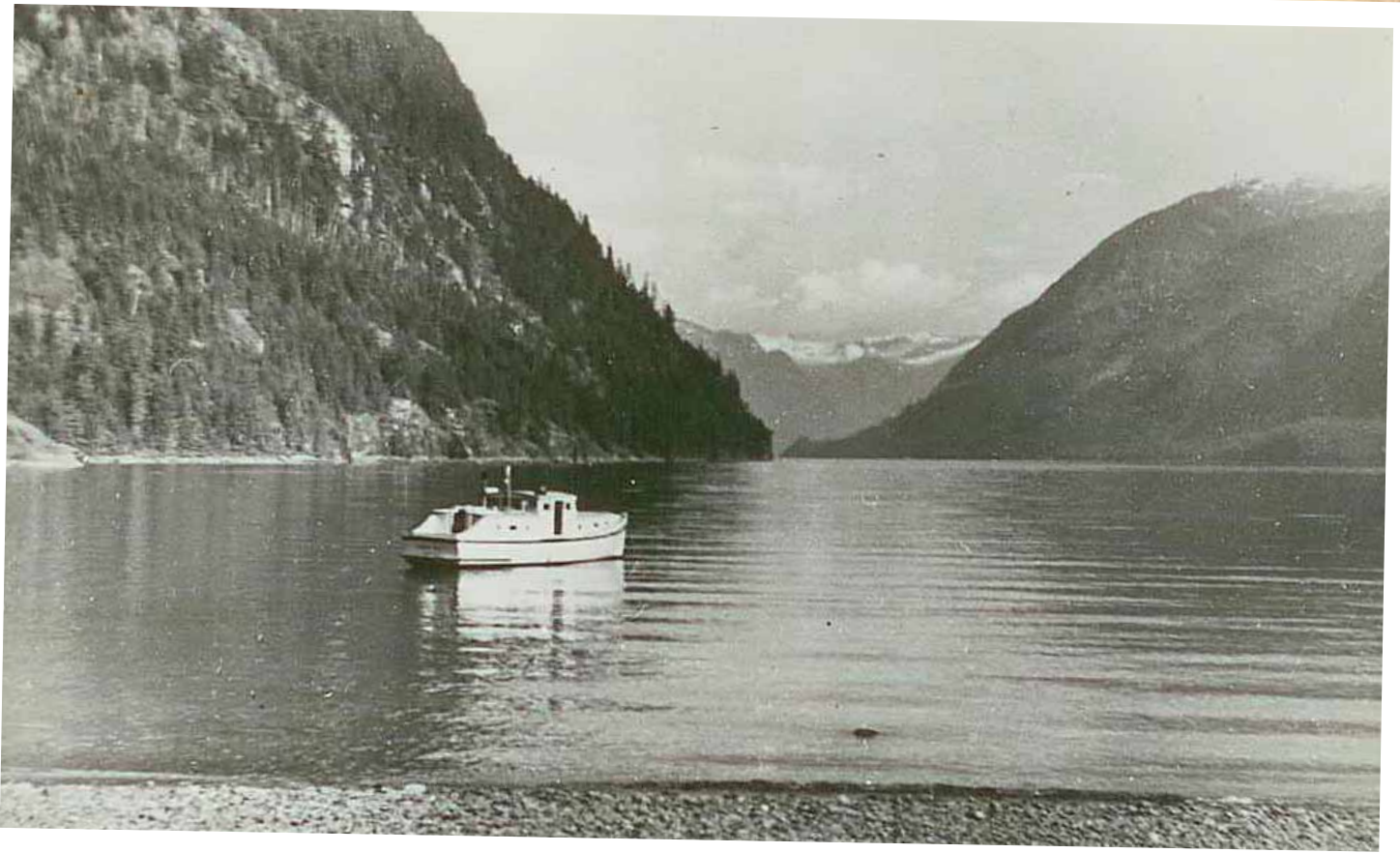
Harbour Seals to the **very supportive community business sponsors, donors and volunteers** for the Egmont Saloon Night. You make an event like this possible.

Beverly Saunders
Egmont Community Club

A grateful Seal of Approval to **everyone involved in the Legion Poppy Campaign**, and to the volunteers and participants who once again made Pender Harbour's Remembrance Day very special.

Margaret Deacon
RCL Branch #112

Harbour Spiel



Bob James postcard collection

Other than a few more cabins along the beach, the biggest change Hotham Sound has seen since this photo was taken in the fifties are the boats that visit.

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Finding a feeding schedule for a finicky Labrador

By John Wade



Dear John,

We have a pair of two-year-old Labrador retrievers that provide us with great affection, humour, entertainment and exercise.

One has an issue that is food-related.

He has always been a picky eater but now will often refuse to eat at mealtimes which are twice a day.

He will eat some now and maybe some later, maybe not at all.

He is a big, strong and beautiful dog, full of energy and mischief.

There are no health issues as checked by the vet.

Leaving the bag available for him to pick at is not an option as the other one would just consume everything in the bag.

Is there something we could do to encourage proper eating habits?

Thanks,
Joyce

Dear Joyce,

He may just have a different

metabolism and be missing the Labrador retriever "eat-everything-in-sight" gene recently discovered in the mapping of the canine genome.

If he's healthy, stop worrying about it.

I feed adult dogs on a schedule.

Once a day for some, twice for others.

The food is down for five or 10 minutes and then nothing else is of-

fered until the next scheduled feeding.

For dogs that are being house trained or are really finicky eaters, not even a treat in between meals.

I don't ever waver. You'll find that by the fourth day your dog will be into a mealtime rhythm. There are a few reasons for feeding this way.

I believe Mother Nature does everything for a reason.

We don't always know what the reason is but there is always a reason.

Here's my theory. It has to do with saliva.

When food's about, hungry dogs salivate, some drool.

Why is that? Human saliva contains an enzyme which mixes with the food as we chew it.

Dogs don't chew and there is no enzyme in their saliva. So why the spit? The answer is lubrication. Free-fed dogs lubricate less and hack or



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cough more. Eating dry food without the saliva to smooth the way must be like swallowing crackers on a dry day without soup.

I've wondered if dogs that were allowed to free feed had more dental issues as well. One of the things that cause the most suffering later in life, often leading to death, are issues stemming from dental problems.

It would be interesting to see if dogs that salivated naturally around meal time benefited from more teeth flushing and had fewer dental issues.

Another reason I like scheduled feedings is it's easier to tell if the dog is skipping meals which is sometimes due to illness.

Sometimes dog owners with finicky eaters fall into the "she or he doesn't like this — she or he only likes this" trap.

I like chocolate cake. That doesn't mean I should be eating it three square meals a day.

The same goes for dogs. What a dog likes shouldn't be the primary consideration. What is good for your dog should be.

Good food is usually more palatable anyway.

But what the heck is good for a dog?

We could go on the basis of just buying foods that are "veterinarian approved" but they're all veterinarian approved.

I'd like to meet this veterinarian, because he or she sure approves a lot of different foods.

Some with grain content so shamefully high that I should think they're really popular in goose circles rather than for a species that is predominantly carnivorous.

Besides, "veterinary approved" to what?

Thrive, sustain life, barely keep their hair from falling out?

Dog owners should do their own research. If you want to write me I'll send you some information where you can learn enough to make an informed opinion.

So, just as your mother told you,

tell your dog, "Don't you know their are starving dogs in . . ." and stick to your guns.

Regards,
John Wade

e-mail John at: johnwade@johnwade.ca or visit his website at www.johnwade.ca

Why fix it now?

Very often after the dentist examines a patient's teeth and goes over the treatment options, the question is

"If it isn't broken right now, why fix it?"

While it may be true that there are no clinical symptoms at the present, there may be advantages to treating some teeth before they cause problems.

Your dentist can often predict which teeth will eventually fail.

By taking action now we are able to prevent dental emergencies and restorative complications.

Treatment can be scheduled at a convenient time.

The most obvious indication that a tooth will fail is the presence of decay.

Tooth decay is a slow progressive disease that does not always present symptoms until it is quite advanced.

Most new cavities occur on the biting surfaces or in between teeth and are easily diagnosed during a dental exam.

More difficult to diagnose but very common are cavities around old restorations.

Once the seal on a filling or crown is no longer intact, the tooth around the

restoration may start to slowly decay.

Intact (non-filled) teeth are very strong and very resistant to fracture, however the strength of a tooth is dramatically decreased once a filling is placed.

In most cases a filled tooth is strong enough to function normally, but when over half the biting surface is filled the underlying tooth is prone to crack.

Continual flexing of the unsupported tooth creates small cracks that eventually lead to a fracture.

This usually occurs over a long period of time and for some reason the final fracture will happen while only eating bread or some other soft food!

A crown is the treatment of choice for teeth that have excessively large restorations.

The function of a crown is to hold the tooth together much like a casing.

Placing a crown on a tooth with a large filling or evidence of a crack before the tooth fractures will likely prevent the tooth from breaking.

Waiting until the tooth breaks may cause more problems.

So even if you do not have symptoms, sometimes it is best to fix it even if it isn't broken!



