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HARBOUR SPIEL

SEPTEMBER 2011
Issue 249

The Stewarts go to Africa (story p. 28)

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The Independent Voice of Pender Harbour & Egmont since 1990.

The Harbour Spiel is 100 per cent locally owned and operated, published without the assistance of government grants.

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Editor

Brian Lee

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Contributors

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

Cover photo: One of the less affectionate locals the Stewart family met in Kenya's Nairobi National Park. (Alan Stewart)

Advertising:

Please reserve by the 15th of the month prior to publication. Advertisers make publication of the Harbour Spiel possible — please say thank you, and support our community, by supporting them.

Collections:



"If you see me comin', it's already too late."

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EDITORIAL

No country for single men (or women).



By Brian Lee

As summer ebbs and Madeira parking stalls return to their rightful owners, the shift in pace brings welcome relief for most.

Squinting ahead, we can almost make out normalcy, picking its way back along the highway through the southbound train of boat trailers and minivans.

Who doesn't enjoy this time of year?

Single people, that's who.

Labour Day sets into play a predictable panic for anyone facing the unenviable prospect of spending a Pender Harbour winter alone.

Like squirrels throttling up their already hyperactive pine cone hoarding, mate-less locals anxiously plot ways in which to avoid a prolonged celibacy.

It will come as no surprise that the romantic prospects available here are far more abundant in summer than winter.

I've faced down our off-season solo many times and can offer a bit of advice to those lucky enough to already have a steady:

Go out and buy him or her some flowers, because the grass on the other side of this mountain is brown.

Actually, there's no grass at all — just dirt.

The spring that started out so promising with fresh faces arriving by the ferryload and days spent frolicking together at the lake slips away before you can stammer, "Do you wanna be my girlf...?"

And, though mine is a male perspective, I've been told that it's just as daunting — and possibly even more so

— for the wintering female.

And if you're gay, forget it.

It's not that there aren't other singles out there as eager to hook up as you are, it's just that in a small town like this there's not a lot of choice.

Or you (and your immediate circle of friends) have already been there.

By late-August, the prospect looms of a winter spent in the pub with the same seven people as last year.

So, like the squirrel, you double your efforts — it's do or die.

You chase down all the leads you passed up in July when romance seemed like a smorgasboard.

It's the bottom of the ninth and you're looking for a Hail Mary buzzer-beater.

But your prey picks up on mixed metaphors and becomes wary.

Call it "squeezing the trigger too tight" or the "unattractive odour of desperation," but there's a point where, even if you meet someone suitably toothed and showered, it's too late.

By Jazz Fest, that easygoing demeanor that was there when you had the whole summer of possibilities ahead is gone.

It's as if your pheromones have been poisoned, or at least diluted, by the pressure.

The resulting anxiety works to paralyze any remaining opportunity.

Words are fumbled, jokes fall flat — the gazelles scatter.

Sadly, there can be but one outcome for this hunter.

Here you go again.



It ain't real if it's not in the Spiel.

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SPIEL PICKS

BACK TO SCHOOL - SEPT. 6

Buses and little backpacked obstacles will be out on the roads starting Sept. 6. Call the Madeira Park Elementary School at (604) 883-2373 or the Pender Harbour Secondary School at (604) 883-2727 for more information.

PENDER HARBOUR AQUATIC AND FITNESS CENTRE OPENS - SEPT. 12

Registration for programs begins Sept. 12. Pender Harbour Seals Swim Club season registration starts.

15TH ANNUAL PENDER HARBOUR JAZZ FESTIVAL - SEPT. 16-18

An unparalleled backdrop coupled with a broad variety of styles and performers make the annual Pender Harbour Jazz Festival one of BC's most popular. There's something for everyone with free and ticketed performances throughout Pender Harbour for three days in mid-September.

11TH ANNUAL PENDER HARBOUR FALL FAIRE - OCT. 1

Remember, as soon as the calendar flips at the end of this month — it's Fall Faire time. Pender Harbour Fall Faire is the biggest little festival of the year marking the winding down of the busy summer season.

PHOTOJOURNAL



Bonnie Brown photo

Eldy Gandy stands beside a day's catch at Harrison's Cove in Barkley Sound. Gandy brought in the biggest salmon for the day with a 26-pound spring.

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Local business owners off to help Hollywood moms peek in

Owners of locally based Peekinz Baby have been invited to schmooz in Hollywood on Sept. 16 and 17.

Sisters Melanie Ewen, Theresa Vader and Dina Girard will take part in a pre-Emmy award show event called the Boom Boom Room in which they'll get a chance to show off their product to celebrity parents.

Only 30 companies receive an invite to attend the exclusive event organized annually by the "baby lady of Hollywood," Jayneoni Moore.

The intimate event not only brings A-list celebrities like Victoria Beckham, Halle Berry and Nicole Kidman but retail industry players — and the media that follow them.

It's a surprising boost for a company started just over a year ago by three moms looking for an alternative to a common but onerous task.

With nine kids among them, they wanted an easier way to make diaper checks on kids wearing the essential onesie or one-piece body suit, without stripping them down.

"So we incorporated a pocket into the back of the onesie and just took it from there," says Girard.

"We got some really positive feedback from it so we thought we'd take it a little further."

They set to work designing an entire line of infant wear with the elasticized pocket on the behind allowing for a quick peek-in.

Now a manufacturer in Vancouver produces the line which is sold through various retail locations and online boutiques.

With little retail experience, they've undergone a steep learning curve and the sisters say they intend to grow their company slowly.

After their trip to Hollywood, that plan may need revising.



Dina Girard and Melanie Ewen show off their Peekinz line of infant wear while the inspiration for their design clamber on the adventure playground behind them. (Missing: sister/partner Theresa Vader.)

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Rotary Youth Exchange sends and receives

As one local girl leaves on a Rotary exchange trip, another arrives.

On Aug. 4 Brianna Milligan left for Stockholm, Sweden where she will spend the next year as a Rotary Youth Exchange student, splitting the year between two host families.

The 16-year-old has already started school and maintains an online blog to keep in touch with folks back home.

The following is an excerpt from her Aug. 20 post:

"I am finally home from language camp in Fristad. There were seven people from Canada, 29 from the US, six from France, three from Japan, two from Taiwan, two from Brazil, one from Austria and one from Italy.

"I made many new friends and had a lot of laughs. Each country/state had to do a skit for the talent show in front of the Boras Rotary Club.

"Canada decided to do a skit based on the stereotypes we have. We all dressed up as either snowboarders, hockey players, hunters or lumberjacks and said 'eh' a lot.

"Many people have asked if we ride dog sleds to school, are afraid of the dark or live in igloos. I personally have no idea where they thought of that, but we incorporated it into our skit."

While Milligan is in Sweden, her parents are hosting another exchange student.

Also 16, Poya Liu, travelled from Taipei, Taiwan and will start classes at Pender Harbour Secondary School this month.

Over 8,000 students from 80 countries take part in the program annually and costs are kept low for families thanks to volunteer efforts by club members.

The youth exchange program is administered locally by the Pender Harbour Rotary Club.



Brianna Milligan photo

Brianna Milligan (middle) poses with two out-going exchange students in Stockholm, Sweden.



photo submitted

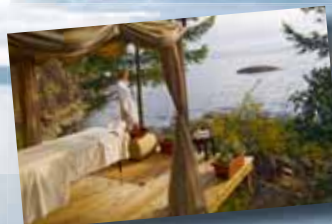
Poya Liu at Taiwan's Yangming Mountain. Liu will be living with the Milligan family while attending Pender Harbour Secondary School this coming school year.

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Pender ball players make good at provincial championships

A summer travelling down to play baseball in Gibsons has paid off for two Pender Harbour boys.

Logan Nuttall and Jordan Kammerle's Gibsons Dodgers peewee all-star baseball team won the single A provincial championships in Burnaby on July 31.

After being selected to play on the Dodgers, they practiced or played games five nights a week for five weeks.

On July 28, the team entered the single-A provincial pee wee championship tournament in Burnaby with a record of 9-0.

A double header on the first day pitted the team against Duncan and Richmond.

Both went down swinging.

Over the next two days Ridge Meadows and Cloverdale suffered a similar fate at the bats of the Dodgers who advanced to the semi-finals.

They were up against perennial baseball titans Surrey.

Nuttall's strength on the mound and Kammerle's fearless backstopping sent the Surrey kids packing with a score of 12-5 and the Dodgers into the championship game with Aldergrove.

By the seventh and final inning, things were tight.

Down by one run in the bottom



Kelly Kammerle photo

Jordan Kammerle and Logan Nuttall displaying the medals from the recent provincial single A baseball championships in Burnaby.

of the seventh, the Dodgers tied it up to force an extra inning.

There they again found themselves down by one and with two out, things didn't look good.

But a quick rally scored two runs and suddenly the Dodgers were provincial champions, ending the season with a perfect 15-0 record.



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photo submitted

Local hospice and palliative care volunteers recently completed a 30-hour/eight-week training program provided by the Sunshine Coast Hospice Society. I-r: Kathy Bergman, Wendy Haddock, Brenda Barr, Monica Cuppen, Sharon Halford, Caron Hawrychuk, Sharon Crawford, Krist Mauer. (Missing: Angela Wiens). The Sunshine Coast Hospice Society and the Pender Harbour Health Centre partner in providing a grief support group for those mourning the loss of a loved one.

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**Egmont,
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& Halfmoon Bay
Accommodation
Guide**



Earl's Cove
Egmont
Irvines Landing
Garden Bay
Madeira Park
Secret Cove
Redrooffs Road

Strings the focus of P. H. Chamber Music Festival's seventh year

By Rosemary Bonderud

On Aug. 19 the sold-out seventh annual Pender Harbour Chamber Music Festival opened with Beethoven's bold and dramatic "Serioso" quartet played masterfully by the UBC-based Borealis String Quartet.

Guitarist Daniel Bolshoy and the quartet then swept the audience away with a sparkling 1950 quintet by Mario Castelnuovo-Tedesco.

They were joined by a surprise guest, dancer Karen Pitkethly, who sent sparks flying with a sensuous fandango.

