

LOCALLY OWNED
& OPERATED

*The
Independent Voice of
Pender Harbour & Egmont
since 1990.*

HARBOUR SPIEL

JANUARY 2012
Issue 253

Dakota Ridge Recreation Area (story p. 16)



We make it easier for you

Customer Appreciation Day

~ 1 day only ~

THURSDAY, JANUARY 5

Everything on sale storewide
including 10% off all regular priced items

(excluding lottery tickets and tobacco)

883-9100

MONDAY - SATURDAY 8:30 AM - 7 PM • SUNDAYS 9 AM - 7 PM



*Make it a meal
to remember*

*Our winter menu at The Restaurant brings
together the best in B.C. coastal cuisine with
seasonal ingredients and innovative presentation.*

Enjoy our Locals Specials

Two Course Dinner \$28

Three Courses \$35 - with Wine Pairing \$45

Gift Jarring Menu \$55

Dinner service begins at 5 pm, Wednesday - Sunday.



*delicious food in
beautiful surroundings!*



PAINTED BOAT
RESORT SPA & MARINA
Where Stories Unfold...

12849 Lagoon Road, Madeira Park / 866.902.3955
paintedboat.com / Follow us on twitter@paintedboat



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.

The Harbour Spiel is published monthly by Paq Press © 2011.

Editor

Brian Lee

Circulation:

Over 2,500 copies are mailed to all addresses between Egmont and Halfmoon Bay and available by paid subscription and for free at a variety of locations throughout the Sunshine Coast:

- | | |
|------------------------------|-------------------------------|
| • Bluewaters Books | • Lucky's Smokehouse |
| • Coast Copy | • Mountainview Service |
| • Copper Sky Gallery & Cafe | • Oak Tree Market |
| • Garden Bay Pub | • Pearl's Bakery |
| • Gibsons Building Supplies | • Pier 17 |
| • Halfmoon Bay General Store | • Prudential Realty |
| • IGA Madeira Park | • Roberts Creek General Store |
| • IGA Wilson Creek | • Sechelt Public Library |

Contributors

This month we thank: Theresa Kishkan, Frank Mauro, Shane McCune, Alan Stewart, John Wade and Jan Watson. Cover photo: SCRD staff.

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.

Contact:

Harbour Spiel
4130 Francis Peninsula Rd.
Madeira Park, BC
V0N 2H1

(604) 883-0770

editor@harbourspiel.com

www.harbourspiel.com

~ NEXT ISSUE MAILS FEB. 2 ~

EDITORIAL

The case of the three point probe



By Brian Lee

So there it was.
There could never be a better moment to confirm the story.

It was at the book launch for *The Doc's Side: Tales of a Sunshine Coast Doctor*, Dr. Eric Paetkau's stack of stories about his past 50 years practising medicine on the Sunshine Coast.

Paetkau had just finished reliving some of the mishaps that occurred from mixing medicine with some of the personalities from the old Sunshine Coast.

I hadn't yet read the book but sat waiting for one story in particular.

It was a story told to me a long time ago and one that would have taken place before I was born.

I listened as Paetkau recounted tales about the very early days of the St. Mary's Hospital in Garden Bay.

Of logging camp accidents and of good times spent with fellow doctors.

Of house calls and crazy people.

But he didn't tell *this* story.

Afterwards, he asked his appreciative audience of friends and former patients if they had questions for him.

I felt like he was speaking directly to me — because I had a good one.

Someone once told me a yarn involving three well-known doctors: Dr. Paetkau, Dr. Walter Burtnick and Dr. Alan Swan.

It sounded plausible enough, but I had suspicions that it might be too clever to be true.

The three worked at St. Mary's Hospital in Garden Bay and were good friends. But they were also each other's doctor and, as such, they would have to perform examinations on each other.

My version of the story goes that Dr. Swan was to receive a prostate examination from Dr. Burtnick.

Burtnick had Swan bent over a

table in an examination room, facing away from the door.

Though they were trusted friends, one can assume both must have been experiencing a little discomfort.

But, it's likely that Swan, lying prostrate with his pants at his ankles while considering the girth of the sasquatch-like Burtnick's finger, had the most to be nervous about.

As Dr. Burtnick was about to deliver his prostate exam, Dr. Paetkau quietly let himself in the room holding a shushing finger to his smiling lips.

Burtnick carried on without giving away a thing. With his right hand, he firmly grasped his patient's right shoulder to steady him while he performed the exam with his left.

While the patient was in mid-palpation, Paetkau moved in quietly and placed his left hand on Swan's *other* shoulder.

One can't know what went through the mind of the deeply religious Swan as he nervously did the math but I guess he might have been confused, to say the least.

After all these years, I can't even be sure the names in this story land in the correct order — maybe it was Paetkau on the table?

But with Burtnick and Swan both now gone, only he remained to verify it's accuracy.

So, given the opportunity, you'd have thought I'd jump on him like a trampoline in a kangaroo daycare.

But I didn't.

Maybe I feared offending his young grandchildren sitting in the front row of the audience.

Or maybe it was for my own selfish pleasure — I just didn't want to risk ruining a good story.

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

**Copper
Sky** Gallery
AND Café

Great breakfast, lunches
and baked goodies!
Local artwork gift shop.

Open @ 6 am to 5 pm



12904 Madeira Park Road
www.earthlycreatures.ca

883-0096

breathe ♥ stretch ♥ release ♥ rejuvenate

Start a healthy new year with
yoga and therapeutic massage



New yoga
schedule starts
January 4, 2012

In Touch Therapeutics Yoga Studio
12890 Madeira Park Rd., 604.883.3655
www.intouchyogastudio.com



12543 Warnock Rd.
Madeira Park BC, V0N 2H1



DALE KLASSEN

Phone 604-883-9771
Cel. 604-741-2665

SPIEL PICKS

P. H. ROTARY PRESENTS "HOPSCOTCH" — JAN. 14, 7 P.M.

This is the fourth annual P. H. Rotary Club HopScotch fundraiser. HopScotch will take place on Jan. 14 at the Pender Harbour Golf Course at 7 p.m. Tickets are \$90 and include an evening of great food, fine scotches and craft beer. Plus all proceeds go to support the great work the P. H. Rotary Club does in the community.