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'Poacher Turned Gamekeeper remembers Bergie Solberg' (Harbour

By J.M.J.

Originally published in the Harbour Spiel, Jan. 2003



For years I had a huge, plush, black bear rug in my little porch room at home.

It was admired by all but especially by the neighbourhood children who used to play on it.

They would examine its teeth and claws and ears with fascination until it was destroyed by fire during one of my father's little rewiring projects that went awry.

He succeeded in lighting up the closet and about half the house, too.

I resolved to replace the bear and so it was that a few years later I took my little boat on a trip to hunt bear along the shores of the Prince of Wales Reach.

While cruising the shore in a secluded bay 50 miles north of Sechelt, I saw a crude dock with an old fishing boat alongside.

I made for it with the purpose of pursuing my bruin on the logging road that led from the dock up the mountain side.

Standing beside the boat at the dock was a woman of most unusual appearance.

I asked her if I could tie up and if I could use the road to hunt for a bear.

She gave me a long, careful look (assessing, I am sure, whether or not I was a new game warden) and told me that I could tie up but she herself was a bear hunter and a trapper and it was unlikely that I would run into an animal within seven miles of the dock.

"I am Bergie Solberg," she said.

I could see no house upon the shore



photo source unknown

'Cougar Lady' Bergliot Solberg

and assumed she lived aboard the boat. I liked her immediately.

I couldn't find much to tie the boat to, so settled for wrapping the bow line around a bed sheet that held some part of the dock together.

The dock was something to behold. It was the scraggiest, most miserable affair ever to project from a shore: It was mostly under water, with planks and plywood here and there, tied with pieces of rope, sometimes three pieces tied together. A chain was held to a bolt in the dock by means of an old sweater tied in a knot.

Bergie Solberg was probably in her mid-fifties, short and strongly built. Very

strongly built.

She had once had dark hair but it was now grizzled with white and grey and the beginning of a widow's hump was apparent under her old sweater.

When she smiled, her whole face, pleasant and ruddy from exposure to the weather, lit up.

We soon found ourselves, if not chatting away, at least engaged in cautious conversation.

She told me that she and her sister Minnie lived there in the bay, Deserted Bay it was called, year-round, and hunted and fished for a living.

They were trappers too, she said, and

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Spiel, Jan. 2003)

sold the skins from time to time.

The bay in which we talked was 50 miles away by boat, maybe more, across the reach at Brittain River.

Bergliot told me that once there had been a Coastal Indian settlement up on the hill, by a stream, but the settlement suffered an attack of smallpox and almost every Indian died.

When a party of whites attended they found just the one survivor, an infant Indian child whom they took away, and who had survived and lived, according to Berglie, in Vancouver.

The bay was never settled again.

Berglie was a true mountain woman. She wore a sheath knife on her hip and I could see from the wear on her Levis that the knife was a permanent fixture.

Her strong hands were thick with callous, her fingernails both filthy and long.

She slept in her clothes, I noted with a hunter's eye; her shirt, and her sweater on top of it, were sewn shut, right to the neck, with wool thread.

Contrary to popular thought, a person who lives alone is not generally in need of company or conversation. Berglie spoke in short sentences and didn't answer when I asked if she lived aboard the boat.

I asked if she ever shot cougar because I would like a hide for my cabin, and added that I would pay a good price if the hide was carefully skinned.

She was immediately enthusiastic about this proposition, so I was on the right track.

I asked her if she knew Walt Burtnick in Sechelt.

Walt was the local doctor, or the best of them at any rate, and we had been

friends for many years and hunted and fished together.

Berglie laughed and admitted that he was her doctor and that she had a bit of arthritis. I told her to tell Walt if she got a pelt so that he would phone me.

I didn't want to give my unlisted home number to Berglie.

We lived half the time in Vancouver and half in Pender, but I told her none of this. I left her at her dock, I in pursuit of a bear and she to her boat repairs.

Sure enough, about a year later, Walt phoned me. Berglie had a cougar hide for me and she was in Sechelt for a few days. Was I still interested?

Walt is a busy man, and I was busy, so I phoned my friend Norm to make the purchase. With Walt's help, Norm met Berglie and paid her \$200 for the hide after inspection.

So it was that a few weeks later my cougar hide was resting with Steve Kulash in Vancouver for tanning and mounting.

Driving up Kingsway, I spotted a new storefront with the words "Tanning Studio" in huge letters on the window.

I mentioned this to Steve and asked if he was worried about the competition. He roared with laughter — the studio was for tanning people, not animal hides.

The ways of mountain people are not the ways of the city dweller. Hardly had I returned from Vancouver when my office phone rang.

It was Jamie Stephens, the conservation officer from Sechelt, and he was agitated.

The skin was illegal, he was going to seize it and I would be required as a

witness.

Berglie Solberg was in deep trouble. Stephens had been watching the girls for game violations for many years.

I replied that the skin was his any time he wanted it, but it might be wise to let Kulash tan it so the "exhibit" would be more easily handled in court.

My spirit of co-operation seemed to stun him — he may have been used to dealing with more difficult people.

My friend Norm, unbeknownst to me, and he being smarter than the average bear, had asked for and received Berglie's hunting licence tag for the cougar.

That tag was with the skin at Kulash's.

Good old Norm, poor old Jamie Stephens.

Berglie and I were still good friends.

The skin and tag are both pegged to my cabin wall at Pender Harbour and Jamie is no doubt pursuing more successful cases.

Berglie eventually moved to the shores of Porpoise Bay, near Sechelt, and arthritis settled in her once-powerful hands. She could barely handle a fork.

Her sister Minnie, however, remained up in Prince of Wales Reach as a mountain woman, fishing and hunting and trapping for a living, alone.

When I chatted with Berglie at her dock up in Deserted Bay I didn't know that there was a house, in fact two houses, up on the hill, hidden by the heavy growth, and that Minnie lived in one.

More about the Solberg sisters next month in the Spiel...



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 Dec. 4 - Noel Lebrun
 Dec. 5 - Gaye Beardmore, Andrea Curtiss, Andy Curtiss and Logan McCormack.
 Dec. 6 - Ryan McDonald and Bill Reid.
 Dec. 7 - Dianne Rousseau, Dan Gifford and Jennifer Reid.
 Dec. 8 - Keenan Clerx
 Dec. 9 - Michelle Beardmore and Robert Purdy.
 Dec. 10 - Trevor Jones and Cathy Thompson.
 Dec. 11 - Bill Griffith, Pete Belair, Patti Reid and Al Wendland.
 Dec. 12 - Malcolm Duncan and Pat Martin.
 Dec. 13 - Cody Edwardson-Zayshley
 Dec. 15 - Kay Langsford.
 Dec. 16 - Ginger Taylor and Cassandra Whelan.
 Dec. 17 - Ian Campbell and Joi

Phillips.
 Dec. 18 - Tony Adamson and Niki Verzuh
 Dec. 19 - Tyson Carswell, Helen Garrett and Jamie Bouvette.
 Dec. 20 - Lil Beharrell, Nicole Fletcher, Cole Hawker and Tyler Silvey.
 Dec. 21 - Harvey Langton and Josh Young.
 Dec. 22 - Gwyneth Bryant, Steven Fouts, Shane Hardie, Rob Nieuwenhuis, Dani Thompson and Christine West.
 Dec. 23 - Kate Thompson.
 Dec. 24 - Tatiana Phillips-Campbell, Chris Phillips and Clifford Silvey Jr.
 Dec. 25 - Peter Schmidt.
 Dec. 26 - Peter Fritz.
 Dec. 28 - Steve Boyd and Jeff Girard.
 Dec. 29 - Diane Gamble and Jesse Hawker.
 Dec. 30 - Dean Bosch, Bryan Edwardson, Andy Ross and Jean Minch.
 Dec. 31 - John Brimacomb, Nathaniel Johnson, Fara Priest and Scott Bruce.

DECEMBER WEATHER

MERRY ISLAND

Our average daily high temperature in December is 6.5 C and our average daily low is 3.2 C, giving us a mean daily temperature of 4.9 C. The highest December temperature recorded is 13.3 C (Dec. 14, 1962) and the lowest was -11.7 C (Dec. 28, 1968).

December has an average of 54.9 hours of bright sunshine. It usually has 19 days with measurable precipitation, an average monthly rainfall of 140.1 mm and an average monthly snowfall of 10.6 cm. Our average month-end snowfall is 4 cm. December has the highest snowfall of the year (November has the most rain). The highest December daily rainfall recorded at Merry Island was 66 mm (Dec. 25, 1972). The record daily snowfall was 40.6 cm (Dec. 31, 1968).

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E-MAIL ETIQUETTE

While e-mail continues to reign as one of the most widely used forms of modern communication, there's often a lack of clarity surrounding proper etiquette in its use. Most can think of annoying habits of someone they regularly exchange e-mails with who disregard what are now generally accepted rules.