James Ehnes, proud Canadian and internationally recognized violin superstar, received a warm welcome as he began the first of his festival performances with a breathtaking sonata by Eugene Ysaÿe.

The evening finished with a masterwork by Sergei Prokofiev that clearly demonstrated the elegant communication between Ehnes and pianist Alexander Tselyakov.

Saturdays at the Chamber Music Festival always provide a surfeit of riches: two concerts in one day.

The afternoon program reunited Ehnes and Tselyakov playing contrasting works by Edvard Grieg and Alfred Schnittke.

Grieg's stirring sonata for violin and piano No. 3 in C minor highlighted the composer's much-loved melodic references to Norwegian folk traditions while Schnittke's Suite in the Old Style was more playful.

After the intermission, the Borealis String Quartet and rising star cellist Emmanuelle Bergeron brought strength and grace to the emotionally towering music of the iconic String Quintet in C major by Schubert.

From its inception, the Pender



Edmund Arceo photo

James Ehnes (violin) and Alexander Tselyakov (piano).

Harbour Chamber Music Festival made a commitment to offer the work of contemporary composers.

Saturday evening's program began with "I sleep and my soul awakens," a composition by Clark Winslow Ross played by Daniel Bolshoy and the Borealis String Quartet.

The quartet then moved to an intensely felt string quartet by Mendelssohn which was written following the death of his beloved sister.

Next, the obvious joyfulness which Ehnes, Bergeron, and Tselyakov brought to the famous Gypsy Trio by Haydn was a most effective balance to the pathos of the earlier Mendelssohn piece.

Returning for the final offering of the evening, Ehnes, Bergeron and Tselyakov soared through a demanding piano trio by Dmitry Shostakovich.

On Sunday afternoon Bergeron and Bolshoy brought their intense musicality to an unusual work by Franz Schubert.

Originally written for a now archaic instrument called the arpeggione and usually played by cello

and piano, the audience was delighted by the sound of the guitar in place of the piano.

Next, Bolshoy and Ehnes were breathtaking in their presentation of a technically challenging work of Nicolò Paganini, followed by sparks and fire from the Borealis String Quartet in their offering of Ashes by contemporary Canadian composer Kelly-Marie Murphy.

Finally, Ehnes, the Borealis String Quartet and Tselyakov gift-wrapped a stunning concerto by Chausson as their parting offering to a highly appreciative audience.

The applause seemed to go on and on.

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The Big Love: Life and Death with Bill Evans

By Brian Lee

Laurie Verchomin was 22 when she met Bill Evans in 1979 at an Edmonton concert that she helped organize.

He invited her to stay with him in New York and after a brief courtship writing letters, she did.

Evans was a seriously ill intravenous drug user at the time and both were keenly aware that he was dying.

He was also a jazz icon.

During his lifetime, Evans recorded over 50 albums, received 31 Grammy nominations and won five Grammy awards.

In 1994 Evans was posthumously awarded the Grammy Lifetime Achievement Award by the National Academy of Recording Arts and Sciences.

His contribution to jazz runs deep.

Music critic Richard S. Ginell noted, "With the passage of time, Bill Evans has become an entire school unto himself for pianists and a singular mood unto himself for listeners. There is no more influential jazz-oriented pianist."

One of his most notable record-

ings was as pianist on Miles Davis' 1959 album, *Kind of Blue*.

Kind of Blue is reputed to be the best-selling jazz album of all time and regarded by many critics as the greatest.

Since Evans' death in September 1980, more than 50 tribute albums have been recorded as a testament to his legacy.

One of his most famous compositions, "Laurie," was written in July 1979 at the end of Verchomin's first visit to New York.

Verchomin's book, *The Big Love*, is a memoir of her life and romance with Evans during his last days.

The following is an excerpt:

Village Vanguard New York / September 1979

Bill emerges from the men's room at the back of the Vanguard, follows the red line taped to the floor of the hallway, past the staff lockers and the entrance to the kitchen. He slides past the crowd in the darkened room up onto the stage and seats himself at the piano.

Marc and Joe are waiting

for him to begin the intro. The crowd reflects his serious demeanor by lowering their own heads — waiting for the transmission to begin.

He begins the opening chords to "I Do It for Your Love," each chord suspended in the dense hush of the Vanguard. We are united in this state of emotional reverence. Bill proceeds to invite us — to make a place for us to stand beside him. For him there is no stage — no division. He is calling out for all of us to hear the great



Laurie Verchomin photo collection

Laurie Verchomin.

beauty inside.

He assumes his position, face draped gently over his hands on the keys. He tilts his head to one side — listening — and I see his face, the sallowness stretched over the broad forehead, eyebrows raised in astonished agony or ecstasy, his eyes closed behind dark glasses, mouth and jaw open.

This is the expression he has at home composing at the piano. This is the expression he shares with me when we make love. This is his most intimate expression — egoless, vulnerable — full of truth and beauty.

Smoke curls up from ashtrays, filling the darkened red and black room with an eerie blue haze. No one speaks, everyone is in accord. We are all in accord with the intangible feeling of inner beauty decompressing from the depths of our neglected souls — surfacing.

We are remembering who we really are.

Remembering our place in the perfection of everything.

The place beyond words and feelings.

Bill ends the tune with an energetic run into the upper register. Abso-





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lute silence awakens the crowd and they respond with applause. He never speaks to the audience between tunes. He waits for the applause to subside and begins again his invitation to a dream with a few suspended notes.

Laurie Verchomin was born and raised on the Canadian prairies and now lives on the Sunshine Coast with her partner and 13-year-old daughter.

She will be signing copies of her recent book, *The Big Love*, at Bluewaters Books on Sept. 17, to coincide with the Pender Harbour Jazz Festival weekend.

You can find out more about Laurie and her current projects at www.laurieverchomin.com.



Laurie Verchomin photo collection

American jazz pianist Bill Evans influenced a generation of pianists including: Chick Corea, Herbie Hancock, John Taylor, Steve Kuhn, Don Friedman, Marian McPartland, Denny Zeitlin, Bobo Stenson, Warren Bernhardt, Michel Petrucciani and Keith Jarrett.

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On Sunday, September 18, from 1:00 to 5:00 p.m. join us for fun, fitness and food! Free Zumba, Zumbatonic (kids) and ZumbaGold (Seniors) classes. As well as health and nutrition ideas for healthy school lunches and family meals. Family admission is \$8.

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Rip Curl Saturday night fun for youth

Saturday, October 1 from 6:00 to 9:00 p.m. will come alive with great music and pool games. This is a youth friendly environment for grades 7 to 12. Admission is \$2 and includes prizes and refreshments.

Find us on:
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REGISTRATION BEGINS MONDAY, SEPTEMBER 12.

Register at www.scrd.ca,
in person, or by calling
604-885-6866.

Watch for the Pender
Community Guide in
your mail during the
week of September 5.



Sunshine Coast Hospice Society teams up with Ken Johnson to

Submitted

Only hours after meeting each other, Kenneth Johnson and Sunshine Sherryl Latimer knew they had to work together.

The composer/pianist Johnson was a relative newcomer to the Coast

and was looking for an opportunity to help out a local charity, as he has done in the past in other places he's lived.

Latimer is the volunteer services co-ordinator for the Sunshine Coast hospice society and, as always, was on the hunt for opportunities to raise funds.

From that dinner in June, the two agreed to collaborate and co-ordinate a benefit concert.

The Sunshine Coast Hospice Society is experiencing tremendous growth but that growth requires more funding.

With the publicity of the recent



MEETINGS AT 1975 FIELD ROAD

Infrastructure Services Committee
September 8 at 1:30 p.m.

Regular Board
September 8 and 22 at 7:30 p.m.

Policing Committee
September 12 at 9:00 a.m.

Transportation Committee
September 12 at 10:30 a.m.

Planning and Development Committee
September 15 at 9:30 a.m.

Community Services Committee
September 15 at 1:30 p.m.

Corporate and Administrative Services Committee
September 22 at 1:30 p.m.

For more information:

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Office hours: 8:30 a.m. to 4:30 p.m.
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Sunshine Coast Regional District

AREA A - ADVISORY PLANNING COMMITTEE MEETING

The next meeting of the Egmont/Pender Harbour Advisory Planning Commission is on Wednesday, September 28 at 7:00 p.m. at Pender Harbour High School, Room 107.

SOUTH AND NORTH PENDER HARBOUR SPRINKLING TIMES

Houses with odd numbered addresses on odd calendar dates

7:00 a.m. - 9:00 a.m. & 7:00 p.m. - 9:00 p.m.

Houses with even numbered addresses on even calendar dates

7:00 a.m. - 9:00 a.m. & 7:00 p.m. - 9:00 p.m.

- NO sprinkling outside these hours
- Only one sprinkling device is permitted at a time
- A soaker hose is considered a sprinkler
- Regulations are enforced

WE ENVISION ONE COAST

During September you will have several opportunities to provide your feedback on the directions proposed in the *We Envision* discussion paper. Your input will be used to further develop the discussion paper into a sustainability plan for the Sunshine Coast that will help to keep us on the path to our best possible future. For more information, visit www.onecoast.ca.

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.

FALL/WINTER RECREATION GUIDE

It's here.....the highly awaited, long anticipated, online Fall and Winter issue of the recreation guide with pages upon pages of recreational and lifestyle activities for children, youth, adults and families in the Sunshine Coast. Pick up your guide at www.scrd.ca (Recreation), or contact 604-885-6801.

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.

ORGANIZATIONS

host benefit concert

office and training space opening at Kirkland Centre in Davis Bay this spring there have been more calls from those looking for grief support than ever before.

And even though the society provides two hospice rooms at Shorncliffe Intermediate Care Home, more are needed.

Three benefit concerts will be performed this fall, teasers to a larger gala event to be held in 2012.

The concerts, "Black & White with a Touch of Colour," will feature the original lyrics and compositions of Johnson and his hand-picked orchestra, vocalists and other artists.

The concerts are similar to those he has done in the past for the Harvest Project, a North Vancouver-based non-profit that provides physical, emotional and spiritual support.

You may know Johnson from his CDs "Soliloquy," "Castles in the Snow" and "Prelude," all of which are sold locally.

He writes beautiful music and words that are both jazz and classically influenced.