P. H. MUSIC SOCIETY PRESENTS THE SOJOURNERS — JAN. 15, 2 P.M.

When Canadian blues icon Jim Byrnes called Vancouver-based gospel singer Marcus Mosely on the phone a few years ago to ask if he could round up a couple of friends to record some backup vocals for a new album, no one could have guessed what would happen next.

From the moment Mosely and his pals stepped up to the microphone and began singing, they realized that they had something very special going on. When Byrnes dubbed the trio "The Sojourners," the name stuck and, as they say, the rest is history.

Marcus Mosely, Will Sanders and Khari McClelland spent their formative years singing in hometown churches of Ralls, Texas; Chicago, Ill. and Detroit, Mich., respectively. It is possibly what gives The Sojourners' sound the authentic edge that only comes with experience. This is real gospel - blessed with a soul that can't be faked.

Come out and hear them bring soul, spirit and gospel sound to the Pender Harbour Music Society stage on Jan. 15 for a special afternoon performance.

PHOTOJOURNAL



photo submitted

Joan Postnikoff, (l) chair of the Pender Harbour Health Centre Auxiliary presents a cheque for \$20,000 to Pender Harbour Health Centre administrator, Rick MacDonald. Through its 2011 Bargain Barn operations, the auxiliary donated \$40,000 to the Health Centre.

New SCRD board members take oaths, get to work

The SCRD held its inaugural board meeting on Dec. 8 to welcome new directors and swear them in.

Frank Mauro, newly elected director for Area A, took his oath first.

About 30 people were on hand to watch the ceremony, including the new mayors of Gibsons and Sechelt.

Their respective towns are represented by the only other new faces at the board table this time around.

Coun. Alice Lutes will represent the District of Sechelt while Gerry Tretick was chosen to represent the Town of Gibsons.

The new SCRD board is as follows:

Director Area A: Frank Mauro
 Director Area B: Garry Nohr
 Director Area D: Donna Shugar
 Director Area E: Lorne Lewis
 Director Area F: Lee Turnbull
 Director SIGD: Jordan Louie
 Director DoS: Alice Lutes
 Director ToG: Gerry Tretick

Immediately after taking their oaths, the new board elected Garry Nohr as chair and Donna Shugar as vice-chair before breaking for a short reception, followed by a full day of meetings.



SCRD corporate officer, Angie Legault swears in Frank Mauro on Dec. 8 in the SCRD boardroom. Mauro later hinted it would likely be the last time we'd see him in a tie.



On behalf of the residents of Area A,
**THE HARBOUR SPIEL THANKS
 ERIC GRAHAM**
 for his commitment to serving as our
 representative for the past three years.

Good luck in your(second) retirement!



- Wills and estates
- Real estate
- Dispute resolution
- Corporate and commercial
- Powers of attorney
- Debt collection

Lisa C. Rae
 B.A. LL.B

p. (604)883-2029
 f. (604)883-2028
 lisacrae@yahoo.com

Unit #201, Madeira Landing
 12890 Madeira Park Rd.

Open: 10 a.m. to 2 p.m.
 Mon-Fri (or by appointment)



RONA

Sunshine Coast

604.883.9551

contractors@ronasunshine.com

Business Cards



2-Day Delivery
on New Cards
1-Day on Reprints

Upgrade your card stock
over 70+ to choose from!



BLACK/GRAYSCALE fr. \$15

FULL COLOUR fr. \$20

LAMINATED CARDS fr. \$32

MAGNETIC CARDS fr. \$38

DIE CUT CARDS fr. \$45

Set up extra
\$10-\$40 unless
print ready PDF
or JPG supplied.

Mon - Fri
9:00~5:30

www.coastcopy.ca

info@coastcopy.ca



TEL: 604 885 5212

PUBLIC FAX:
604 885 5363

#2-5647 Cowrie St. in Sechelt

FURNISHED CABINS

from
\$799 per month!



Pender Harbour
Resort & Marina

4686 Sinclair Bay Road
877.883.2424 • info@phrm.ca

OBITUARY

Jean-Marie Baulne

Sept. 21, 1954 – Nov. 9, 2011

Jean-Marie passed away peacefully at home on Nov. 9, after a courageous battle with cancer.

He is survived by Frances, his wife of 34 years, and his children, Stacy (Alicia) and grandchildren Brooke and Katie, Tanya and Steven.

He is also survived by his mother Therese, sister Clemence (Guy), brothers Firmin, Yvan, Harold and Alain, and nieces and nephews, Elaine, Jessica, Dany and Denis.

Frances would like to thank the

Pender Harbour Health Centre for all their help and support to Jean-Marie during his illness.

In particular, thank you to Cathy, Brenda, Heather and Dr. Cairns.

A celebration of life was held for Jean-Marie on Sunday, Nov. 20 at the Lions Park Hall.

The family greatly appreciates all the friends that came out to share their stories and friendship for Jean.

He will be sadly missed.

The Harbour Spiel maintains a policy of offering no-cost obituaries for people from the community. I consider it a responsibility and a matter of historical importance to mark the lives of those who pass on and urge families to submit their loved ones' stories.

~ Ed.

PHOTOJOURNAL



photo submitted

The Pender Harbour Paddling Society and Team Dragontini raised over \$300 for the PH Food Bank at a recent bake sale. See here are (l-r): Eric Chell and Becky Udy presenting Fred Van Delft (P. H. food bank) with the cheque.