- 1. Use the “subject line” to summarize the message:** Make the subject line summarize the body of the e-mail. Ask yourself, “Will the recipient know what this e-mail is about.”
- 2. Reply within 24 hours:** Try to reply within 24 hours, less if possible. In fact, get in the habit of replying immediately — it is the polite thing to do and will be appreciated by the recipient.
- 3. Use the BCC field when sending bulk e-mail:** If you're sending e-mail to a whole list of people, put their e-mail addresses in the BCC field. That way, the privacy of the recipient is respected and spammers cannot harvest the e-mail addresses for unwanted purposes.
- 4. Don't shout at people or threaten them:** Don't use all capital letters (UPPERCASE) or oversized fonts. The reader will likely feel they are being shouted at, or even threatened.
- 5. Keep the thread:** When replying to an e-mail, use the reply option on the sidebar in your mail. This will keep the message in the “thread,” and make it easier for the recipient to follow.
- 6. Don't “Reply to All” unless necessary:** Think twice about sending a reply to everyone. Perhaps only selected people need to see this e-mail and sending it to everyone may simply be contributing to an already cluttered In-Tray.
- 7. If you are sent an angry or insulting e-mail, do not reply immediately:** It is probably best not to reply at all. First reactions are often to send a doubly insulting reply but e-mail is immediate by nature and doesn't allow for any sort of a cool-down period.

DECEMBER ASTROLOGY

SAGITTARIUS (NOV. 23 - DEC. 21)

Sagittarians love excitement and adventure. They are easily bored but often trendsetters. They are bold and impulsive, natural explorers who thrive on change and mental stimulation. Scientists have long hypothesized a link between Sagittarianism and Attention Deficit Disorder.

CAPRICORN: DEC. 22 - JAN. 20

Capricorns often experience hardship early in life, but their resourcefulness makes them survivors. Sometimes hard to get to know, they are loyal, responsible, and down-to-earth but often carry baggage from those early life hardships.

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Preparing for winter's inevitable power outages

Compiled from Public Safety Canada's "Power Outages: What to Do?"

Our area suffers more than most from power outages.

With a rural population spread throughout a variety of heavily forested roads, most accept it is a fact of life that we will lose power.

For many in outlying areas, a power outage often lasts for days causing not just discomfort but a potential safety concern.

Hydro crews prioritize repairs affecting the highest number of residents.

That means those living in relatively unpopulated and isolated locations are required to prepare themselves for the extended periods.

PREPARING YOUR HOME

- You can install a non-electric standby stove or heater. Choose heating units that are not dependent on an electric motor, electric fan, or some other electric device to function. It is important to adequately vent the stove or heater with the type of chimney flue specified for it.

- Before considering the use of an emergency generator during a power outage, check with furnace, appliance and lighting fixture dealers or manufacturers regarding power requirements and proper operating procedures.



It's that time of year again when commuters are regularly forced to dodge hazards like this without their morning coffee.

- Make sure your home has a working carbon monoxide detector. If it is hard-wired to the house's electrical supply, ensure it has a battery-powered back-up.

- Protect sensitive electrical appliances such as TVs, computer, and DVD players with a surge-protecting powerbar.

PEOPLE WITH DISABILITIES

Consider how you may be affected in a power outage, including:

- Your evacuation route.
- Planning a backup power supply for essential medical equipment.
- Keeping a flashlight and a cell phone handy to signal for help.
- Establishing a help network to assist and check on you during an

emergency.

- Enrolling in a medical alert program that will signal for help if you are immobilized.

DURING A POWER OUTAGE

- Check whether the power outage is limited to your home. If your neighbours' power is still on, check your own circuit breaker panel or fuse box. If the problem is not a breaker or a fuse, check the service wires leading to the house. If they are obviously damaged or on the ground, stay at least 10 metres back and notify your electric supply authority. Keep the number along with other emergency numbers near your telephone.

- If your neighbours' power is also out, notify your electric supply authority.

- Turn off all tools, appliances and electronic equipment, and turn the thermostat(s) for the home heating system down to minimum to prevent damage from a power surge when power is restored.

- Turn off all lights, except one inside and one outside, so that both you and hydro crews outside know

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that power has been restored.

- Don't open your freezer or fridge unless it is absolutely necessary. A full freezer will keep food frozen for 24 to 36 hours if the door remains closed.

- Never use charcoal or gas barbecues, camping heating equipment, or home generators indoors. They give off carbon monoxide. Because you can't smell or see it, carbon monoxide can cause health problems and is life-threatening.

- Use proper candle holders. Never leave lit candles unattended and keep out of reach of children. Extinguish candles before going to bed.

- Listen to your battery-powered or wind-up radio for information and advice from authorities.

USE OF HOME GENERATORS

Home generators are handy for backup electricity in case of an outage but must only be used in accordance with the manufacturer's guidelines.

A back-up generator may only be connected to your home's electrical system through an approved transfer panel and switch that has been installed by a qualified electrician.

Never plug a generator into a wall outlet as serious injury can result when the current produced by the home generator is fed back into the electrical lines, and transformed to a higher voltage.

This can endanger the lives of utility employees working to restore the power.

AFTER THE POWER RETURNS

- Switch on the main electric switch (but first, check to ensure appliances, electric heaters, TVs, micro-waves computers, etc. were unplugged to prevent damage from a power

PREPARING AN EMERGENCY KIT

In an emergency you will need some basic supplies. You may need to get by without power or tap water and should be prepared to be self-sufficient for at least 72 hours.

BASIC EMERGENCY KIT

- Water — at least two litres of water per person per day.
- Food that won't spoil, such as canned food, energy bars and dried foods (replace the food and water once a year).
- Manual can opener.
- Wind-up or battery-powered flashlight (and extra batteries) in waterproof container(s).
- Wind-up or battery-powered radio (and extra batteries).
- First aid kit.
- Special items such as prescription medications, infant formula and equipment for people with disabilities
- Extra keys to your car and house.
- Cash in smaller bills, such as \$10 bills (travellers' cheques are also useful) and change for payphones.
- A copy of your emergency plan and contact information.
- You may want to ensure you have a land line and corded phone in your home as most cordless phones will not work during a power outage.

surge).

- Give the electrical system a chance to stabilize before reconnecting tools and appliances. Turn the heating-system thermostats up first, followed in a couple of minutes by

reconnection of the fridge and freezer. Wait 10 to 15 minutes before reconnecting all other tools and appliances.

For more information on preparing your home for power outages visit www.getprepared.ca.



South Pender Harbour Water System Drinking Water Quality Advisory:

~ EFFECTIVE IMMEDIATELY ~

Due to high turbidity and colour levels of the water in the South Pender Harbour Water System, the drinking water quality advisory re-issued in Spring 2010 continues. This advisory is of particular concern for people who are immune compromised, elderly or infants — consumption of boiled or bottled water is recommended.

To obtain the full Drinking Water Quality Advisory please see:

<http://www.scrd.ca/files/File/Water/Water-Advisory-SPH-Nov-2009.pdf> or visit the Sunshine Coast Regional District's South Pender Office at 12828 Lagoon Road in Madeira Park.

For more information please contact:

Dave Crosby, Manager of Utility Services 604.885.6821

If it was the night before Christmas, would you show *your* home?



By Alan Stewart

'Twas the night
before Christmas
and all through the
house, home own-
ers were stirring,
"Should we list the
house?"

Every winter real estate sellers have to decide whether or not to keep their home on the market through what is typically a quiet time of the year.

There are three typical reasons that people feel it might be a good idea to give their sales efforts a rest:

1. It can be inconvenient to have a home listed for sale through the holidays with the potential of having to accommodate showings on Boxing Day or New Year's Day.

2. There is a common sentiment that it is difficult to sell a "stale listing" in the spring.

The fear is that if an interested buyer notes a property has been listed for a long period of time without selling, there must be a problem with it.

3. Properties simply don't pres-



ent themselves as well to buyers in the poor weather.

Sellers believe, not unreasonably, that their properties will fetch top dollar when the garden is in bloom and when the community shows itself in its best summer light.

Furthermore, since 2006, an average of only 17 per cent of all home sales have taken place between No-

vember and February (4.25 per cent per month).

So, statistically, you have more than twice the chance of effecting a sale in the spring, summer or fall months (10.3 per cent per month).

So why would anyone continue to list their properties for sale through the winter?

The obvious reason is the reduction in the number of competing properties.

As you can see from the graph of detached listings and sales for the Sunshine Coast, those people who had their homes listed in December of 2009 had only half the competition of the homeowners who were on the market in June.

This effect of less competition



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Friday	Sat. December 18,
Saturday	reopening Wed.
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can be amplified in a small community like Pender Harbour.

There are currently 79 detached homes listed for sale in Pender Harbour and Egmont.

Of those, there are five properties listed for sale between \$600,000 and \$700,000.

If two or three of those properties are removed from the market over the winter, a buyer looking in this price range will only have a couple of properties to choose from.

This greatly improves the odds of a sale for the properties which remain on the market.

Any good fisherman will tell you that you can't catch a fish if your line isn't in the water.

My partners and I have been pleasantly surprised by the number of deals we've put together for Pender Harbour sellers over October and November this year and while the amount of interest has certainly dwindled from earlier this year, the phones are still ringing.