Proceeds from the concert will go toward more grief support programs for adults and children as well as additional training for hospice volunteers.

The Sunshine Coast Hospice Society has been providing services

on the coast since 1987.

Services include providing companion care to palliative patients in the setting of the individual's choice — home, hospital or hospice.

The hospice also offers ongoing support to the family during the period of grief and bereavement as well as one-on-one or group grief support to those suffering a loss.

The Sunshine Coast Hospice Society partners with Vancouver Coastal Health in providing two hospice rooms and a family room at Shorncliffe Intermediate Care Home.

The 2012 gala event will offer audiences an experience they have not had on the coast, combining Johnson's live music with a variety of other arts and artists, visual, written and musical.

The evening will also include a silent auction and raffle.

The 2011 concerts will take place Sept. 30 in Gibsons, Oct. 1 in Sechelt and Oct. 2 in Pender Harbour.

Tickets may be purchased at Gai's Fair Trade in Gibsons, the Sechelt Visitor Centre and Harbour Insurance in Madeira Park.

For more information please call the Sunshine Coast Hospice Society office at (604) 740-0475 or visit us on Facebook or the web at www.coast-hospice.com.



Heather Rule photo

Ken Johnson performing last summer at Motoko's Gallery in Garden Bay.



PENDER HARBOUR
LEGION

September events

**P.H. Jazz Festival opening
gala dinner & dance
Fri. Sept. 16.**

(Visit www.phjazz.ca for information and tickets.)

- **Cheap Beer Day**
Wednesdays: 2 - 6 pm
- **Open Thursdays 2 to 6 p.m.**
- **Fish & Chips (plus special)**
Fridays: 11 am - 7:30 pm
- **Meat Draw**
Saturdays: 11 am - 8 pm

Fundraising?

Have a Quiz Night at the Legion.

Area A Seniors' Housing Outreach Healthy Meal Program



Meal service will resume September 19.

For emergency service call Linda or Anky

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

A most unlikely spot to build a home

By Brian Lee

It sits like a question mark on a page with no words.

A curious mystery, barely visible to passing boaters behind the overgrown fir and arbutus and a sign pointing to the Pender Harbour Landing development on the banks high above.

I'd passed by the spot a hundred times without ever taking notice of its remnant lumber and rock foundation.

It could easily stand as one of the most unlikely locations to build a house anywhere in the Harbour.

The intact foundation clings to a small chunk of rock, wedged tightly between the granite cliff face and the high tide mark only 10 feet away.

There's no fresh water nearby and even access by foot is difficult.

The spot is now labelled "Lot 16" and is a collateral accessory to the sprawling home above it.

Forgotten and ignored, the site stands as the crumbling remains of lives lived and a story untold.

At some point someone lived there and I wondered if the memories,



Easily missed from the water, the remains of this homestead from the 1940s sits like a story waiting to be told at the foot of Pender Harbour Landing's Lot 16.

like the house itself, had all but disintegrated.

After snooping around, I snapped some photos and forgot about it.

Sometime later, I ran into a man named Fred Brooks at the building supply store who told me he had some photos he wanted to share.

A year went by before he contacted me again to say he had pulled his collection together.

As we sat in my office going through an album of his family photographs, I turned a page and there it was.

Though set in an entirely different collection of trees, it was unmistakably the same house.

Brooks says his dad, also named Fred, mother Alethea and younger brother Bob came to Pender Harbour from Cortes Island when he was seven.

His dad was an electrician who dabbled in electronics repairs and beachcombing.

He made the trip from Cortes to upgrade the wiring in Bill Pieper's hotel in Irvines Landing.

At some point, he decided to purchase 30 acres of what is now Pender Harbour Landing.



The remnants of the Brooks' home from the water, summer 2010.

“No one wanted it in those days,” says Brooks.

“You couldn’t drive there — there was no water, it was just rock. You couldn’t even plant a garden there.

“Most people wouldn’t build a place there, just my Dad would.”

While it was being built, the family lived in a floathouse down the beach.

Brooks says the lumber for the two bedroom house came from Reg Spicer’s mill over in Bargain Harbour and he recalls that it came in “terrible dimensions — all sizes.”

After the home was completed in 1946, the family of four moved in and lived in it for the next five years or so.

Fred Sr. posted a sign for boaters advertising electrical repairs and battery sales.

Radios were popular then and it kept Brooks’ dad busy when he wasn’t log salvaging.

Brooks recalls his dad once came across a bounty of big cedar logs after a storm and had them rafted up in the bay in front of the house.

Brooks can’t recall why he had



Fred Brooks family photo

Fred Brooks beside their family home in the late 1940s.

to go to Vancouver — possibly to register the salvage rights — but he left strict instructions not to let anyone take them while he was gone.

Sure enough, a tug pulled up in front of the family home claiming ownership.

They were greeted by Alethea Brooks staring down at them through

the sights of her rifle.

He can’t recall what was said but the logs were still there when his dad returned.

Later, the family moved on to North Vancouver so the boys could attend high school.

They only used the home occasionally on weekends and Brooks remembers the place was looked after by a crippled native man who lived on the Skardon Islands.

Gradually they stopped using it altogether as the family also had property where the Sakinaw Ridge development sits now.

“It was so awkward to get to that place and it was easier to go to Sakinaw,” says Brooks.

In the 1960s, he says “hippie types” helped themselves to the windows and anything else of value.

Soon after that the family sold it off and the home was left to the elements.



Fred Brooks family photo

The house as it looked completed in the 1946.

ORGANIZATIONS DIRECTORY

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• Blues Society	883-2642
• Bridge Club	883-2633
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• Coast Guard Auxiliary, Unit 61	883-2572
• Community Club, Egmont	883-9206
• Community Club, Pender Harbour	741-5840
• Community Policing	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club.....	883-2689
• P. H. Golf Club.....	883-9541
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	883-9766
• Health Centre Society	883-2764
• Health Centre Auxiliary.....	883-0522
• InStitches (Last Thursday, 11 a.m., PHHC).....	883-0748
• Lions Club, Egmont.....	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	883-1361
• P. H. Garden Club	883-9415
• P. H. Hiking Club (8:30 am, Mon. & Wed.)	883-2930
• P. H. Living Heritage Society.....	883-0748
• P. H. Music Society (bookings).....	883-9749
• P. H. Paddling Society.....	883-3678
• P. H. Power & Sail Squadron (2nd Wed. 7:30 p.m.).....	883-9313
• P. H. Volunteer Fire Dept (Wed. evening)	883-9270
• Pender Harbour Choir (7:00 pm Tues).....	883-9749
• Piecemakers (quilters, 1st & 3rd Wed. 9:30 a.m.).....	883-9209
• Red Balloon Parent & Tot drop-in.....	885-5881
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• 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.).....	883-0704
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• Suncoast Players	883-9277
• Sunshine Coast SHROOM.....	883-3678
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• 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. READING CENTRE

The Pender Harbour Reading Centre will be offering free courses on "searching library sources for books" at the PHRC Sept. 13 and 14 from 10 to 11 a.m. Phone the library at (604) 883-2983 and leave a message to save a seat.

We are celebrating our new status as a registered charity with a fall fundraiser, "Bucks for books!" Donate \$20 or more and you will receive a tax receipt while helping to build our library. The campaign will run from Sept. 1 to Oct. 31.

P. H. WOMEN'S CONNECTION

The Pender Harbour and district Women's Connection is starting another year with their annual "Start up Luncheon" on Tuesday, Sept. 27. Please bring your favourite finger food for a finger-food potluck. This will be held at the Pender Harbour School of Music in Madeira Park. Doors open at 9:30 a.m. and the gathering will be from 10 a.m. until noon. Members, non-members, and drop-ins are always welcome.

GIRL GUIDES OF CANADA

Registration for girls and women wishing to join Girl Guides of Canada as a Spark, Brownie, Guide or leader in the Pender Harbour area are invited to attend a registration event at Madeira Park Elementary School library on Sept. 13 from 7 p.m. onwards. Or, contact Gwen Walwyn (604) 989-3661.

SERENDIPITY PRESCHOOL

Serendipity is accepting registration on Sept. 2011 for three- to four-year-olds. Serendipity preschool offers half-day preschool or a full-day program. Call (604) 883-2316 or e-mail managerserendipity@gmail.com. Programs start Sept. 6.

P. H. WILDLIFE SOCIETY

John Gillespie, a resident of the Sunshine Coast, will talk about his recent tour of "The Eden Project" in Cornwall, England. The Eden Project is a biosphere of the world's plants and has transformed a disused clay mine into a rich global garden where people can learn about nature, sustainability and regeneration of the plant world, and get inspiration about the world around them.

This free event is sponsored by the Pender Harbour Wildlife Society and will take place at the P. H. Secondary School at 7:30 p.m. on Tuesday, Sept 20.

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Summer season brings some competitive golf



By Jan Watson

Congratulations to Lorne Campbell who finished in a tie for 10th place at the BC Senior Men's Golf Championship, held at

the Squamish Valley Golf Club Aug. 9-11.

Lorne shot 229, 13 over par for the 54-hole event.

CLUB CHAMPIONSHIPS

The men played their 54-hole event Aug 5, 6 and 7.

It was a very close contest for the first two rounds before last year's champion, Lorne Campbell, was able to pull away and retain his title with a gross score of 237. Low Net Winner was Don Matheson with 217.

The ladies played their 54-hole event Aug. 4, 10 and 11 which was also a close contest — in fact, it was tied after 54 holes.

I'm not sure but I think it was the first time that a playoff was required. Jan Watson made up a seven-stroke deficit from the first round to tie with Reni Ducich at 286.

After a three-hole, total score playoff it was still tied. At that point it was sudden death and Jan Watson managed to win at the first sudden death hole. The low net winner was Mary Carlson with 224.

MEN'S CLUB

It was stroke play on Aug. 2 and the low gross winner (0 to 18 handicap) was Blake Priebe with 76, and for 19-plus handicap, Wayne Babcock took it with 88.

Low net winner was Rusty Ellis with 68. KP on No. 3 was Brian Disney and on No. 6, Andrew Barker.

August 9 saw Blind Partners with net scoring.

First were Blake Priebe and Eldy Gandy with 137.