John Dafoe photo

Florence? Frieda? Fanny? After three years of moulting and hanging out on Flora Island, 'Floyd' (*Harbour Spiel*, Nov. 2011) has attracted a female elephant seal to his retreat. John Dafoe arrived in early December to check in on Floyd and a demure face looked out from behind a log on the beach. Dafoe says Floyd was a bit down the beach and not looking too attentive but he could tell love was in the air.

Fly Direct.

Quick and convenient scheduled flights from Sechelt to downtown Vancouver, Richmond (YVR Airport) and Nanaimo.



WESTCOAST AIR

westcoastair.com | 604.885.8773

Robbie Burns night celebrates Scotland's roots — and branches

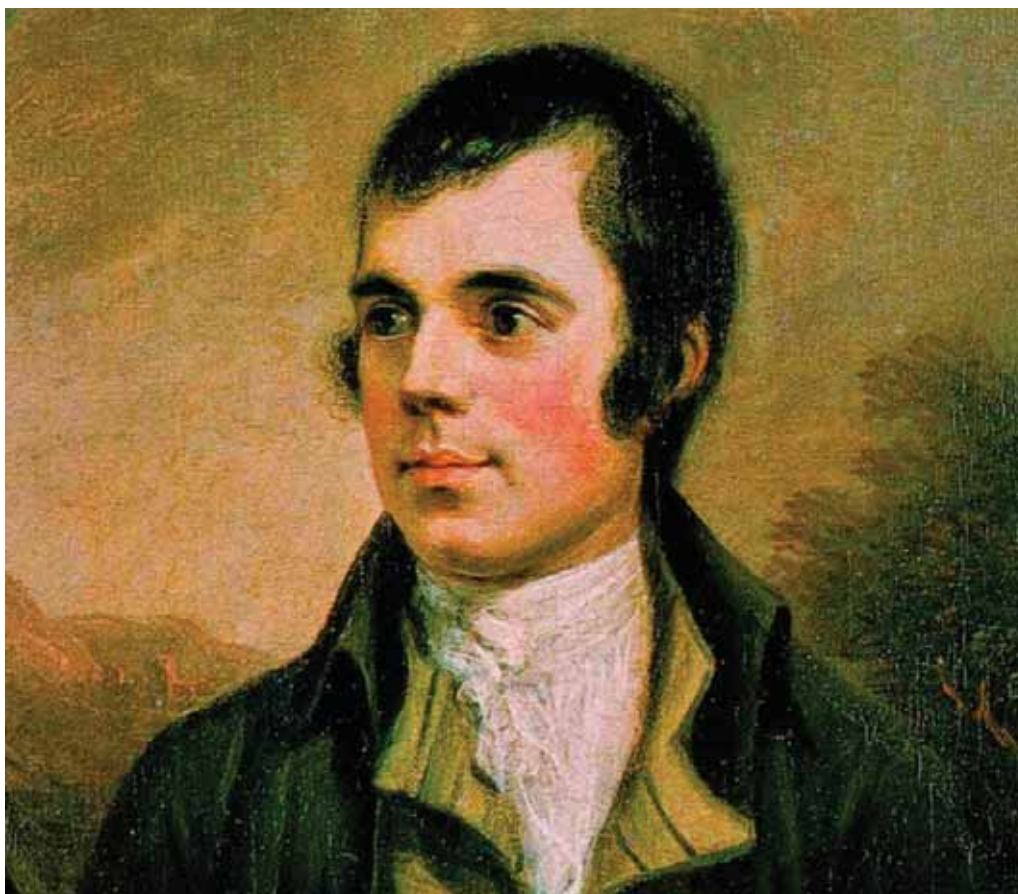
An annual tradition at the Pender Harbour Legion begs you to put on your kilt and “tak a right gude-willy waught.”

Though Robert Burns Night is historically celebrated on the Scottish poet's birthday (Jan. 25), the P. H. Legion's celebration will take place on the preceding Saturday evening, Jan. 21.

The “poet's hour” begins at 5:30 p.m. with tribute speeches and stories of the famous bard before dinner is served at 6:30 p.m.

And though haggis will be served, roast beef will also be offered for those inclined to take a pass on the traditional sheep's heart, liver and lungs.

The evening will continue with entertainment provided by the Pender Harbour Pipe Band, the Coast String Fiddlers and a special appearance by the Coast String Fiddlers, Third Generation (wee ones).



Robert Burns (1759–1796)

ROBERT BURNS

Robert Burns was born on Jan. 25, 1759 in Alloway on Scotland's southwest coast.

Burns is considered the national poet of Scotland for his songs and poems, many of which were written in

the Scottish tongue.

As a child, Burns was an unlikely poet hero. His family were farmers and though he received a conventional education, much of his learning came from his father, a self-taught intellectual.

Burns wasn't a remarkable student and his teacher John Murdoch later wrote:

“Robert's ear, in particular, was remarkably dull, and his voice untenable. It was long before I could get them to distinguish one tune from another.”

But, like his father, Burns had a passion for reading and observation and soon began writing.

Burns' writing ranged from love poems inspired by the variety of women he fancied to songs about everyday life such as “To a Louse:”

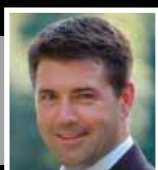
*Ye ugly, creepin, blastit wonner,
Detested, shunn'd by saunt an' sinner,
How daur ye set your fit upon her—
Sae fine a lady?
Gae somewhere else and seek your dinner
On some poor body.*

Proud sponsors of Abbeyfield House Dinners for Donors campaign: 142 bricks sold to date!