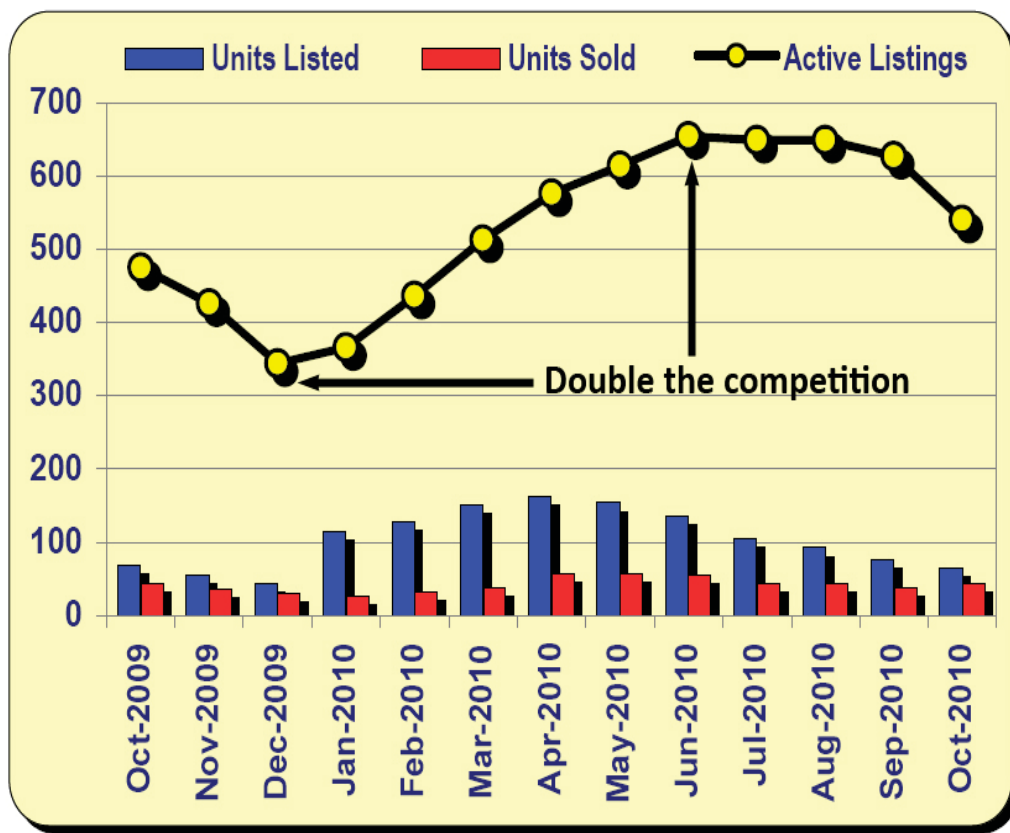
So, don't discount the idea of continuing to advertise your home for sale through the winter.

If you are highly motivated to sell, now may be just the time.

If you're dead set against having your home listed on the Multiple Listing System through the winter, your licensed Realtor may have other suggestions that will allow them to market your home through winter while avoiding the stigma of a stale listing.

Merry Christmas to all, and to all a good night!

Please send any suggestions for story lines to alan@sunshinecoasthomes.com.



This graph illustrates how the competition for selling your house increases during the summer months as the number of listings increase. Fewer listings to compete with offset the disadvantages of listing your home through the winter months.



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The cost of \$220 per student includes course materials, 12 evenings' instruction, issuance of the lifetime operator's card and your first year's membership to the Pender Harbour Power and Sail Squadron.

COST: \$220 per person (includes course material)

LOCATION: Pender Harbour High School, 13639 Hwy 101. (Places strictly limited)

REGISTRATION: David Pearson, Squadron Training Officer:

E-mail: djpearson@dccnet.com

Phone: 604-883-9313

Winter is a good time for golfers to have meetings



By Jan Watson

The golf course is still in great shape, despite a few wet spots thanks to the rain.

We have had some nice sunny days that have been drawing out the golfers.

Winter rates are in effect and we ask that players check in at the restaurant to pay their fees and to rent power carts, as the Pro Shop is closed for the winter.

P. H. GOLF CLUB ANNUAL GENERAL MEETING

The golf club held its annual general meeting on Oct. 23 and following are changes to the board of directors.

President: Bruce Forbes.

Past-president: Jan Watson.

Greens chairman: George Grout.

Secretary/membership: Carol

Newman.

Publicity: Wayne Babcock.

Finance: Lorne Campbell.

House: Ron Needham.

Pro shop: Shelley Stunell.

Ladies captain: Kathy Bergman.

Men's cap-

tain: Brian Disney.

It was reported that due to a dreadful spring it had not been as good a year as last year with fewer golfers playing.

AWARDS NIGHT

The awards night banquet followed the AGM and was once again a joint event between the men and the ladies.

A lovely prime rib and chicken dinner was followed by the presentations.

Captain Ian Archer presented the trophies to the various men's champions.

Men's champion was Lorne Campbell and low net was Wayne Babcock.

Senior men's champion was Rusty Ellis and low net Peter Kenny.

Super senior men's champion was Eldy Gandy and low net was Terry Cowan.

Ladies captain Kathy Bergman presented trophies to our ladies champion Linda Klikach and low net Connie McGill.

FROM THE 19TH HOLE...

Hit the ball and when you find it, hit it again.

Don January

HALLOWEEN SCRAMBLE

October 30 was a wild and windy day but 32 golfers braved the elements to play an 18 hole scramble.

Quite a few were in costume for the event and first prize for best costumes went to Lorna Lyman and LaVerne Richard-

son.

The scramble was won by Merv and Roberta Oleksyn, Lynne Cameron and Doug Rae with 64.

Runners up with 67 were Rusty Ellis, Reni Ducich and Verne Bullock.

COMING EVENTS

Dec. 19: Breakfast with Santa

Dec. 27: Scramble and potluck dinner.



Breakfast with Santa

Sunday, Dec. 19

9 to 11 a.m.

Ages 9 & under: \$7.00

Ages 10 & up: \$11.95



Holiday closures:

December 23 to 30.

(Opens Dec. 31 at 4 p.m.)

New Year's Eve:

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(Set menu)

New Year's Day Breakfast Special:

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Area A Seniors' Housing Outreach Healthy Meal Program



Thank you to all the volunteers who are making our fifth year serving meals in the community such a joy.

Call Linda Curtiss (604) 883-2819 or Anky Drost (604) 883-0033.

Coastal memories

By Alan Moberg

I recall that in 1954 there was a bitter cold northwesterly gale that hung around for a week or so.

At that time it was common for many of the Pender Harbour gillnetters to fish out in the gulf at night and come in during the day.

When that gale came up, everybody made it back to the Harbour but Mervin Reid.

Mervin was our next door neighbour, the youngest son of Cedric and "Granny" Reid.

The weather was so severe that no one dared set out to look for him.

There was no Coast Guard then and Mervin carried very few supplies as the fishermen were home daily.

After no sign of him for days everyone thought he'd gone down.

I was outside our home when his father Cedric came by and asked, "Is your Daddy home?"

I said yes and he went in for a short time.

When he passed me on his way out he was sobbing. It was the first time I'd seen a grown man cry.

Not long after that, word reached us that Mervin was alive.

He had hung on the end of his net and drifted clear down to Friday Harbour in the U.S.

But it wasn't a warm welcome for the saved Pender Harbour boy.

The Americans fined him for faulty running lights and a lack of life jackets, among other things.

Cedric was forced to make the trip south to bring his son home but then, at the border, Cedric was detained.

He was a diabetic and U.S. Customs folks were suspicious that he might be a drug addict because of the



Alan Moberg photo collection

Cedric and Edwin Reid's float in Sinclair Bay circa 1956. The boats are Cedric's *Nancy R*, Edwin's *Alice R*, and Gerry Moberg's *Luard*. Tucked behind on the right is the *Lucky Lady IV* owned by George Huber. The clearing taking place to the right on shore was probably being done for Jimmy Reid's house to be built there.

hypodermic needles he carried for his insulin.

Somehow it was all straightened out and he was able to deliver Mervin back home to the Harbour.

For a young kid like me, it was

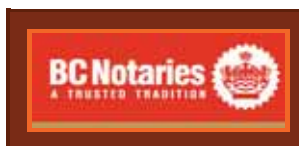
like seeing someone return from the dead.

If you have local memories of days past and would like to share them, please send to the Harbour Spiel: editor@harbourspiel.com.

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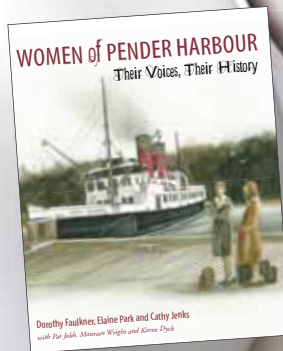
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'Tis the season to be jolly. Are you?

Compiled by

P. H. Health Centre nursing staff

For most, the holiday season is a fun time of the year filled with parties, celebrations, and social gatherings.