KP on No. 3 was Rusty Ellis and on No. 6, it was Blake Priebe.

LADIES' CLUB

On Aug. 4 a "low putts, front and back" event was held with Lorna Lycan on the front with 13 and Mary Carlsen on the back with 12.

Aug. 13 saw blind partners low net. First was Lorna Lycan and Marita Anderson with 132. The team of Jan Watson and Helen Krantz tied for second with Joan Stanton and Maggi Christy with 147.

The Ladies Steak Night and Scramble on Aug. 12 saw a good turnout. Winners were Jackie Grant, Sandi Babik and Jan Watson with 35.

MONDAY MIXED TWILIGHT

On Aug. 1, we played a special BC Day event with nine teams.

Winners were Ron Needham, John Stark and Heather Cranston while runners-up were Barb Nuttall, Jamie Tufford, Merv and Roberta Oleksyn.

Heather Cranston landed closest to the BC flag and KP on No. 3 was John Stark and Kathy Needham, while on No. 6, it was Kent Barbour and Lorna Lycan.

Aug. 8 saw a takeover by the Clinton clan.

The winning team was made up of Paul Clinton, Mike Fitzsimmons, Dianna Mulhern and Peggy Clinton with 32.

Close behind in second place were Susie Clinton, Wendy Fitzsimmons, John Clinton and Steve Mulhern with 33. KP on No. 3 was Grant Hallborg and on No. 6, it was John Clinton and Marilyn Rodrigues.

After a tiebreaker on Aug. 15, the winners were Tom and Laurie Blockberger, Harold and Liz Jones with 34.

KP on No. 3 Brett Hallborg, Reni Ducich and on No. 6, Tom Blockberger landed closest.

FROM THE 19TH HOLE

It's not just enough to swing at the ball. You've got to loosen your girdle and really let the ball have it.

~ Babe Didrikson Zaharias



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Send to: editor@harbourspiel.com.

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

Harbour Seals of Approval to the many **chamber music fans, volunteers, host families, local businesses and Friends of the Festival** who made our seventh annual Pender Harbour Chamber Music Festival such an overwhelming success.

Louise Argyle
P. H. Chamber Music Festival

A seal of approval to **Ian and Fay Wright** for letting the Pender Harbour Paddlers have a pleasant afternoon picnic on their lawn.

Becky Udy
Pender Harbour Paddling Society

A Harbour Seal for **Bob Ducich** and his handy woodworking to make our Bulk Section Complete.

Troy Callewaert
Marketplace IGA

A huge Seal of Approval to **everyone involved** in saving a seal pup in the Egmont area July 29. Gratitude to the **staff and pilot (Dale) from West Coast Air, Paul at the West Coast Wilderness Lodge** and the **kind folks at Madeira Park Veterinary Clinic, Gibsons and Sunshine Coast Wildlife Societies.** The pup is now recovering at the Vancouver Aquarium.

Rae Morin

Harbour Seals of Approval to the **wonderful volunteers** who helped at the P. H. Lions Club Garlic & Music Festival. In particular **Larrie Cook, Bryan Clerx Electric, Skinny Jimmy, Malaspina Ranch, P. H. Rotary Club, P. H. Coast Guard**, and the many other folks who helped us out.

Neale Smith
P. H. Lions Club





Wendy Phillips family photo collection

A Girl Guides picnic at Donley's Beach in Bargain Harbour, July 1940.

If you have local historical photos you would like to share, please call the Harbour Spiel: (604) 883-0770.

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LOCAL FESTIVALS

Garlic festival continues to grow roots

In only its second year, the Pender Harbour Garlic Festival is quickly gaining a reputation as one of the brightest events of the summer.

Over 1,700 people took in the two-day festival at the Pender Harbour Lions Park.

The festival was competing with a variety of other Sunshine Coast events held that same weekend including the sold-out P. H. Chamber Music Festival, Roberts Creek Daze and Gibsons' Synchronicity Festival.

And though the attendance was less than what its hosts, the Pender

Harbour Lions Club, had hoped for, it was still up 20 per cent from last year.

The festival's name belies the fact that it showcases an astounding variety of musical acts.

Sixteen different acts took to the stage over the two days including Valdy, Dr. Fun and the Painkillers and a variety of local musicians.

"It was a really good vibe and everyone had a great time," says organizer Neale Smith.

"We're going to continue it and make it even better next year."



Sunday's attendance and weather weren't quite equal to Saturday's but about 60 people still were left to watch Gaetan and the French Connection perform late Sunday afternoon.



Dating back over 6,000 years, *Allium sativum* is native to central Asia and has long been a staple in the Mediterranean region. In Pender Harbour it's used as an excuse to party.

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LOCAL FESTIVALS



Though The Shrugs (l-r: Brandon Johnas, Caitlin Connelly and Stephanie Cole) travelled from Vancouver to perform at the garlic festival, it was a homecoming for Cole who grew up in Garden Bay.



This fan of The Shrugs bassist just happens to share her last name. Debbie Cole represents.



The Oak Tree Market's Richard Massullo and his mother, Anne-Marie, take time out from the kebab grill to pose for a photo.



Farmer Jon Bell of West Sechelt Farm Produce looks like he knows his garlic.

Act now to reserve this spot for the winter and receive *2009 rates!

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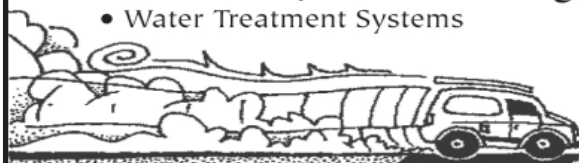
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For change: The Stewarts go to Africa

By Alan Stewart

The Stewart family – Alan, Paola, Mackenzie, Samantha and Hannah – recently spent six weeks in Kenya and Rwanda taking part in the locally based “Kids for Kids” program.

Kids for Kids is a grassroots organization with an aim to advancing the educational opportunities for children and farmers living in poor areas of Kenya and Rwanda.

It's July 14.

I'm in the car, headed for the ferry, hoping I've tied up the loose ends of my everyday life.

I'm hoping that my home, my work and my investments will survive 30 days without any input from me.

My wife and three girls (ages 11, 13 and 15) are waiting for me in Vancouver where we will board a plane for London with a connection to our final destination — Africa.

Six months ago we made a commitment to join our friend, Carolyn Spence and her Sunshine Coast-based



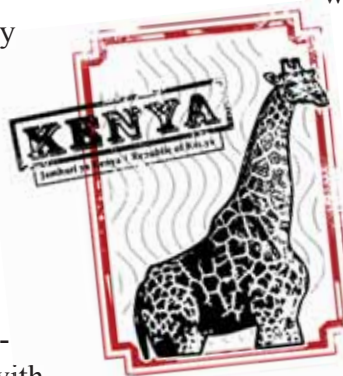
education society, “Kids for Kids,” on a once-in-a-life time trip.

The aim was to somehow improve peoples' lives in the slums of Kenya and another impoverished community in Rwanda, still reeling from that country's infamous 1994 genocide.

With photography a longtime hobby and video production a small part of my regular job, I offer to act as cameraman for the team.

I landed with the hope of capturing peoples' stories to share with folks at home.

I had no idea how the experience would affect my life or the lives of my family.



After a nine-hour flight across the Atlantic, the layover in London is just long enough for us to rush past Buckingham Palace, Piccadilly Circus, Scotland Yard, the parliament buildings, Big Ben and the Thames.

We top off our five-hour visit with a highlight dinner of fish and chips and a pint in a downtown pub.

Refreshed, we return to our hotel at Heathrow Airport exhausted and head for bed before our nine-hour flight to Nairobi.

We arrive in Nairobi in the dark and, without the benefit of the sun, I'm hard

pressed to get a read on the place.

My “spider senses” are tingling from the moment we disembark and our relative lack of skin pigment attracts plenty of attention.

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This choir will focus on choral singing while working toward a performance. Vocal technique will be stressed and reading music will be introduced along the way.

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I find myself constantly checking on my kids, keeping them close, making sure they are safe.

They, on the other hand, are relaxed and excited about the new experiences awaiting them.

After clearing customs, we meet a sea of black faces, some holding placards with peoples' names on them, some anxiously awaiting the return of family members and friends.

I'm not in my element — yet.

Before leaving, a client of mine said, "Be careful in Nairobi — they call it 'Nai-rob-ya' for a reason. Keep your hand on your wallet."

These little bits of advice have a

way of preoccupying all your mental capacity when you hit the ground and can distract from enjoying the experience.

It also had me questioning whether we had made the right decision to come.

We follow Carolyn and her sister Rachael, a veterinarian who has created a parallel project to enhance agriculture and farming in Rwanda, as they seek out the owner of the guest house where we will be staying.

It isn't long before he finds us and greets us all with a warm embrace and a genuine handshake.

I feel much better.