Prudential
Sussex Realty

Pender Harbour Office



Alan Stewart
Manager

Gibsons, Sechelt, Pender Harbour



Bill Hunsche
604.740.1411

billhunsche@dccnet.com



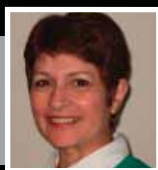
Teresa Sladey
604.740.7535

teresasladey@dccnet.com



Carol Reid
604.740.6188

carolreid@dccnet.com



Patti Gaudet
604.741.8413

pgaudet@dccnet.com

Tel: 604.883.9525 Fax: 604.883.9524
12783A Madeira Park Road, Madeira Park, BC V0N 2H0

Toll free: 1-800.416.6646
www.prudentialsussexrealty.com

Besides the whimsy and wit, much of his work also carries strong nationalist sentiment, political criticism and dark undertones reflecting the hardships of the time he lived.

Burns published his first book of poetry in 1786, hoping to raise enough money from its sale to emigrate to Jamaica.

Only 612 copies of *Poems, Chiefly in the Scottish Dialect* were printed but it was enough to impress the literary highbrows in Edinburgh.

The success of *Poems* forced him to drop his travel plans and Burns launched into work on a second book.

Set to the tune of a traditional folk song, "Auld Lang Syne" is undoubtedly Burns' most famous poem.

Translated as "old long since," Burns' ode to separation and reunion is heard throughout the world on Jan. 1 marking the turn of the new year:

Auld Lang Syne

*Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!*

(Chorus)

*For auld lang syne, my dear,
For auld lang syne.
We'll tak a cup o' kindness yet,
For auld lang syne.*

*And surely ye'll be your pint stowp!
And surely I'll be mine!
And we'll tak a cup o' kindness yet,
For auld lang syne.*

(Chorus)

*We twa hae run about the braes,
and pu'd the gowans fine ;
But we've wander'd mony a weary fit,
sin auld lang syne.*

Burns made a modest amount of money from the publication of his works and continued to enjoy growing

popularity throughout Scotland until his death at age 32. Robert Burns died from heart disease on the morning of July 21, 1796.

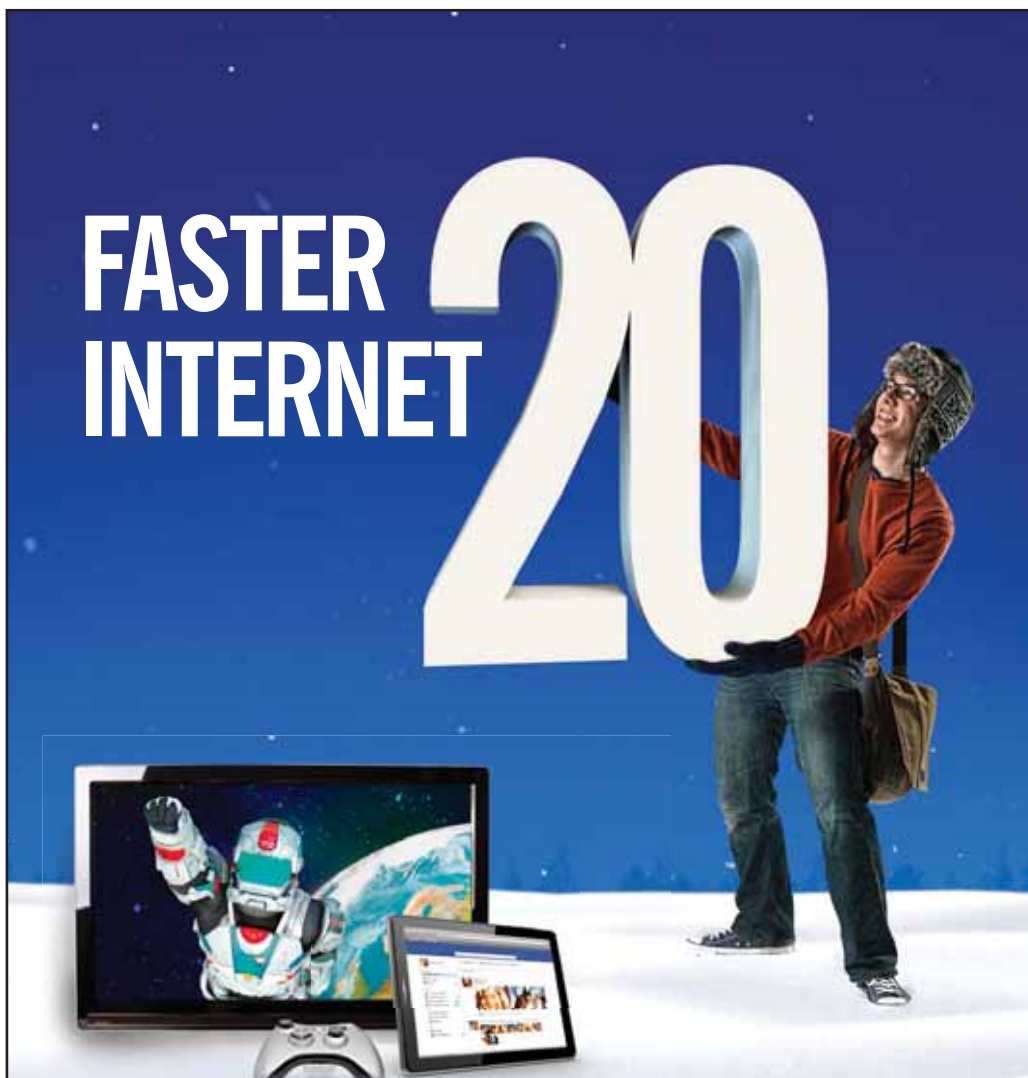
Burns is, perhaps, most important as the unifying national symbol of Scotland and expatriates everywhere.

As Scottish settlers spread throughout the new world, they car-

ried Robert Burns' songs and poems with them.

It's created an enduring legacy that fuels nationalistic sentiment in many whose ancestors left Scotland generations ago.

Tickets for Robbie Burns Night will be available at the Pender Harbour Legion starting on Jan. 4.



FASTER INTERNET

ADD INTERNET 20 MBPS

\$20

/MTH¹ FOR 6 MONTHS
IN A WATCH & SURF BUNDLE

- Internet 20 Mbps is included in a Bundle.²
- Add WiFi and connect from any device anywhere in your home. Multiple people can be online at the same time with no slowdowns.