But for many, it can bring sadness, self-reflection, loneliness, and anxiety.

WHAT CAUSES THE HOLIDAY BLUES?

Sadness is a personal feeling.

What makes one person feel sad may not affect another person. Typical sources of holiday sadness include stress, fatigue, unrealistic expectations, overcommercialization, financial stress and the inability to be with one's family and friends.

Balancing the demands of shopping, parties, family obligations, and house guests may contribute to feelings of being overwhelmed and increased tension.

People who do not view themselves as depressed may develop stress responses, such as headaches, excessive drinking, overeating and insomnia.

TIPS FOR COPING WITH HOLIDAY STRESS AND DEPRESSION

- Make realistic expectations for the holiday season.
- Set realistic goals for yourself.
- Pace yourself. Do not take on more work than you can handle.
- Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
- If you are lonely, reach out and touch somebody.
- Try volunteering some of your time to help others.
- Limit your consumption of alcohol. Excessive drinking will only



increase your feelings of depression.

- Spend time with supportive and caring people.
- Reach out and make new friends, contact a long lost friend or relative.
- Make time for yourself.
- Let others share the responsibilities of holiday tasks.

IS REDUCED DAYLIGHT A FACTOR IN SEASONAL SADNESS?

Animals and people react to the changing season with changes in mood and behavior, especially when there is less sunlight.

Most people find they eat and sleep slightly more in wintertime and dislike the dark mornings and short days.

For some, symptoms are severe enough to disrupt their lives and cause

considerable distress. These people are suffering from seasonal affective disorder.

Research studies have that found phototherapy is effective in treating people that suffer from SAD.

Phototherapy is a treatment involving a few hours of exposure to intense light. The extra exposure to light seems to help minimize the symptoms of seasonal affective disorder.

Some supplements that may improve symptoms of SAD are omega 3 fatty acids, vitamin D and vitamin B complex.

Talking to someone can also be helpful. Youth and adult counsellors are available at the PHHC by appointment.

For more information on this topic or any health related issues call (604) 883-2764.



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• Piecemakers (quilters, 1st & 3rd Wed. 9:30 a.m.).....	883-9209
• Power & Sail Squadron (2nd Wed. Legion).....	883-0444
• Red Balloon Parent & Tot drop-in.....	885-5881
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-1350
• Royal Cdn Legion 112.....	883-2235
• Skookumchuck Heritage Society.....	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed.,1:30 p.m.)	883-2563
• Seniors' Housing Society (3rd Thur.).....	883-9883
• Serendipity Preschool	883-2316
• Suncoast Players	883-9277
• TOPS (Take Off Pounds Sensibly).....	883-3639
• VITAL First Aid and Safety Training Centre.....	885-0804
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-9313
• Women's Outreach Services.....	741-5246

ORGANIZATIONS

P. H. COMMUNITY CLUB: CHRISTMAS CONCERT AND LIGHT THE LIGHTS

Come out to the P. H. Community Hall on Sunday, Dec. 5 at 6 p.m. for the annual Christmas concert and "Light the Lights" ceremony. It's a free event hosted by the P. H. Community Club that will offer Christmas goodies and refreshments while you listen to live holiday music from a junior choir, an adult choir and a band.

S. C. HOSPICE SOCIETY: "LIGHTS OF LIFE"

This annual event begins with hospice volunteers who sit at a table in Sunnycrest Mall (Nov. 22 to Dec. 4) and Trail Bay Mall (Dec. 6 to 18). Anyone who wishes to remember a departed loved one can put their message on a card and give it to those volunteers. (Donations are accepted, but not mandatory.) Your card will be placed on a Christmas Tree and on Jan. 1, there will be a non-denominational ceremony at Snickett Park in Sechelt, where all the cards are burned on a small bonfire. For more information, visit the hospice website: www.coasthospice.com.

P.H. BRANCH, ST. MARY'S HOSPITAL AUXILIARY

The Pender Harbour Branch of the St. Mary's Hospital Auxiliary is now collecting donations for their annual "In Lieu of Christmas Cards" fundraising campaign.

Mail your donations to: Box 101, Madeira Park, B.C. Deadline is Dec. 10.

EGMONT THRIFT STORE

The Egmont Thrift Store is back in business and open every Wednesday and Saturday from noon until 3 p.m. The store is stocked with clothing, tools, and household items. When you walk in, you will sure to see something that you didn't know existed and become immediately convinced you cannot live another moment without it. Linda Baillie is also taking donations for the store.

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Harbour Spiel

Pender Harbour carol ships cruise to party: Dec. 17

Submitted

To continue the 45-year tradition set by Wilma and Bill Thompson, the Pender Harbour Power and Sail Squadron will host a Carol Ship Cruise around the Harbour on the evening of Friday, Dec. 17.

The squadron invites all boat owners in the community to participate whether squadron members or not. (Boats should be decorated with Christmas lights.)

START

Carol ships will meet at 6:30 p.m. off the Millennium Park Dock in Madeira Park.

The lead boat will be the Coast Guard auxiliary vessel *Iona C* and the cruise around the Harbour will be about an hour and a half in duration.

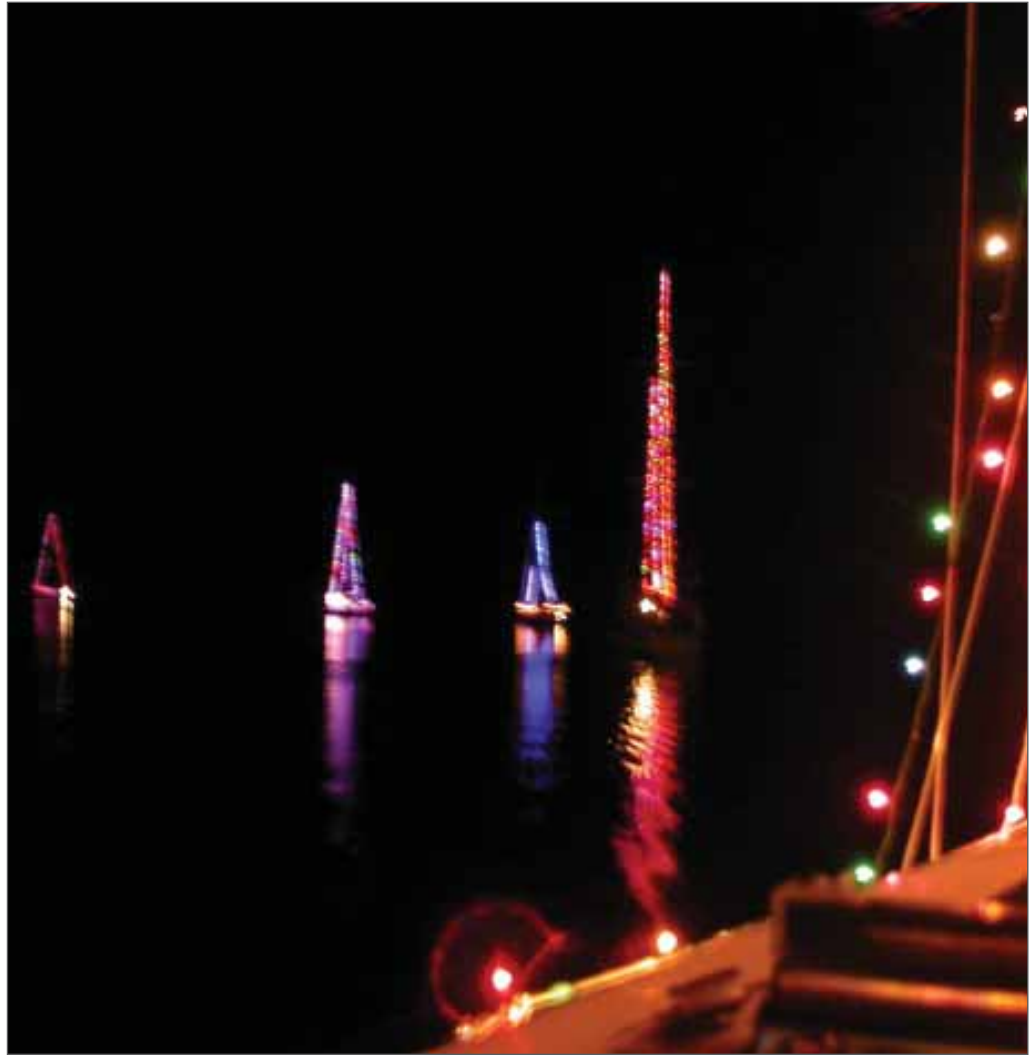
AFTER PARTY

All participants and their guests are invited to join squadron members for a potluck after-party (finger food only) in the Pender Harbour School of Music.

Beer, wine and soft drinks will be available at the cash bar as well as complimentary coffee and tea.

Please bring a dish of festive finger food to share.

Space will be available at the docks to accommodate the participat-



Linda Pearson photo

Last year's P. H. Power and Sail Squadron carol ship cruise on Dec. 18, 2009.

ing boats.