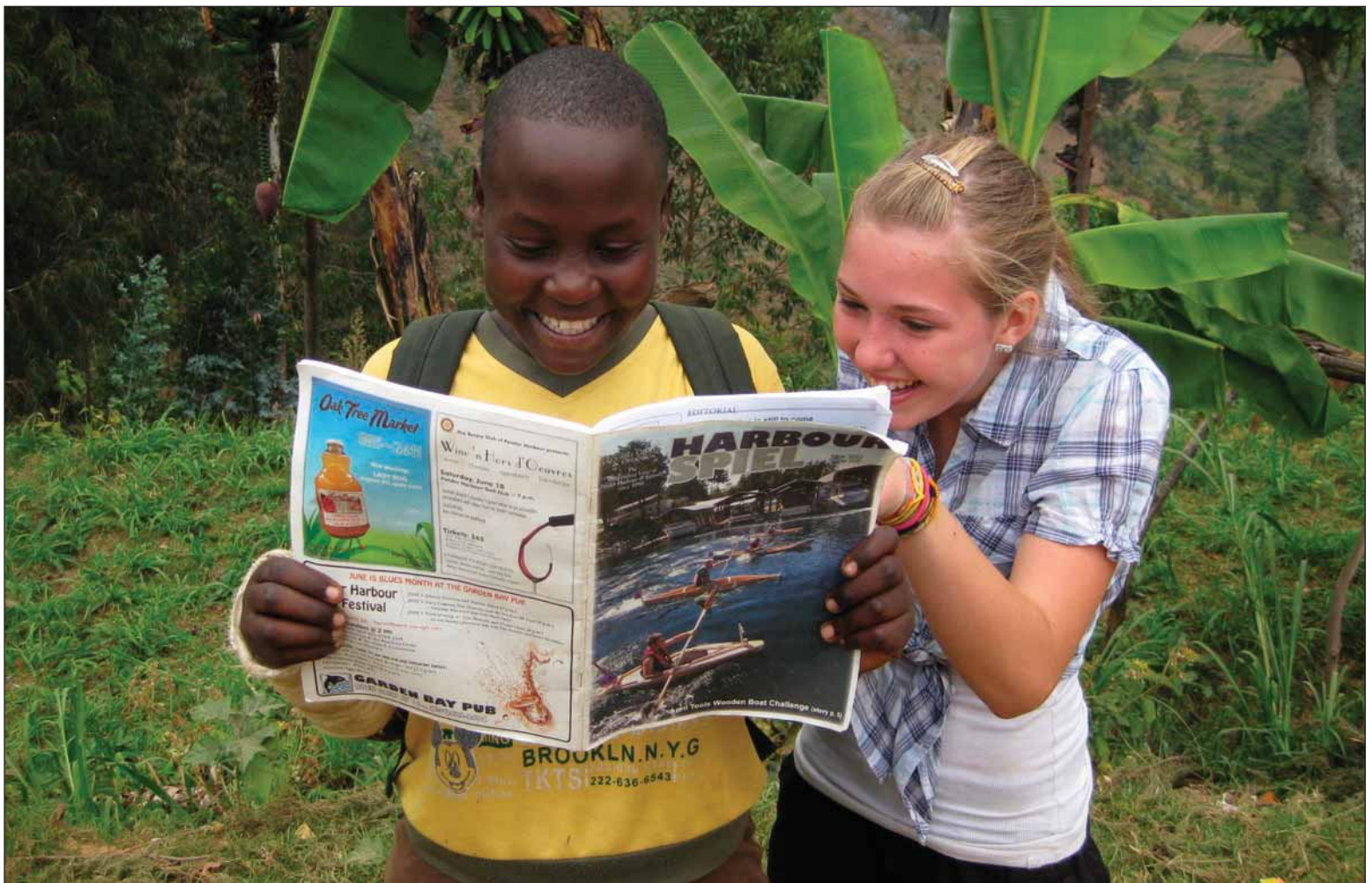
With 17 pieces of luggage — each carefully packed to take full advantage of the 22-kilogram weight limit — and ten pieces of carry-on, our eight-member team squeezes into the minivan.

Many carry suitcases on their laps while the rest of the luggage is strapped to the roof with nothing securing it but the nylon shoulder strap from my briefcase. Yipes.

We arrive with all our baggage still fixed to the vehicle and are greeted by the staff who have waited up for our late night arrival.

We're happy to be settled.

(Continued next month)



Alan Stewart photo

Outside Kigeme Hospital in Rwanda, 13-year-old Samantha Stewart shows new friend Pascaline her dad's column in what has been dubbed 'Africa's newest literary phenomenon.'



PENDER HARBOUR HEALTH CENTRE



www.penderharbourhealth.com

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Diabetics: Take a step toward foot care

*Compiled by Pender Harbour Health
Centre nursing staff*

Foot problems are common in diabetics occurring in 15 per cent of all who suffer from this disease.

A simple foot wound or ulcer can potentially become a serious infection and ultimately lead to amputation of a foot or lower limb.

People with diabetes may experience peripheral neuropathy or loss of feeling to the feet and not notice irritation or a wound.

Diabetics may also experience circulatory problems or poor blood supply that in turn slows down the healing process of sores and wounds.

FOOT ULCER

A foot ulcer occurs when there is breakdown of the skin, leaving the foot vulnerable to invasion of harmful bacteria that cause infection.

The longer the ulcer goes untreated the more likely it is to become infected.

Foot ulcers can be caused by pressure on the skin most often started by poorly fitting shoes or sources within the skin such as thick toenails and calluses.

The first sign of an ulcer is a blister.

If infection sets in, symptoms include redness, swelling, drainage, elevated blood sugars, fever, chills and fatigue.



Pain is not usually a symptom due to the decreased sensation in the foot.

TREATMENT

The best treatment is to recognize and eliminate the cause.

Poorly fitting shoes should be replaced or altered, thereby reducing the pressure on the skin.

Treatment may also include antibiotics, surgery, wound care and dressings.

Remember — diabetics are slow healers.

Important foot care for diabetics should include:

- Having your shoes professionally fitted.
- Inspecting your own feet frequently.
- Washing your feet daily (taking care to dry between toes, moisturizing your feet to prevent dryness).

• Having regular checks by a health care professional.

Practices to avoid include: walking barefoot, cutting corners of toenails, cutting your own callouses or corns, soaking your feet and smoking.

Drop in to the Pender Harbour Health Centre on Wednesday, Sept. 21 between 10 a.m. and 2 p.m. when a diabetic nurse specialist will be on hand to offer foot sensation and circulation testing.

Pender Harbour & District Health Centre Society AGM:

Sept. 25 at 1 p.m., Pender Harbour Health Centre

Chronic Pain Self – Management Program

Sept. 21- Oct. 26 from 1 to 3:30 p.m., Pender Harbour Health Centre

Bereavement Support Group

Oct. 20 from 1 to 3 p.m. (running for 8 weeks), Pender Harbour Health Centre



Are you grieving a loss of a loved one?

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To register, please call the Coast Hospice Office at 604-740-0475 or the Pender Harbour Health Centre 604-883-9314

BIRTHDAYS

Sept. 1: **Heather Brown.**
 Sept. 2: **Brad Higgins and Earl Gudbranson.**
 Sept. 3: **Jeff Higgs.**
 Sept. 4: **Robin Heiliger.**
 Sept. 5: **John Dafoe and Maxwell Hohn.**
 Sept. 6: **Jack Crabb and Michael Parrott.**
 Sept. 7: **Ed Pazur.**
 Sept. 10: **Ernie Paiement, Emily Gamble, Kiri MacGreggor and Pam Roosen.**
 Sept. 11: **Sharon Rosel, Doris Wilkinson, Desiree De La Canal and Ashley Georgison.**
 Sept. 12: **Daniel Hardwick.**
 Sept. 16: **Theresa Baldwin and**

Steven Edwardson.
 Sept. 18: **Charly Mclean**
 Sept. 19: **Patti Gaudet, Doug Reid, Dennis Gamble, Aldo Co-grossi, Jesse Little and Lauryn Young.**
 Sept. 21: **Black Bill Gilkes, Christy King and Joey Fletcher.**
 Sept. 23: **Helmut Haas.**
 Sept. 24: **Susan Knock and Marnie Davis.**
 Sept. 26: **Seig Garbers.**
 Sept. 27: **Dale Duncan and Harry Doepel.**
 Sept. 29: **Frances Lajlar.**
 Sept. 30: **Shelby Campbell, Irene Forsyth, Scott Minch and Linda Baillie.**

SEPTEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our average daily September high temperature is 17.6° C and our average daily low temperature this month is 12.1° C, giving us a mean daily temperature of 14.8° C. September averages 1.8 days with temperatures above 18.1° C. The highest September temperature recorded is 26.6° C (Sept. 3, 1988); the lowest September temperature recorded is 3.9° C (Sept. 27, 1972).

PRECIPITATION (MERRY ISLAND)

September averages 10 days with rainfall and a total of 63.1 mm for the month. September has an average of 212.4 hours of bright sunshine, and the highest daily rainfall recorded is 69.4 mm (Sept. 1, 1983).

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OF SEPTEMBER

911 AND WHEN TO USE IT

Dialing 911 should be used to contact police, fire, or medical emergency personnel when immediate action is required — someone's health, safety or property is in jeopardy or a crime is in progress.

Non-emergency calls for all police departments in Canada can be found at the front of your phonebook. In our area, the local RCMP non-emergency phone number is (604) 885-2266. Some examples of non-emergency calls:

- Reporting a crime with no suspect (e.g., theft of a licence plate)
- Reporting a crime but suspect is not on the scene (e.g., fraud)
- Non-emergency in progress (e.g., noisy party, drug use)
- Ongoing crime issues or crimes that are not in progress (e.g., graffiti)
- A suspicious circumstance indicating an ongoing criminal activity (e.g., marijuana grow operation)

E-Comm provides dispatch services for 30 police and fire departments within Metro Vancouver, the Sunshine Coast Regional District, Whistler, Squamish and the Squamish-Lillooet Regional District (south). It was created out of the aftermath of the 1994 Vancouver Stanley Cup riots to improve communication between various fire, ambulance and police departments.

When a caller dials 911, the E-Comm call-taker will ask "Do you need police, fire or ambulance?" The call-taker will also confirm for which municipality and will then transfer the call to the agency the caller has requested. E-Comm call-takers will stay on the line with callers until the service requested answers.

SEPTEMBER ASTROLOGY

VIRGO (AUG. 24–SEPT. 23)

Virgos value knowledge highly. They make good teachers and advisers while avoiding positions of high power. Often shy, Virgos hide their sensitivity under a self-controlled surface and overt sexual delinquency. A 2006 survey revealed 86 per cent of Canadian exotic entertainers were Virgos.

LIBRA: SEPT. 24 – OCT. 23

Libras seek perfection and harmony and passionately believe in fairness and equality. They are diplomatic, charming, stylish, self-expressive, and spontaneous. Libras do well at arithmetic but can often be pretentious twerps.



DATE/TIME - SIZE (small, medium, large, extra large),

EBB (-), FLOOD (+) - Standing wave is best on large flood (tide flowing into Sechart Inlet).