604-885-3224 coastcable.com



COAST CABLE
an EastLink company

1. Offer available to new Watch & Surf Bundle customers. Information deemed correct at time of printing. Some conditions apply. Visit coastcable.com for details and availability. 2. Upload and download speeds can be affected by computer set-up, Internet traffic or other factors.

2011 HARBOUR SPIEL RETROSPECTIVE



photo submitted
Three brave women took part in the Polar Bear Swim at Millennium Park on Jan. 1.



Sue Paine photo
Should'a stayed in school. The engineer holds the plans while other volunteers build the viewing platform at John Daly Park on July 23.



Over 400 riders took in the views from one of our many local mountain bike trails July 6.



This is what's left of Tom Barker's *BC Navigator* after a fire in the early hours of Nov. 22.



The Pender Harbour Seals Swim Club travelled to Sechelt for their first away swim meet on Feb. 13.



The 2011 graduating class from Pender Harbour Secondary School June 28.



Aerial acrobats aboard *La Loupiote* performed two shows for audiences at the Garden Bay Pub on July 17



A good crowd was on hand for the Area A all-candidates meeting on Nov. 8 at the Pender Harbour Community Hall.

2011 HARBOUR SPIEL RETROSPECTIVE



The historic 'Teachorage' building in Madeira Park was demolished on March 21.



Volunteer efforts to provide local herring stocks with a spawning alternative to creosote pilings show promise March 25.



This 15-foot female sixgill shark died on the beach in Garden Bay, after giving birth to possibly 100-plus young. (June)

Bob Fielding photo



Vancouver's Kevin Reimer, moments after winning Attack of Danger Bay 10 on May 22.



Santa Lucia rocked the Grasshopper Pub for three shows during Jazz Fest weekend.



The Area A bus service ended Oct. 11.



Oct. 17. Thanks to committed volunteers, the P. H. Legion got a facelift over the summer/fall.

January 2012



A new women's soccer team, the P. H. Banana Peppers, in action against Sechelt rival the Mayhem Oct. 16.

Frank's first...



By Frank Mauro,
Area A Director

Here we go at my first effort to report to all of you the issues at the SCRD board and the positions I am taking on your behalf.

Since the deadline for this article is a little early this month due to the holidays, you will have to excuse some generalities at this point.

I was sworn in on Dec. 8 and have only participated as a director in

one committee meeting and one board meeting.

I have, however, been attending all committee meetings, board meetings and workshops since the election and have had informal discussions with some of the other directors.

I have also had extremely helpful conversations with three previous Area A directors and, even at this early stage, their insights have proven very useful.

SCRD BUDGET

The first major order of business for the new board will be setting the budget for the next year.

Presentations by the boards of pools, libraries and hospital are all scheduled for the week of Dec. 12-16 and the first budget three-day marathon is scheduled for after the holidays.

This is a critical process and I am committed to using all means available to ensure Area A receives services commensurate with the ratio of funding we supply through taxes — currently over 16 per cent.

Areas which will require particular attention are:

1. Deciding which functions we participate in.
2. Ensuring the contribution we make to those functions reflects our residents' actual participation.
3. Guarding against potential

escalating costs of initiatives that are not yet complete.

I will have more to report on the budget process next month.

PRIVATE MOORAGE

One current issue which affects Pender Harbour in particular is the provincial government's lifting of the "moratorium" on processing private moorage applications.

The Crown now expects the applicants to obtain "written confirmation from local government that the proposal complies with the existing zoning bylaws."

In other words, they are requesting a pre-application check that local zoning bylaws are being met.

Our APC considered three applications at the Nov. 30 meeting and recommended that they, "consider the water zoning with respect to the applications appropriate to the adjacent upland residential zoning."

As previously reported in the *Harbour Spiel*, Area A currently has no water zoning.

The Sechelt Indian Band has expressed concerns about the lifting of the moratorium.

We are not sure of other changes in the application process.

For these reasons, at the SCRD Planning and Development committee meeting on Dec. 10, it was decided to request further clarification of the

PSI HOME SERVICES
FREE ESTIMATES

CLEAN YOUR ROOF AND GUTTERS BEFORE THE RAINS COME!

www.psihomeservices.com

604 883 2801

Feeling sore, tired, achy?
How good do you want to feel?

MASSAGE/ORTHO-BIONOMY THERAPY
For acute and chronic pain, and rejuvenation

CONSULTATION/HERBAL REMEDIES

- Cold/Flu Remedies
- Weight Loss Programs
- Hormone Balancing
- Stress Management
- Herbal Cleansing Kits
- Body/Bath Care Products
- Gift Baskets/Certificates

Wendie Milner: 604-883-9361

883-2747

Winter is coming!
Are you ready?
We are!

Get on our
Snow plow list
now!

Call Don Today!

MADEIRA MARINA (1980) LTD.

Sales & Service
most makes

40-Ton Marine Ways

Certified Mechanics

Saltwater Licences

Well-stocked
Marine Store

12930 MADEIRA PARK RD.
Beside Madeira Park gymnt. float

FAX 883-9250
CALL 883-2266

John Deere Marine

Mercury Outboards

Mercruiser

Volvo Penta

Honda Outboards
2 hp thru
225 hp

entire application process from the Crown (Ministry of Forests, Lands and Natural Resource Operations) before the SCRd acts on the “pre-applications.”

I will certainly have more on this in my future reports.

COMMUNITY BUS

I have initiated discussion regarding the potential use for the community bus to run a Pender Harbour area shuttle service, basically from

the end of Francis Peninsula Road to Daniel Point.

In my discussions with residents there seems to be support for this type of service.

The goal is to get a staff report to review the options and an estimate of the cost to set up a pilot project for such a service.

Input from the community will be required to address route, frequency, potential ridership etc.