The Pender Harbour School of Music open at 6:30 p.m. for those wishing to view the start and finish of the cruise.

If you would like to participate, please advise Charlie Park (cpark@dccnet.com or (604) 883-0453) or Linda Pearson (djpearson@dccnet.com or (604) 883-9313).



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Wei Hsu: The first non-native Pender Harbourite (Part 5)



Vague recollections have persisted for many years that the first non-native person to live in Pender Harbour was Chinese.

Before Charlie Irvine landed here and lent his name to what become Irvines Landing, a family named Hsu arrived in 1873 and settled on a rocky outcrop guarding the western entrance to the Harbour.

The historic events depicted here are loosely based on the author's own imagination and should not be interpreted as fact — unless it suits the reader to do so.

By Anne Crocker

Part V: (Continued from Nov. 2010)

It isn't known what words were exchanged on that fall day in 1873 but it is known that Wei Hsu and his Indian rescuer Qwuní spoke little English.

Wei Hsu could speak a little of his wife's Nlak'pamux tongue and was fluent in the Chinook trading jargon used throughout the coast.

But Qwuní wouldn't have had much exposure to outsiders and wasn't as familiar with Chinook.

As Qwuní struggled to understand the strange little man who now threatened to destroy his cedar canoe by excitedly dragging it up the barnacled rocks, he managed to pick out a few words.

"Klootch'man. Ten'as. Yáh-wa."

"Woman. Child. That way."

While her husband was off combing the beaches for materials to build a makeshift boat for their return to New Westminster, Lucy remained near their camp and quietly prepared to winter in the bay near where they were put ashore the week before.

She was resigned to the fact that, even if they were rescued soon, they were running out of time to get settled elsewhere and store enough food before winter set in.

She had plenty of flour but not much else.

With this in mind, she and daughter Mary busied themselves foraging for berries and bulbs for preserving.

It's been said that after a particularly sweaty

afternoon of digging camas bulbs and fending off mosquitoes, she and Lucy heaved their full baskets on their backs and set back on the trail they'd worn through the salal during the past five days.

Mary, always eager to run ahead, bolted upon seeing the light of the beachside camp through the forest. As she quickened her pace to catch up, Lucy heard her daughter shriek. Fearing a cougar, Lucy dropped her basket and broke into a run.

She reached the camp with a large stick in hand to find Lucy sobbing in her beaming father's arms. Beside them was an Indian man bearing the tell-tale scarring of a fight with the white man's disease.

"Kla-how'-ya," said Qwuní.



Wei Hsu, 1861.

Qwuní found he could communicate more easily with Lucy than Wei Hsu. After curiously questioning her about their predicament, he easily convinced the couple to return with him. It was late in the evening by the time Wei Hsu and Qwuní had delivered the last of their belongings back to his small island homestead and by then

Lucy had prepared a huge meal of Qwuní's smoked salmon, biscuits and fresh camas bulbs that were boiled and mashed and topped with salal berries.

Though still without a home and sleeping on a stranger's floor, both parents slept deeply for the first time in a week.

Lucy persuaded Wei Hsu that they should stay in Pender Harbour for the winter. At Qwuní's suggestion, the family took over a cabin that sat in a sheltered bay on the north side of the harbour within sight of Qwuní's island home.

The shack was once a temporary shelter for native fishermen or those keeping lookout at the har-

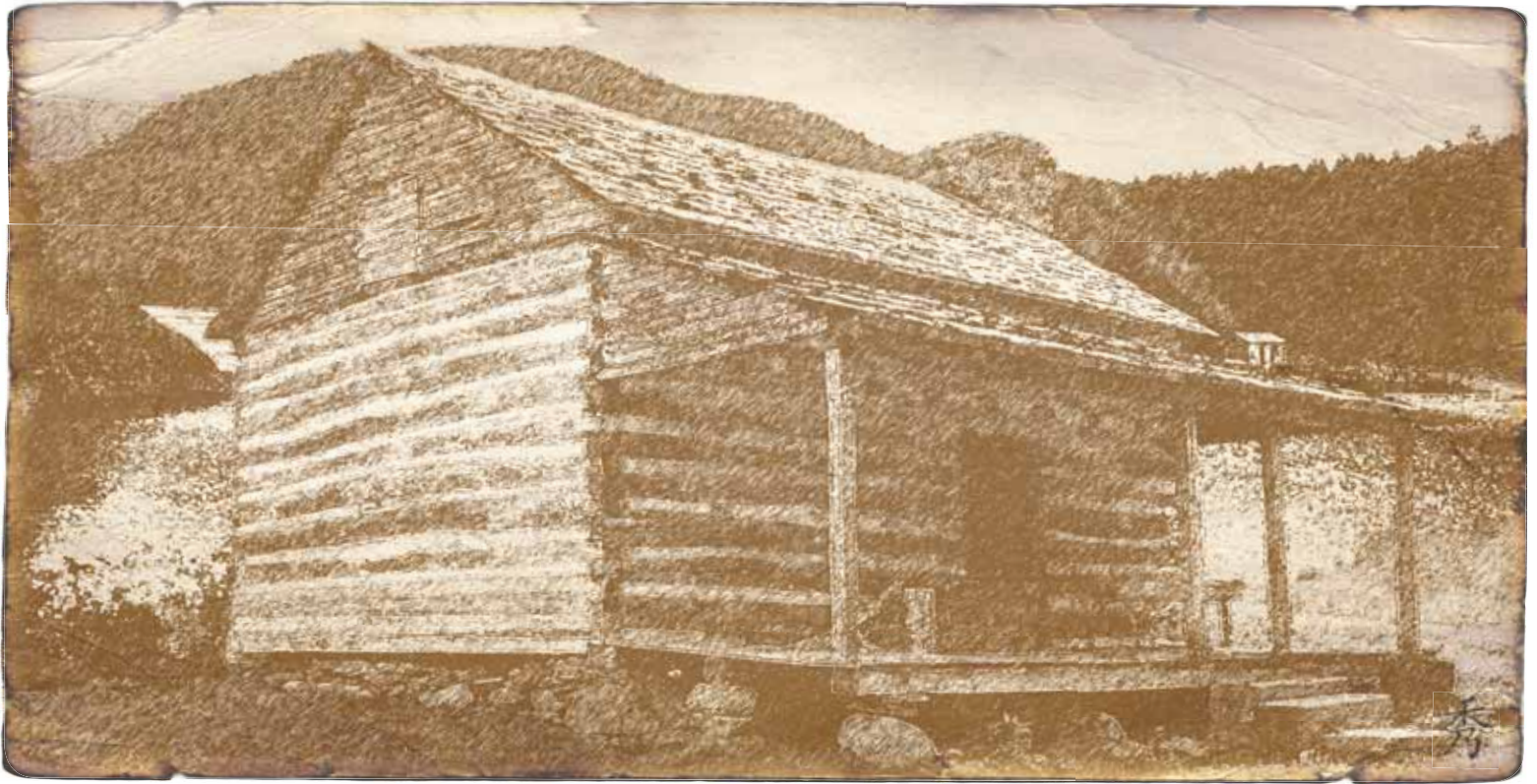


Image courtesy of Hsu family archives

Lucy (Xiu Xiu) Hsu made this sketch of their new home, an abandoned Shishalh shelter at present-day Irvines Landing, in 1873.

bour entrance.

It had been neglected for many years but the surrounding grounds were cleared and well-trodden. Trails led from the middened beach to nearby lakes where Qwuní and others had long fetched fresh water or foraged for food.

Lucy wasted no time in stockpiling the last of the season's berries. While his wife and daughter were off gathering food, Wei Hsu did the same, leaving at dawn with Qwuní and his nearest neighbour, Smqáma, to fish chum salmon.

The two native men showed Wei Hsu their old village site at Séxwámin. With only a few Shishalh remaining, many of the massive buildings sat empty and rotting, and Qwuní and Smqáma insisted Wei Hsu salvage whatever lumber he needed to rebuild the cabin.

In a few weeks, they'd almost completely rebuilt their new home.

As the days grew shorter, the family exhausted themselves preparing for winter. Each day Lucy and Mary would return to their home loaded with whatever the forest offered up and worked until dark

preparing the day's salmon for drying.

Their new friends were happy to have a distraction from their recent tragedies and offered more help than the couple felt comfortable accepting.

Throughout this busy time Mary thrived as the centre of adult attention. Smqáma and his wife, Inix, had lost their children to smallpox and like Qwuní were of the few lonely Shishalh who chose to remain in their ancestral home. Smqáma and Inix adored Mary and offered to watch her whenever needed.

Wei Hsu was happy too. He knew his wife had never liked the hectic confines of New Westminster but she seemed in her element here. She and Inix got along well and were soon meeting each morning to share their day's work.

At Chinese New Year, the family hosted their new friends to the first dinner in their cramped new home. Grouse and goose replaced the traditional feast of chicken and pork.

"Máh-sie," repeated Wei Hsu throughout the evening.

"Thank you."