Sept. 1	2:06 pm -L, 7:25 pm +XL
Sept. 2	8:54 am +XL , 3:12 pm -M
Sept. 3	10:02 am +XL , 4:09 pm -M
Sept. 4	11:16 am +L, 5:12 pm -L
Sept. 5	12:33 pm +XL , 6:24 pm -M
Sept. 6	1:46 pm +XL , 7:55 pm -M
Sept. 7	7:50 am -L, 2:51 pm +XL
Sept. 8	8:28 am -L, 3:46 pm +XL
Sept. 9	9:26 am -L, 4:31 pm +XL
Sept. 10	10:15 am -L, 5:07 pm +XL
Sept. 11	10:57 am -L, 5:41 pm +XL
Sept. 12	11:34 am -L, 5:56 pm +L
Sept. 13	12:18 pm -L, 5:57 pm +L
Sept. 14	12:47 pm -L, 6:14 pm +L
Sept. 15	1:37 pm -M, 6:29 pm +L
Sept. 16	2:21 pm -M, 6:51 pm +L
Sept. 17	9:00 am +L, 3:08 pm -M
Sept. 18	9:52 am +L, 3:58 pm -L
Sept. 19	10:49 am +L, 4:54 pm -M
Sept. 20	11:52 am +L, 5:55 pm -M
Sept. 21	1:03 pm +L, 7:05 pm -M
Sept. 22	1:58 pm +L, 8:00 pm -M
Sept. 23	7:33 am -L, 2:51 pm +XL
Sept. 24	8:36 am -L, 3:34 pm +XL
Sept. 25	9:35 am -XL , 4:10 pm +L
Sept. 26	10:35 am -L, 4:36 pm +L
Sept. 27	11:33 am -L, 5:04 pm +L
Sept. 28	12:18 pm -L, 5:33 pm +L
Sept. 29	1:19 pm -L, 5:59 pm +L
Sept. 30	2:09 pm -L, 6:41 pm +L

These are estimates only and not intended for navigation.

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Want to end the chaos? Just say 'No.'



By John Wade

Hi John,

Saturn is my two-year-old chihuahua and from day one has wanted to chase my cats, of which I have four.

Only one of the four enjoys “play fighting” with her and she is

absolutely relentless.

Every day we probably tell her “No!” 20 to 50 times when she goes after him.

The cats squeal, scream and kick back, but obviously not enough to tell the dog to bugger off.

If any cat goes near her bones, chews or food, Saturn charges and will outright snap and bite the cats to get them away.

There’s never marks or blood but plenty of racket and chaos.

It’s to the point that all our cats are afraid of her except the one that likes getting picked on.

How do I get her to just ignore the cats?

~ Sandy

Dear Sandy,

Most chihuahuas that catch a cat would normally end up stumbling away licking their wounds correctly thinking, “I do believe that cat let me catch him!”

Your cat is either short on legs or brain cells or big into masochism but if the cat is enjoying himself I guess who are we to judge?

Whatever the chemistry between

Something to Squirrel away?

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these two, there are the other cats to consider.

If you want it to stop you have to realize that if a dog can't be caught, it can't be taught.

So the first thing is to have your dog start dragging a leash around in the house.

The leash will serve several purposes.

The obvious one if you happen to be a cat is the human will start winning the race to the cat.

However, the main purpose for the leash is so that you can start teaching and winning in scenarios a little less stimulating than these regular mixed species martial arts bouts.

You need to start getting your dog to do things for you without the cats as a distraction.

That will make it easier for your dog to understand what's expected for the more challenging main event.

The main thing on the lesson plan would be the command, "Stay!" and not the sort that lasts for a few seconds.

You're looking at building to a three-minute stay regardless of distractions.

Toss a mat on the floor so your dog has a target and start with television commercials.

Once he's got the idea, have him stay on his mat always while you're preparing his meals and whenever you're preparing and eating your own.

Always insist he stays on his mat for a few minutes before and after you take him outside.

You're teaching him to focus and do his job when he'd rather not.

Without the leash to give you physical control of his body you won't easily be able to engage his brain.

I think you should by all means

reward his good behaviour but you shouldn't forget that there isn't a dog, wolf, ape or human parent that doesn't know from the moment they become a parent that "Because I said so!" goes with the territory.

The young of all seem to be able to mature with their self-esteem intact

when that firmness is balanced with fairness.

Pawsitively yours,
John Wade

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

Say cheese.

What you eat plays a significant role in your dental health so next time you load up your shopping cart, keep your teeth and gums in mind.

The same foods that are good for your body are good for your dental health.

This means colourful fruits and vegetables with lots of fibre and nutrients.

Avoid those refined carbohydrates — they are loaded with sugar.

Without the wholesome nutrients from foods such as cheese, fresh fruits and vegetables, it is more difficult to prevent gum disease or fight tooth decay and cavities.

When we eat sugar it enables the bacteria in our mouth to form acid containing plaque which causes tooth decay.

Cheese has the ability to provide some protection against the negative effects of sugar.

Like crunchy vegetables, cheese stimulates saliva which will clear sugar from your mouth; it also

changes the pH level of saliva making it less acidic.

When we eat cheese or drink milk, calcium is released which prevents the bacteria in plaque from causing tooth decay.

Ideally we should brush and floss after each meal or snack but when that's not possible eat raw crunchy vegetables or fruit and help yourself to some cheese.

To learn more about your oral health, nutrition and how it contributes to your total well-being, make an appointment for a professional cleaning.

Our dental hygienist will expertly clean your teeth and teach you the best method of keeping your teeth clean between regular visits.

If you would like to know more about preventive options available to help you achieve your long-term dental goals, please talk to our dentists and friendly staff at the Pender Harbour Health Centre.

We are here Mondays to Fridays, 9 a.m. to 5 p.m.



SUNSHINE COAST
DENTAL GROUP

Pender Harbour Health Centre • (604) 883-2997

The continuing story of Wei Hsu, the first non-native resident of



Vague recollections have persisted for many years that the first non-native person to live in Pender Harbour was a Chinese man who operated a fish saltery in Irvines Landing.

Before Charlie Irvine landed here and lent his name to the stretch of beach at the western entrance to Pender Harbour, a family named Hsu had settled there years before in 1873.

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 XIV: (Continued from August 2011)

Though his friends continued to harvest salmon in the fish trap at the mouth of Sauch-en-auch Lake for days, Wei Hsu couldn't bring himself to return after he lost his gillnet.

It didn't take much to understand he was no longer welcome on the beach and, without a net, he had no other way to take part.

But even without Hsu's fishing contribution, the canning operation was working at full capacity.

While Qwuní and Smqáma worked the high tide each night, Inix and Lucy would catch some sleep, exhausted.

For five days, Qwuní and Smqáma would arrive back at the dock in their canoe each morning before light, loaded with stsekay salmon. After delivering them to a makeshift holding tote in the salt shed, they too would go to sleep.

Soon after, the women would rise and begin the laborious process of gutting and preparing the fish for smoking or canning. Within an hour, the clamorous squawking of seagulls would be unbearable for Mary and she too would join her mother down at the dock, helping in any way she could.

During this time Wei Hsu was rarely seen. After the incident at the beach he had barely left their home, content with what had become his increasingly favoured pastime — smoking opium. Mary, who often helped her father with his ritualistic pipe-smoking, began to worry. She loved preparing her father's pipe for him because he found it so enjoyable and it was often after smoking that he was most affectionate. But since the incident on the beach, it was all he wanted to do.

Lucy's pleas to come down to the canning shed to solder more tins turned to violent threats. They'd stockpiled over 500 tins but ran out after a few days and with the smoke shack and salting vats full, they desperately needed more. Despite that, Hsu wouldn't budge from his

hideout. He seemed ill.

Finally, Qwuní put aside his anger and went to see his friend. He found Hsu lying on his bed, unkempt and glassy-eyed. Beside him sat a tray with a small lamp and a long pipe. Qwuní had agreed to try Hsu's powerful tobacco once but it reminded him too much of whiskey. It felt good but muddled his thoughts and made him afraid. He also didn't think medicine should be taken by healthy men.

His friend's usual bright spirit was gone. Hsu seemed half asleep and didn't seem take notice as Qwuní attempted to explain their situation. Fish were backing up and soon they would be rotting on the docks for lack of salt barrels to contain them.

Disgusted, Qwuní turned and left the cabin but not before taking Hsu's pipe and tray of tools with him.

The smoking of opium doesn't involve burning the material like tobacco. Instead, the prepared opium is indirectly heated so as to vaporize the drug contained in the material. The traditional method involved a pipe where a small ball of opium is placed in the ceramic pipe bowl attached to pipe's long stem. The bowl was then heated over a special oil lamp with a distinct funnel-like chimney to channel heat into a small area. The smoker would typically lie on his or her side in order to guide the pipe-bowl and the tiny pill of opium over the stream of heat rising from the chimney of the oil lamp and inhale the vaporized opium fumes. Because of the specialty design of the tools required for smoking opium, it was difficult to achieve the intended results without them.

Left without his pipe and lamp, Hsu's opiate fog gradually lifted and when he realized it wasn't going to be returned, he was angry. Hsu's anger didn't have much effect on his family and friends who were now exhausted from working long hours and desperate for more canning tins. After receiving a promise to return his smoking tray, Hsu reluctantly set about making more tins for the backed up cannery.

This lasted less than a day before Hsu was wracked

Pender Harbour

with nausea and couldn't keep his hands from trembling. Qwuní had no choice but to return Hsu's materials so he could continue working.

He carefully prescribed only enough of Hsu's "tobacco" paste so as to prevent the withdrawal symptoms. Within half an hour after smoking his pipe, Hsu could return to work. In this way, Qwuní and Lucy slowly reduced the amount of the drug Hsu could have each day. Wei Hsu understood his wife and friend's intentions and despite a deep craving for more, he followed this regimen without too much fuss.

By this time, some of the transients who were put off earlier started to drop in at the float looking for fish.

Despite the volume being processed, Lucy made sure their salmon product's quality rivalled that of many of the processors down on the Fraser River and word soon drifted down the Coast. By September much of their smoked, salted or canned fish was spoken for and occasional orders even arrived on passing ships from merchants in the growing port of Gastown.

As summer turned to fall, the men harvested more salmon from the returning runs of tsum at the head of the harbour and the bad feelings over Hsu's greed were all but forgotten.

As his spirits revived, Wei Hsu also regained control of his dependence on opium.

Though he continued to smoke it he now understood the powerful effect it had on him, firing a determination not to let it gain control of his life again.