Once the report is in and the

estimated costs are known, we can decide if such a pilot project is worth pursuing.

AREA A DIRECTOR CONTACT INFORMATION

I have set up an e-mail address and phone number, separate from our “overused” home accounts.

Please use the following to contact me:

E-mail: Frank.Mauro@scrd.ca

Phone: (604) 740-1451



Sunshine Coast Regional District

AREA A - ADVISORY PLANNING COMMITTEE MEETING

The next meeting of the Egmont/Pender Harbour Advisory Planning Commission is on Wednesday, January 25 at 7:00 p.m. at Pender Harbour High School, Room 107.

MEETINGS AT 1975 FIELD ROAD

Infrastructure Services Committee

January 5 at 1:30 p.m.

Special Infrastructure Services Committee

January 10 at 1:30 p.m.

Community Services Committee

January 12 at 1:30 p.m.

Regular Board

January 12 at 7:30 p.m.

Special Corporate and Administrative Services Committee - Round 1 Budget Review

January 16, 17 and 18 at 9:30 a.m.

Planning and Development Services Committee

January 19 at 9:30 a.m.

Special Corporate and Administrative Services Committee - Round 1 Budget Review

January 20 at 9:30 a.m.

Special Corporate and Administrative Services Committee

January 26 at 9:30 a.m.

Corporate and Administrative Services Committee

January 26 at 1:30 p.m.

Regular Board

January 26 at 7:30 p.m.

DISCOVER THE MAGIC OF SNOW!

This winter, remember to visit Dakota Ridge the Sunshine Coast's most popular cross country skiing and snowshoeing area. It truly offers something for everyone! Visit www.scrd.ca/Dakota-Ridge, phone 604-885-6802 or find us on FACEBOOK for more information.

PENDER HARBOUR LANDFILL WINTER HOURS

Winter Operating Hours:
Monday 8:30 am to 4:30 pm
Tuesday 8:30 am to 12:30 pm
Wednesday to Saturday 8:30 am to 4:30 pm. Sunday Closed ALL Day
Site Closed On: Statutory holidays from Thanksgiving weekend to Easter weekend.

ARE YOU PARTICIPATING IN THE GREAT SUNSHINE COAST WOODSTOVE EXCHANGE PROGRAM?

If you are, it's important to know that a building permit is required in all cases when installing a new wood burning stove.

To ensure that all permit and inspection requirements are met, please contact the Sunshine Coast Regional District at 604-885-6803.

AREA A - DIRECTOR CONTACT INFORMATION

Director Frank Mauro can be reached by email at frank.mauro@scrd.ca.

For more information:

1975 Field Road, Sechelt
BC V0N 3A1

T: 604-885-6800 F: 604-885-7909

Office hours: 8:30 a.m. to 4:30 p.m.

www.scrd.ca

A race car named Pender



By Alan Stewart

Sometimes looking at real estate statistics is about as exciting as watching

paint dry.

So to make it a bit more engaging, let's look at what's happened in the residential home sale market on the Sunshine Coast as a car race.

Let's call it the SC 500!

To extend the analogy further, let's look at this race as having 11 laps, the first of which will be 2001 and the last lap will be 2011.

To make sure it's fair, we'll only consider the data for January through November of each year and we'll consider the median price as the basis for determining the average speed of each car for each lap.

Remember, the median price is the price of a home that sells in the middle of a series that is sorted by price.

So, if 100 houses sell, it would be the 50th highest priced sale.

The Pender car, a small but powerful jet black beauty emblazoned with fluorescent sponsorship logos from around the Harbour, thunders to life and makes it way to its starting position at the back of the pack.

With a qualifying speed of 128 km/h (\$128,000 median selling price), the driver knows he'll need to have the race of his life to compete.

In front of the Pender car is Sechelt's dark metallic green car with an average speed of 163 km/h, the bright yellow Sunshine Coast car, representing all the communities on the coast with an average speed of 169 km/h and the champion, a fluorescent red Gibsons car, with a top qualifying



speed of 169.9 km/h.

The crowd goes crazy as the race official drops his green flag to signal the start of the race and the rubber tires melt into clouds of toxic smoke.

It's an incredible start for the Pender car and by the second lap, the little black speedball has reached an average lap speed of 180 km/h, improving on his qualifying speed by 140 per cent.

But the competition presses to keep up.

The Sunshine Coast car maintains a slim lead with an average speed of 183 kph, fuelled by sales in Roberts Creek and Halfmoon Bay, but the Gibsons and Sechelt cars struggle to keep up, posting average speeds of 179 and 174 respectively.

By the end of lap 5 (2005), the race has turned into a dogfight with different cars jockeying for the lead but with an average speed over the

five laps of 224 km/h, the Gibsons car is out in front with the Sunshine Coast car drafting in second position.

The Pender Harbour fans scream with excitement after an unbelievable fifth lap where their little car made up so much ground that it has moved unexpectedly into third spot with an average speed of 215 km/h.

The Sechelt car is slowly falling behind, posting an average speed of 208 km/h.

The Sechelt driver beats his head against the steering wheel:

"How can I be falling behind when I'm going 165 per cent faster than my qualifying speed?"

In only five laps, the little Pender car has improved its speed by 285 per cent and has become a contender.

From its humble qualifying speed, it has far outperformed its competitors and by lap six the black

bullet from the Harbour has increased its average speed by 325 per cent to an incredible 415 km/h.

It would continue to fly around the track at over 300 per cent of its speed all the way through lap 10, a feat that none of the other cars come close to accomplishing.

The Gibsons and Sunshine Coast cars have only improved by a little over 230 per cent and the Sechelt car has lost ground at only 215 per cent of its qualifying speed.

In the eleventh and final lap, the Gibsons car blows through the finish line with an average speed for the final lap of 405 km/h with the yellow Sunshine Coast car close on its heels at 394 km/h.