(Continued next month)

BC Bestsellers:

(For the week of Nov. 21)

1. **Everything Works** by Mike McCardell
2. **Adventures in Solitude** by Grant Lawrence
3. **Vij's at Home** by Meeru Dhalwala & Vikram Vij
4. **Quinoa 365** by Patricia Green & Carolyn Hemming
5. **And to Think I Got in Free!** by Jim Taylor
6. **Voices of British Columbia** by Robert Budd
7. **The Zero-Mile Diet** by Carolyn Herriot
8. **A Walk with the Rainy Sisters** by Stephen Hume
9. **The Legacy** by David Suzuki
10. **Chocolate Wars** by Deborah Cadbury

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Keith Shaw photo

By Theresa Kishkan

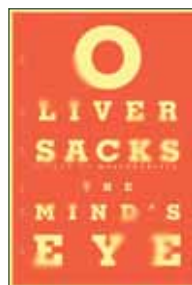
With Christmas approaching, I thought I'd visit my favourite Coast bookstores, Talewind Books in Sechelt and Bluewaters Books in Madeira Park, to see what's new and what might work for those on my gift list this season. It was a pleasure to talk to Bev Shaw and Dale Jackson. Their enthusiasm for books is infectious.



For those who like to cook, there are so many cookbooks to choose from. I like the new offering from Vikram Vij and Meeru Dhalwala — *Vij's at Home: Relax, Honey* (Douglas & McIntyre, 2010). It's a worthy successor to Vij's first book of recipes inspired by his iconic restaurant in Vancouver.



And speaking of iconic, Nigella Lawson has just released *Kitchen: Recipes from the Heart of the Home* (Knopf, 2010). Around *My French Table: More than 300 Recipes From My Home to Yours* by Dorie Greenspan (Houghton Mifflin, 2010) also caught my eye. Beautifully illustrated, it's full of glorious versions of classical French dishes.



Oliver Sacks is renowned for his books on strange neurological disorders. He brings wit and erudition to his subject.

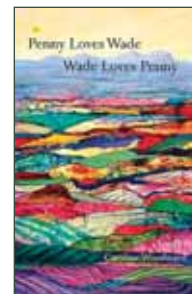
His new book,

The Mind's Eye (Knopf, 2010), is a perfect example of his easygoing style. The book looks at visual problems and Sacks' own ocular cancer becomes the subject of one unforgettable chapter.

There's lots to recommend among recent fiction offerings. Prize lists — the Giller, the Governor General's Awards — are obvious places to start but why not try something just as good but off the beaten track?



Christian Petersen's collection of stories set in the Cariboo-Chilcotin, *All Those Drawn To Me* (Caitlin, 2010), is wonderful. The stories braid together strands of history with astute observations of landscape.



Caroline Woodward's novel, *Penny Loves Wade, Wade Loves Penny* (Oolichan, 2010), is a sparkling modern version of the Odyssey; its Ithaca is a Peace River ranch and its wandering hero a long-distance truck driver.

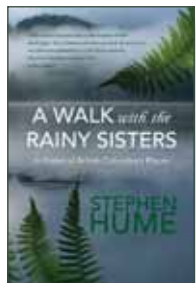


For the young reader who wants to save the world, *The Green Teen: The Eco-friendly Teen's Guide to Saving the Planet* (New Society, 2010), by Jenn Savedge offers practical and visionary advice. I'd also recommend Avi Friedman's *A Place in Mind: the Search for Authenticity* (Vehicule Press, 2010). Friedman searches the world for communities small and large where people congregate and feel comfortable.

at your local bookstore



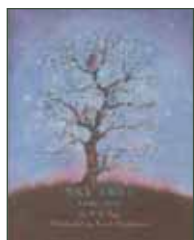
The Book of Awesome (Putnam's, 2010), by Neil Pasricha, is a quirky celebration of snowy days, bakery air, finding money in your pocket, and other simple brilliant things.



And with *A Walk with the Rainy Sisters* (Harbour Publishing, 2010), popular Vancouver Sun writer Stephen Hume takes the reader to favourite places on his beloved West Coast, describing the weather and

ambience so perfectly that you taste the salt and wipe the mist from your glasses as you close the book.

My youngest child is 25 but this doesn't prevent me from gravitating to picture books and buying the ones that catch my attention.



I love the late P.K. Page's *The Sky Tree: A Trilogy of Fables* (Oolichan, 2009), beautifully illustrated by Kristi Bridgeman. *The Cat's Pajamas* (Kids Can Press, 2010), by

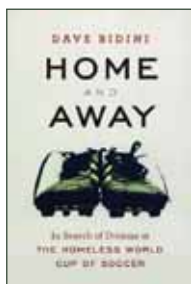
Wallace Edwards, is stunning. So is *The Boy In The Moon* (Sleeping Bear Press, 2010) by James Christopher Carroll. The illustrations and text are a perfect pairing. Locavores will appreciate *Fishing with Gubby* (Harbour Publishing, 2010), a fishing tale by Gary Kent with lively pictures by Kim LaFave.

Families who like to read together might enjoy a retelling of Shakespeare's *A Midsummer Night's Dream* (Sterling Publishing, 2009) by Adam McKeown with fanciful illus-

trations by Antonio Javier Capard. This particular story has something for everyone: magic, love, comedy, and fantasy.



Another gift idea for families is *Insectopedia* (Pantheon, 2010) by Hugh Raffles. The author tells brief stories about thousands of insects, gracefully moving from natural and cultural history to philosophy to economic theory. This is a book to immerse yourself in, emerging richer and wiser.



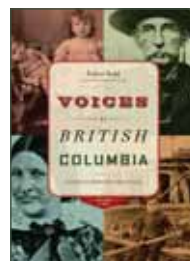
A sports book with a conscience is the Rheostatics' founding member Dave Bidini's *Home and Away: In Search of Dreams at the Homeless World Cup of Soccer* (Greystone Books, 2010).



Speaking of conscience, I've heard Romeo Dallaire talking about his new book, *They Fight Like Soldiers, They Die Like Children* (Random House, 2010), and intend to read this

analysis of the plight of the world's child soldiers.

My own personal list (I hope you're reading this, Santa) includes two titles. The first is *Ladies of the Field: Early Women Archaeologists and their Search for Adventure* (Greystone Books, 2010) by Amanda Adams. With chapters on Gertrude Bell and Dorothy Garrod (their own books on their work in the Levant are mesmerizing) and even a chapter on Agatha Christie ("Archaeology's Great Detective"), it promises to be fascinating.



I was also thrilled to see Robert Budd's *Voices of British Columbia: Stories from our Frontier* (Douglas & McIntyre, 2010), based on the extraor-

inary sound recordings of Imbert Orchard. Readers familiar with the Provincial Archives' Sound Heritage series, published from the early 1970s until 1983, will recognize Orchard's name. This book comes with three CDs of the original recordings and I can't wait to listen to the voices of our collective past.

Chestnuts roasting on an open fire, books under the tree — let the season begin!

Time flies like an arrow, fruit flies like a banana. (Groucho Marx)



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The year that was last year that was 2010

By Shane McCune



Gleaned from the headlines of 2010, these questions will separate those who were paying attention from those who threw up their hands in apathetic disgust.

1. Smoke from Iceland's Eyjafjallajökull volcano grounded airplanes in Europe for two weeks in April. The eruption was not declared officially over until October because:

- a) The debt-ridden government kept threatening to relight the volcano if British banks didn't back off.
- b) That's how long it took for snow on the glacier to stop melting.
- c) That's how long it took to find an announcer who could say "Eyjafjallajökull." (Letterman says the correct pronunciation is, "Hey, ya forgot your yogurt.")



2. By the time he announced his resignation, Premier Gordon Campbell had the support of what percentage of voters?

- a) 19%
- b) 9%
- c) 0.19% (Oops . . . must be a leftover from the 2003 quiz. — Ed.)

3. Following the premier's announcement that he was stepping down, the cabinet postponed indefinitely:

- a) Plans to rename Burns Bog "Lake Campbell."
- b) A 15-per-cent tax cut.
- c) Funding for the Area A bus.

4. What is NOT among Campbell's possible career moves?

- a) Corporate director.
- b) Inspirational speaker.
- c) Finalist on "So You Think You Can Spit."



CP photo/Maui Police-HO)

5. On Jan. 28 Steve Jobs unveiled the latest gadget from Apple, the:

- a) iPen
- b) iPad
- c) iDunno

6. Australian Stephen Duckett was fired from his \$700,000-plus job as head of Alberta Health Services after he answered questions about health care by saying:

- a) "Boit me cookie, Sheila!"
- b) "I'm eating my cookie. Can't you see I'm eating my cookie?"
- c) "Cookie, cookie, cookie start with C!"