(Continued next month)



Image courtesy of Hsu family archives

A rare portrait of Wei Hsu, painted in 1874 by his daughter Mary. The painting shows her father smoking opium in their cabin in what is now Irvines Landing. Hsu is holding the opium pipe over a small oil lamp designed specifically to vaporize the drug contained in the small 'pill' of opium placed in the pipe bowl. This painting predates Wei Hsu's dependence issues with the drug in the summer of 1875. With little, if any, stigma attached to Wei Hsu's habit, it's likely that Mary merely found it one of the few times her subject sat still enough to paint.

BC Bestsellers:

(For the week of August 21)

1. ***Adventures in Solitude*** by Grant Lawrence
2. ***A Thrilling Ride*** edited by Paul Chapman & Bev Wake
3. ***Geology of British Columbia, New Edition*** by Sydney Cannings
4. ***Trauma Farm*** by Brian Brett
5. ***Easy Cycling around Vancouver, New Edition*** by Jean Cousins & Norman Cousins
6. ***How Bad Are Bananas?*** by Mike Berners-Lee
7. ***Ruta's Closet*** by Keith Morgan
8. ***Tragedy on Jackass Mountain*** by Charles Scheideman
9. ***British Columbia's Magnificent Parks*** by James D. Anderson
10. ***Vij's at Home*** by Meeru Dhalwala & Vikram Vij

~ Assn. of Book Publishers of BC



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BOOKS

Taking comfort from *The Long Goodbye*



Keith Shaw photo

By Theresa Kishkan

I'm often amazed at the way a book falls into my hands just when I need it most. Recently it was Meghan O'Rourke's *The Long Goodbye*, a memoir of the author's mother who had recently died. My own mother died last fall, unexpectedly, and left me with a confusion of emotions and responses. *The Long Goodbye* offered that rare thing, the confirmation that grief is universal though one's passage through it is infinitely personal and particular.

O'Rourke was 32 when her mother died of metastatic colorectal cancer. She is an accomplished journalist (one of the youngest editors in New Yorker history as well as cultural and literary editor of Slate) and an acclaimed poet; she brings research and analytical skills to this memoir as well as precise and lyrical language. She examines the history of rituals around mourning and laments that we have lost so much of the formality that allowed us to focus our grief in predictable ways. Without rituals, both the bereaved and the community around them face the future with uncertainty. How do we talk about the dead? How do we commemorate them?

The Long Goodbye is beautifully written, offering precise and startling observations: "I don't just miss my mother's soul, after all. I miss her laugh, her sarcasm, and the sound of

her voice saying my name. I miss her hands, which I shall never see again, for we have burned her body into fine, charcoal ash and small white bones, and that is what is now left of her voice and her eyes and her fingernails."

Orca Book Publishers in Victoria have built a considerable reputation for excellent children's books, both picture books and chapter books for older kids. A recent initiative, Raven Books and its Rapid Reads, is aimed at adult readers with literacy challenges. The books are intended to be read at a single sitting and include some fast-paced short novels by well-known Canadian authors.

Gail Bowen will be a familiar name to readers of the Joanne Kilbourn murder mysteries (some of which have been made into television

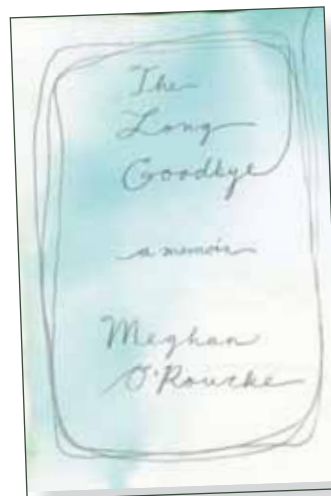
movies) and recent Raven Book titles by Zoe Whittall and William Kowalski are perhaps intended for a younger, hipper audience.

A couple of non-fiction Rapid Reads titles seem to me to do something really important: they provide brief, clear and well-organized information about issues we might otherwise ignore.

Generation Us:

The Challenge of Global

Warming is Andrew Weaver's concise climate change primer, complete with a useful glossary of terms. His language is direct, free of jargon, and his objective is threefold: to describe the phenomenon of global warming, to discuss the impact of its threat to life on earth, and to offer possible solutions.



BOOKS

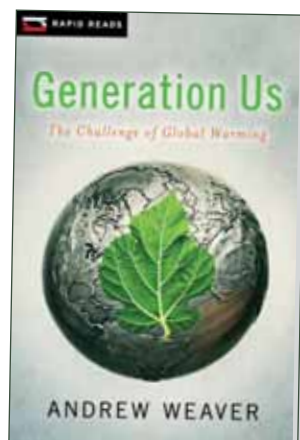
"Vested interests have spent an inordinate amount of time and money trying to convince the public that the science of global warming is either uncertain or that the whole issue is a hoax," writes Weaver. His elegant and accessible explanation of this science is a perfect response to those who have a particular political or social agenda to advance against the findings of climate research.

Weaver is a professor and Canada Research Chair in climate modelling and analysis in the School of Earth and Ocean Sciences at the University of Victoria. He published *Keeping Our Cool* in 2008 for those who want to extend their knowledge of climate science.

Another recent title in Raven Books Rapid Reads is Mark Zuehlke's *Ortona Street Fight*. Zuehlke is a respected military historian as well as the author of engaging mysteries set in Tofino.

Ortona Street Fight is a dramatic account of what's been called Canada's first major battle victory of the Second World War. Fought in the days leading up and following Christmas, 1943, the battle of Ortona was conducted on the streets of a small Italian

port town. Two Canadian infantry battalions and a tank regiment versus the elite German 1st Parachute Division: Zuehlke provides a very compelling and lively narrative of eight intense days of combat.



At times his prose is a little purple and his recreation of dialogue strains credulity. But a passage from CBC war correspondent Matthew Halton's reportage of the battle strikes a note of immediacy: "On one pile of rubble precariously balanced... was a Canadian tank. I see it now as I speak, as I always will see it — not

static and dead, but dynamic in that minute when gallantly it climbed the mine-filled pile of rubble only yesterday and was struck down."

Eight pages of archival photographs document the action and its aftermath. Maps would have been welcome, both of Ortona's geographical location as well as street maps of the town itself so that the actual skirmishes and street assaults could be visualized by the reader.

Orca Books is to be commended for this fine series. That they are brief and clear makes them valuable to any reader, not simply those with limited literacy skills.

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



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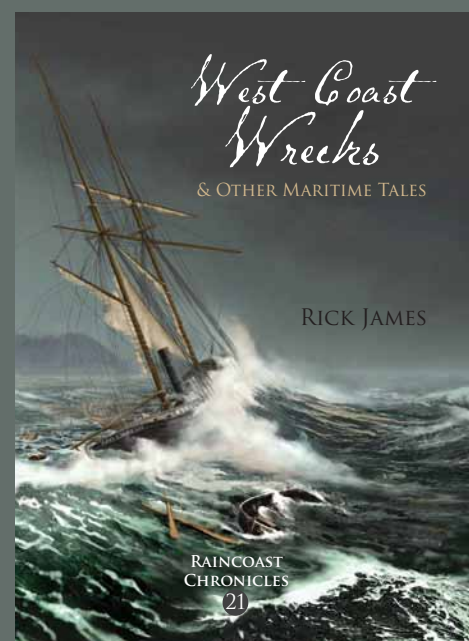
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Fat or fiction? 'Accepting' obesity may be a death sentence



By Shane McCune

A couple of health studies in the news last month had encouraging words for us fat people. I wish I hadn't read them.

One reported that obese but otherwise healthy people can live just as long as those of "normal" size.

The other, published in the British medical journal *The Lancet*, showed that if inactive people increased physical activity by just 15 minutes per day, they could reduce their risk of death by 14% and increase their life expectancy by three years.

That's great, except that fat minds (including mine) tend to skip over phrases like "otherwise healthy" and "increased physical activity" while honing in on "live just as long" and "increase life expectancy."

"Let me see if I understand this: As long as I walk around the block once a day, I can live to a ripe old age on beer and pizza? Cool!"

Of course, it doesn't work that way. *The Lancet* study

makes clear that it must be 15 minutes of sweaty intensity, and that 30 minutes or more would be much better. After all, the average person must walk briskly for half an hour to work off the calories in a can of pop or a bottle of beer.

Good news: Lugging that extra weight means obese people burn off more calories in that 30-minute walk.

Bad news: We need a lot of those walks.

As for the "otherwise healthy" business, that may describe many obese 20-somethings, but by middle age they're more likely to suffer Type 2 diabetes, high blood pressure, sleep apnea, impotence, gallstones, osteoarthritis . . . well you get the picture.

And speaking of pictures, obesity is not attractive, despite the current fad for "plus-sized" models. Men, especially, judge potential mates by appearance. That might mean short, tall, skinny or plump — but it almost always means healthy, and that rules out the extremes of obesity and anorexia.

Yes, some men are attracted to extremely fat women. There may even be some women attracted to extremely fat men. So you could seek out one of those, but do it while

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you're still in the bloom of "otherwise healthy" youth, because there aren't too many geriatric chubby-chasers.

Or, if you're patient, you could wait for obesity to become the North American norm — in about 2030, according to researchers at the Johns Hopkins Bloomberg School of Public Health.

Or you could just put down the fork.

All this would be considered hateful propaganda by the National Association to Advance Fat Acceptance, a 12,000-member U.S. group that denounces size discrimination and pretends there's nothing unhealthy about obesity.

(In fact, NAAFA rejects the very word "obese," preferring "fat." That's laudably blunt, but it does blur the line between merely heavy and morbidly rotund.)

"For decades now, we have been told that fatness (or 'obesity') is a major cause of diabetes," says David Spero, a nurse in the NAAFA camp.

"Health 'experts' have warned about this, but they could never say how being overweight could cause insulin resistance. Without IR you can't have Type 2 diabetes, the whole 'blame fat' ory has been suspect."

Well, who could gue with that?

NAAFA even opposes Michelle Obama's campaign against childhood obe-

sity. Presumably because suggesting that kids eat more fruits and vegetables and spend more time running around outdoors might give them the idea that there's something wrong with scarfing Big Macs and playing Xbox all day.