And despite its poor starting position and all the obstacles it had to overcome, the Pender car crosses the finish line in a photo-finish, third-place tie with Sechelt, posting an average lap speed of 366 km/h.

On reviewing the race, the Pender racing team was surprised to see that while its impressive start had launched it into a great position to finish strong, the final five laps determined its fate.

While the Gibsons, Sunshine Coast and Sechelt cars all improved their average speeds from the sixth lap to the 11th lap by approximately 107 per cent, the little Pender car succumbed to the larger engines.

Despite all the driver's skill and the car's incredible performance over the entire race, the "little car that could" slipped off its sixth lap average speed each and every lap until the finish, with a final lap average speed of 88 per cent of that incredible sixth lap.

For fans of the Pender car, they will always be impressed with its

monumental rush from the starting line.

They also won't soon forget the effort of the famous sixth lap when Pender broke through all kinds of barriers and secured its place in everyone's mind.

And while it didn't cross the finish line in first place, it proved itself a

contender and racing fans everywhere await the next big race, where Pender Harbour will start not in a distant fourth position, but in the pack where it belongs.

Please send any suggestions for future columns to alanstewart@prudentialsussex.com

To implant or not?

Implants have been used in dentistry since 1965.

Over the last 20 years, implants have become part of standard dental care and have offered new treatment planning options.

Teeth that have been removed due to advanced decay or breaking can now have the missing root replaced with metal screw-like structures that are permanently embedded into the jawbone.

The bone regrows around this screw to form a solid immovable unit that can then have a crown attached to the base completing the implant. Implants do not decay and do not need root canal treatment.

As a result, implant restorations have a higher long-term survival rate and have the highest success rate of all the prosthetic options available today.

Implant dentistry is becoming the primary method for replacing missing teeth, rather than a last resort.

This exciting treatment offers patients a permanent solution to replacing missing teeth, from a single tooth to the whole dentition of a person now using dentures.

Implants supported dentures are far superior to dentures that rely on adhesives to keep them in place.

Your general dentist knows your teeth best, they see you on a regular basis and can evaluate your need for treatment.

A general dentist has undergone an advanced, extended supervised training program to qualify to place implants.

The Sunshine Coast Dental Group, Dr. Robert Hynd and Dr. Lisa Virkela are pleased to announce that our dental office is now able to offer patients the opportunity to have implant treatment done here at our office in the Pender Harbour Health Centre.

Please feel free to drop by or call for more information if you are interested in dental implants.

As always we welcome new patients and our helpful friendly staff is on hand Monday to Friday from 9:00 am to 5:00 pm to book your appointment with one of our dentists or hygienists. Our phone number is 604-883-2997.



**SUNSHINE COAST
DENTAL GROUP**

Pender Harbour Health Centre • (604) 883-2997

Beating the winter blues with snowshoes . . . at Dakota Ridge

Submitted

Thanks to the Dakota Ridge Recreation Area, snowshoeing and cross-country skiing have become two of the fastest growing winter activities on the Sunshine Coast.

Last winter, twice as many people visited Dakota Ridge as the season before, indicating the word is finally getting out about one of the Coast's outdoor areas.

Snowshoers, skiers, hikers and tobogganers are all welcome at the SCRDR managed recreation area that includes trails, a warming hut and washrooms.

SNOWSHOEING

Snowshoeing's popularity has long suffered because snowshoes were once made with hardwood frames and rawhide lacings.

The heavier materials made walking difficult and exhausted the snowshoer within a few hours.

Since then, snowshoe technology has undergone a revolution, reinventing the sport and making it accessible to just about anyone.

Modern snowshoes are far lighter, more manageable and high-tech, allowing outdoor enthusiasts to explore a variety of terrain with new-found freedom.

Whether you are a family seeking a fresh air activity, an adventurer



SCRDR photo

It's a different world up here. The Dakota Ridge Recreation Area beckons with 13 kilometres of cross country skiing trails and eight kilometres of snowshoeing trails.

looking for a cardio workout or an outdoors lover desiring some snow-muffled silence, snowshoeing can be enjoyed by almost everyone.

With a little bit of practice and some decent snowshoes you can turn a bleak rainy day at sea level into a magical snowy day in one of the Sunshine Coast's best-kept winter paradises.

The Dakota Ridge Winter Recreation Area is an ideal place for snow-

shoers of all ages and abilities.

Dakota Ridge offers visitors more than eight kilometres of immaculate snowshoe trails that wind through old growth forests and open areas in a serene subalpine setting.

Gentle hills and wide ridges entice an increasing number of locals and visitors to explore.

From the parking area you can snowshoe to a number of viewpoints with outstanding vistas of Georgia



DOWN THE COAST

Straight, Vancouver Island and Mount Baker.

CROSS-COUNTRY SKIING

Along with trails for snowshoeing, Dakota Ridge has 13 kilometres of trails groomed specifically for either classic or skate cross-country skiing.

Although it may not be as popular as downhill skiing, in terms of all-around aerobic benefits, it's no contest.

Using muscles in the shoulders, back, chest, abdomen, buttocks, and legs, cross-country skiers can burn as many as 600 to 900 calories per hour.

The kick and glide technique, combined with the poling motion to propel you along, can provide a more complete workout than running or cycling, both of which emphasize lower body muscles.

The classic style is often used on prepared trails with pairs of parallel grooves (tracks) cut into the snow.

On flat terrain, the classic style imitates a running action with parallel skis, kicking and gliding with each stride.

Skate skiing is practised on a smooth, groomed service with a decisive weight transfer between skis.

The push off and glide to the opposite ski resembles that of a skater.

ACCESS

It costs an adult \$12 to ski for the day or \$6 to snowshoe but kids 12 and under are free.