7. A filthy, rusty vessel docked at the Esquimalt naval base in August. Who was on board?

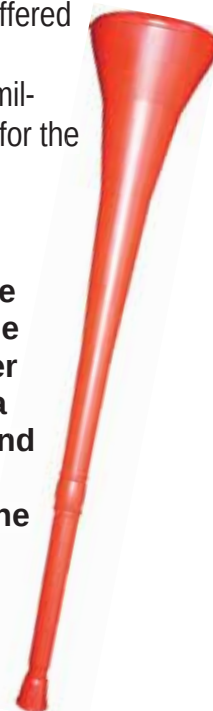
- a) Almost 4,000 unhappy Carnival cruise customers.
- b) Almost 500 miserable Sri Lankan refugees.
- c) Two crew members, a millionaire and his wife, a movie star, the professor and Mary Ann.

8. "Vuvuzela" became a buzzword in 2010 when:

- a) Vuvuzela president Hugo Chavez suffered a setback in September elections.
- b) A trumpet-shaped noisemaker sent millions of World Cup soccer fans lunging for the TV mute button.
- c) Britney Spears stepped out of a taxi.

9. P.E.I. provincial court Chief Judge John Douglas acquitted Chris Doyle of assault causing bodily harm after the junior hockey player punched a door that hit a woman in the face and broke her nose. But the judge said he would have convicted Doyle if the charge was:

- a) Unsportsmanlike conduct.
- b) Being a colossal asshole.
- c) Boarding.



10. Which extravaganza cost \$878 million?

- a) Security at the G8 and G20 summits.
- b) Security at the Winter Olympics.
- c) Refurbishing the pool at PHSS.



11. Canada set a record at the 2010 Winter Games for:

- a) Mittens of red.
- b) Medals of gold.
- c) Bottles of Blue.

12. Did Area A director Eric Graham support keeping the landfill open?

- a) No.
- b) Well, yes and no.
- c) Yes.

13. According to an unscientific poll, what did Pender Harbourites want the SCRD board to do with the landfill?

- a) Seal it under 20 feet of concrete and never speak of it again.
- b) Keep it in use so long as it was not causing pollution.
- c) Hop in it.

Answers: For the preceding questions the correct answer is always "b."

OUR FRIENDS TO THE SOUTH:

1. According to a New York Times/CBS News poll, 11 per cent of Americans think it's OK for gays and lesbians to serve openly in the military as long as they are not:

- a) In command.
- b) In drag.
- c) Homosexuals.



2. Which is not a quote from Tea Party-backed senatorial candidate Christine O'Donnell?

- a) "I am not a witch."
- b) "It is not enough to be abstinent with other people, you also have to be abstinent alone."
- c) "I have the brain of an Irish setter."

3. Which is not a quote or Tweet from Sarah Palin?

- a) "I didn't really had a good answer, as so often — is me."
- b) "I want to help clean up the state that is so sorry today of journalism. And I have a communications degree."
- c) "I have the brain of an Irish setter."



4. According to the editors of the Oxford English Dictionary, what was the Word of the Year for 2010?

- a) Irregardless.
- b) Misunderestimate.
- c) Refudiate.

5. Tea Party marchers opposed to affordable universal health care routinely carried signs describing U.S. President Barack Obama as:

- a) A Nazi.
- b) A Communist.
- c) A Nazi Communist Kenyan Muslim without a valid U.S. birth certificate.

6. Which slogan has not been used by an "Obamacare" opponent?

- a) "Bury Obamacare with Kennedy."
- b) "Keep your government hands off my Medicare."
- c) "It's my right to go bankrupt if I get cancer."

Answers: For the preceding questions the correct answer is always "c."



Calendar listings are provided free of charge by the Harbour Spiel. Send information to editor@harbourspiel.com by the 15th of the month.

DECEMBER

- Sun. Dec. 5.....Family Christmas Santa Swim - P. H. Aquatic Centre, 1-5 p.m.
Sun. Dec. 5.....Sunday Jam with Larrie Cook - Garden Bay Pub, 2 p.m.
Sun. Dec 5.....Christmas concert & Light the Lights – P. H. Community Hall, 6 p.m.
Mon. Dec. 6.....P. H. Food Bank pickup - P. H. Community Church, Noon
Fri. Dec. 10.....MPES Christmas pancake breakfast
Sat, Dec. 11.....Book signing: Kim La Fave (*Fishing with Gubby*) - Bluewaters Books, 1-3 p.m.
Sat. Dec. 11.....Pizza & Poetry - Egmont Community Hall, 2-4 p.m.
Sun. Dec. 12.....Sunday Jam with Joe Stanton - Garden Bay Pub, 2 p.m.
Thurs. Dec. 16.....MPES Christmas concert
Fri. Dec. 17.....Annual Christmas dinner - Egmont Community Hall, 6 p.m.
Fri. Dec. 17.....P. H. Power Squadron Carol Ship Cruise - Millennium Park, 6:30 p.m.
Fri, Dec. 17.....P. H. Legion AGM & election of officers - P. H. Legion #112, 11 a.m.
Sat. Dec.18.....P. H. Legion turkey & ham meat draw - P. H. Legion #112, 3 p.m.
Sun. Dec. 19.....P. H. Golf Club breakfast with santa - P. H. Golf Club, 9 to 11 a.m.
Sun. Dec. 19.....Sunday Jam with Gaetan - Garden Bay Pub, 2 p.m.
Mon. Dec. 20.....P. H. Food Bank pickup - P. H. Community Church, Noon
Sun. Dec. 26.....Boxing Day rendezvous - Garden Bay Pub
Sat. Dec. 30.....Introduction to Forest Mushrooms workshop - Iris Griffith Centre, 10 a.m.
Sun. Dec. 31.....New Year's Eve at the Grasshopper Pub

FERRY DEPARTURES

Effective to March 31, 2011*

Crossing time: Langdale 40 min./Earl's Cove 50 min. Ticket sales end 10 min. before sailing for foot passengers, 5 min. before for vehicles. See www.bcferrries.com for information on added sailings during peak periods.



Langdale

- ♥ 6:20 a.m.
- 8:20 a.m.
- 10:20 a.m.
- 12:20 p.m.
- 2:30 p.m.
- 4:30 p.m.
- 6:30 p.m.
- 8:20 p.m.

Horseshoe Bay

- ♥ 7:20 a.m.
- 9:20 a.m.
- 11:20 a.m.
- 1:20 p.m.
- 3:30 p.m.
- 5:30 p.m.
- 7:25 p.m.
- 9:15 p.m.

Earl's Cove

- ♦ 6:30 a.m.
- 8:25 a.m.
- 10:25 p.m.
- 12:20 p.m.
- 4:25 p.m.
- 6:25 p.m.
- 8:20 p.m.
- 10:05 p.m.

Saltery Bay

- ♦ 5:35 a.m.
- 7:25 a.m.
- 9:25 a.m.
- 11:20 a.m.
- 3:20 a.m.
- 5:25 p.m.
- 7:20 p.m.
- 9:15 p.m.

*There is an alternate schedule for the Earls Cove ferry on the following dates:
Oct. 8, 11, Dec. 24, 27 & 28.

♥ Daily except Dec. 25 & Jan. 1.

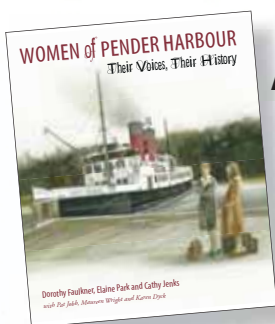
♦ Daily except Sun and Dec. 25 & Jan. 1.

Deep Thoughts . . .

“I bet a funny thing about driving a car off a cliff is, while you’re in midair, you still hit those brakes.”

— Jack Handey





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MONDAY NIGHT FOOTBALL: Two piece Halibut and Chips — 9.95

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WEDNESDAY NIGHTS: ½ bottle of wine specials \$6 lb of chicken wings (dine-in only)

THURSDAYS: Masala Madness — Authentic Indian Cuisine

FRIDAYS: Prime Rib

SATURDAYS: Famous Grasshopper Ribs

ALL CANUCKS' GAMES:

Cheeseburger, fries and a bottle of Bud Light — \$9.95

COLD BEER AND WINE:

Chilled Kokanee and Budweiser
(24 cans at gov't. liquor store price)

DINE, DANCE, STAY THE NIGHT

Seasonal room rates starting at \$49



Oak Tree Market

883~2411



Now stocking:
LADY BUG
organic BC apple juice

Triple B's Burgers
883-9655

Harbour Pizza
883-2543

Warmest Wishes



We wish everyone the best of the Holiday Season and extend our sincere thanks to all our loyal customers. The New Year ushers in our new partnership as a team - to bring you our combined 50+ years of proven real estate success and experience. Let our solid track record and in-depth understanding of the local real estate market work for you!

~ Bill and Teresa ~

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GARDEN BAY PUB

OPEN DAILY AT 11... (604)883-2674

Merry Christmas and Happy New Year!

~ Ron, Marita and staff of the Garden Bay Pub

Live Music Sundays @ 2 pm

DEC. 5: Larrie Cook and the Bluesmasters
DEC. 12: Joe Stanton
DEC. 19: Gaetan and the French Connection
DEC. 26: Boxing Day Rendezvous

Pub Specials

FRIDAY: Meat Draws - Proceeds to P.H. Blues Society
SATURDAY: Prime Rib
SUNDAY: Eggs Benny