Last fall the group launched an attack on *Marie Claire* magazine after an obscure blogger on its website wrote that she was "grossed out" by the idea of the obese stars of a sitcom kissing.

It was a stupid and insensitive comment, for which she apologized, but that wasn't enough for NAAFA, which called for a boycott of the magazine and organized a "kiss-in" of fat people outside the publisher's offices.

In a letter to Obama, the group sensibly urged her to make healthy food choices and activities the focus of her campaign. But it also trotted out some questionable stats:

"The stigmatization of large children has increased by 40% over the last 30 years." Maybe that's because the number of "large" children has tripled in that time.

"The National Center for Health Statistics . . . indicated in 2008 that childhood obesity has levelled off." And not a Twinkie too soon, given that 17 per cent of U.S. children aged two to 19 were overweight in 2004.

The I-love-my-flab brigade will undoubtedly seize on the latest research, especially the finding that heavy people can live long and healthy lives. But that study also confirms what we all know, that the quality of life declines as one passes from merely heavy to obese, and that the morbidly obese are more prone to chronic ailments as they age.

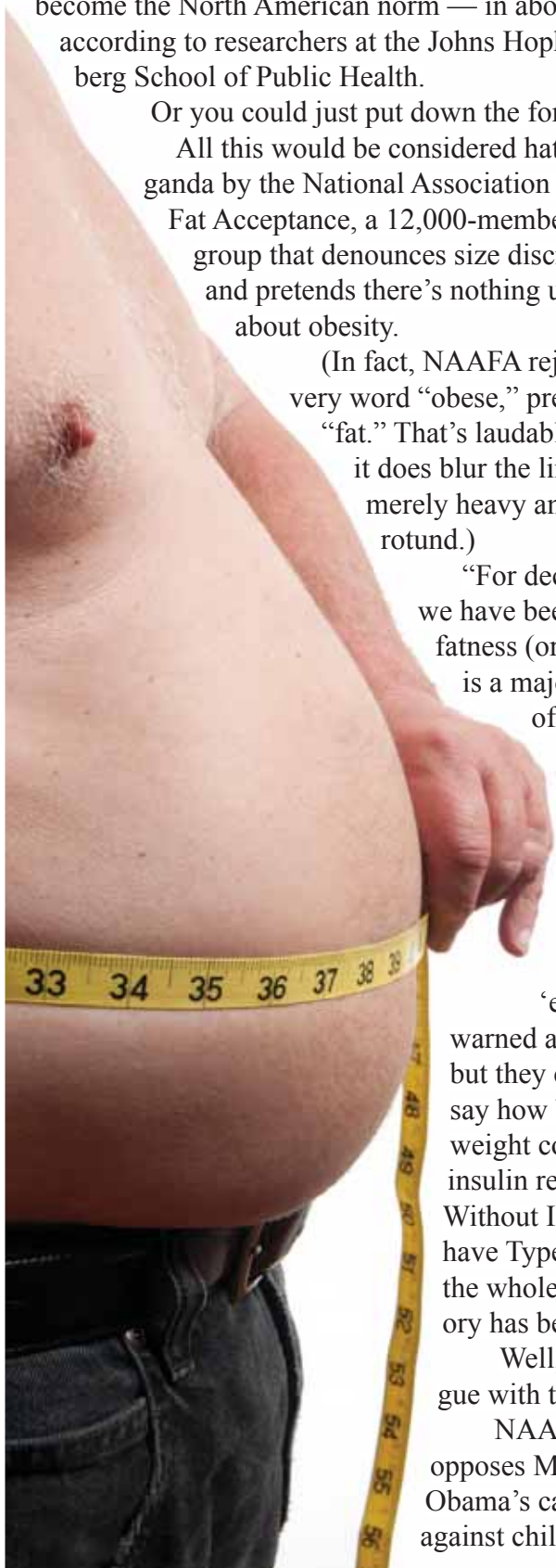
Our population is aging and more than 60% of us are either overweight or obese. You don't need an MBA to guess what this is going to do to health care costs.

Nobody can say exactly what led to this bloating of the pudgosphere. Likely suspects include larger portions in restaurants, the overuse of high-fructose corn syrup in processed foods, increased driving and the Internet.

In my case, the metamorphosis from jet to blimp came after I replaced smoking with chewing. I knew I was in trouble when light rays bent as they passed and snowballs went into orbit around me.

I also know such trouble will only increase as I age if I don't do something about it. And I'm pretty sure that something doesn't involve embracing my beluga-like form or protesting the portrayal of fat bald guys on *The Simpsons*.

No, the solution is simple: burning more fuel than I take on. Not easy, but simple.



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

SEPTEMBER

- Sun. Sept. 4.....Sunday Jam with Greg Slauenwhite - Garden Bay Pub, 2 p.m.
- Mon. Sept. 5.....P. H. Food Bank pickup - P. H. Community Church, noon
- Tues. Sept. 6.....First day of MPES and PHSS classes, 9 a.m.
- Sun. Sept. 11.....Sunday Jam with Joe Stanton - Garden Bay Pub, 2 p.m.
- Mon. Sept. 12.....P. H. Aquatic and Fitness Centre registration begins
- Mon. Sept. 12.....In Touch Therapeutics fall session begins
- Fri. Sept. 16-18.....Pender Harbour Jazz Festival - various locations
- Sat. Sept. 17.....Laurie Verchomin signs copies of her book *The Big Love* - Bluewaters Books, 1-3 p.m.
- Sun. Sept. 18.....Sunday Jam with Gaetan - Garden Bay Pub, 2 p.m.
- Sun. Sept. 18.....Doc Fingers Jazz Fest wrap up ALL STAR Jam - Garden Bay Pub, 8 p.m.
- Mon Sept. 19.....Area A Seniors' Healthy Meal service resumes
- Mon. Sept. 19.....GRIPS annual general meeting (postponed from June) - GRIPS Depot, 7:30 p.m.
- Tues. Sept. 20.....P. H. Wildlife Society presents speaker John Gillespie - PHSS, 7:30 p.m.
- Mon. Sept. 26.....P. H. Food Bank pickup - P. H. Community Church, noon
- Sun. Sept. 25.....P. H. & District Health Centre Society AGM - P. H. Health Centre, 1 p.m.
- Sun. Sept. 25.....Sunday Jam with Peter Van B3 - Garden Bay Pub, 2 p.m.
- Sat. Oct. 1.....Pender Harbour Fall Faire - Madeira Park, 10 a.m. - 3p.m.
- Sun Oct. 2.....Sunshine Coast Hospice Society presents Black and White - P. H. School of Music, 2 p.m.



FERRY DEPARTURES

~ Effective to Sept. 6 to Oct. 11 ~

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.bcferries.com for information on added sailings during peak periods.

Horseshoe Bay	Langdale	*Earl's Cove	*Saltery Bay
7:20 a.m.	6:20 a.m.	♣ 6:30 a.m.	♣ 5:35 a.m.
9:25 a.m.	8:25 a.m.	8:25 a.m.	7:25 a.m.
11:30 a.m.	10:25 a.m.	10:25 a.m.	9:25 a.m.
1:35 p.m.	12:35 p.m.	12:20 p.m.	11:20 a.m.
3:50 p.m.	2:45 p.m.	4:25 p.m.	3:20 p.m.
5:50 p.m.	4:50 p.m.	6:25 p.m.	5:25 p.m.
7:50 p.m.	6:50 p.m.	8:20 p.m.	7:20 p.m.
8:30 p.m. (Oct. 10 only)	8:45 p.m.	9:35 p.m.	9:15 p.m.
9:45 p.m.	9:35 p.m. (Oct. 10 only)	10:05 p.m.	

*Effective Sept. 6 to March 31, 2012 EXCEPT for:
Oct. 7 & 10, Dec. 24, 26 & 27.
See alternate schedule at www.bcferries.com

♣ Daily except Sun and Dec. 25 and Jan. 1

Deep Thoughts . . .

Socialism failed because it couldn't tell the economic truth; capitalism may fail because it couldn't tell the ecological truth.

— Lester Brown

Everybody thinks they can do it themselves. The truth is they can't. And they prove it everywhere you go. Businesses spend thousands on equipment and wages only to scrimp on the final and most important step in securing a return on their investment: **Their image.** What the customer sees is important. They're looking for any sign that will confirm a suspicion they made a wrong choice. It can be as simple as misspelling Ceasar(sic) salad on a menu, a blurred photo, unnecessary quotation marks, crammed type, cheesy fonts, grammatical blunders, poor quality printing, upper case abuse or just dull website writing. **Distractions like these tell your customer they can do better.** But so can you.

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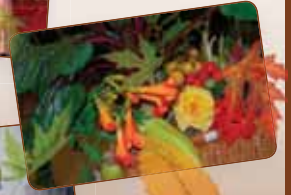
October 1

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- Hay rides
- Artisans' craft fair
- Kids' activities
- Photo contest
- Live music



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SEPTEMBER MUSIC:

- Sept. 1: Sandy Bone and the Breakdown
- Sept. 2: Sandy Bone and the Breakdown
- Sept. 3: Sandy Bone and the Breakdown
- Sept. 4: SUNDAY JAM: Greg Slauenwhite
- Sept. 11: SUNDAY JAM: Joe Stanton
- Sept. 25: SUNDAY JAM: Special guests TBA

PENDER HARBOUR JAZZ FESTIVAL (Reservations recommended)

- Sept. 16: Ruth McGillivray/Sheldon Bradley (6-9 p.m. in the restaurant)
Doc Fingers (9-1 p.m.)
- Sept. 17: Peter van Deursen (2-6 p.m.)
Ruth McGillivray/Sheldon Bradley (6-9 p.m. in the restaurant)
Doc Fingers (9-1 p.m.)
- Sept. 18: SUNDAY JAM: Gaetan (2-6 p.m.)
Ruth McGillivray/Sheldon Bradley (6-8 p.m. in the restaurant)
Doc Fingers ALL-STAR JAM (8-12 p.m.)

PUB SPECIALS:

- Friday: **Meat Draws** (Proceeds to P.H. Blues Society)
- Saturday: **Prime Rib**
- Sunday: **Eggs Benny**