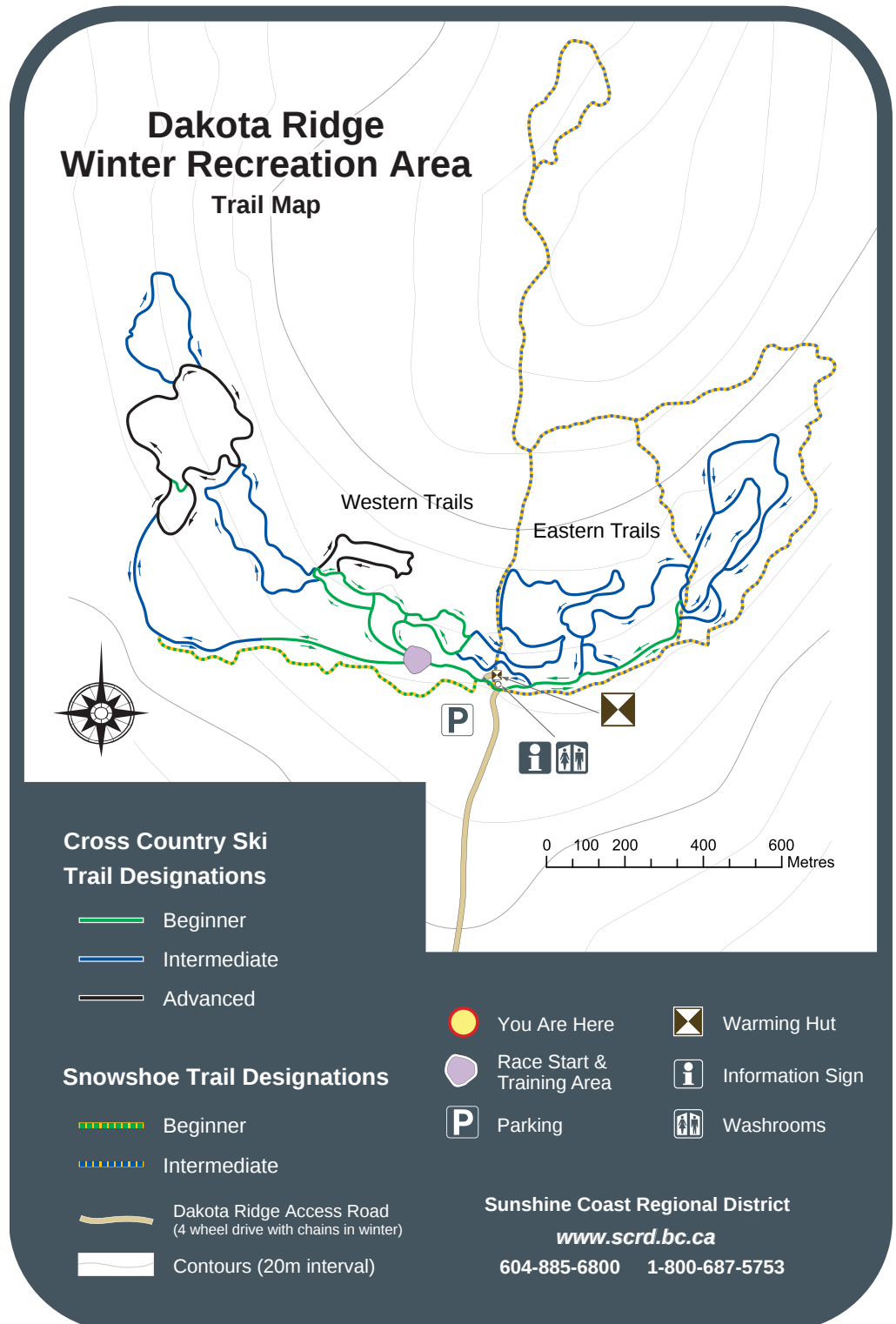
A flat fee of \$5 per vehicle is also levied for those who are not purchasing skiing or snowshoeing tickets (sledding etc.) for costs associated with road maintenance.

Dakota Ridge is accessed by driving on gravel and snow-covered

roads and four-wheel drive and chains are highly recommended for safe winter travel.

From the top of Field Road in Wilson Creek, turn right and follow the signs to reach the parking area (14 kilometres farther).

For information on passes, to learn more about snow and road conditions, or for driving directions, visit the Sunshine Coast Regional District's website at www.scrd.ca (Dakota Ridge) or call 604-885-6802.



ORGANIZATIONS DIRECTORY

• P. H. Aquatic Centre Society	885-6866
• Blues Society	883-2642
• Bridge Club	883-2633
• Chamber of Commerce, P. H. & Egmont.....	883-2561
• Christ the Redeemer Church	883-1355
• 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
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Cdn Legion 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• 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
• Serendipity Preschool	883-2316
• Suncoast Players	883-9277
• Sunshine Coast SHROOM.....	883-3678
• 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

LOCAL ORGANIZATIONS

P. H. WOMEN'S CONNECTION

After having a nice break, Women's Connection will start again on Tuesday, Jan. 10. This gathering will be a potluck lunch and get-together.

The second gathering of the month will be held on Tuesday, Jan. 24. Please remember to bring any items you may have collected for the Comfort Bags. Lists of the items needed to fill the bags are available at the gatherings.

Both of these gatherings will be held at the School of Music in Madeira Park, doors open at 9:30 a.m. and the meeting is from 10 a.m. until noon. Members, non-members and drop-ins are always welcome.

P. H. WILDLIFE SOCIETY

The Pender Harbour Wildlife Society will ring in the new year with a slide show presentation by Tom Sheldon. Sheldon is a photographer and naturalist par excellence who lives in Gibsons and spends his summers exploring and photographing the historic sites and the wildlife of the B.C. coast. His show will include coastal images taken both above and below the water. Everyone is welcome to attend the event on Jan. 17, at Pender Harbour High School at 7:30 p.m. No charge. The society will meet following the slide show and refreshments.

S. C. BOTANICAL GARDEN SOCIETY

Sunshine Coast Botanical Garden upcoming events:

Armchair travel with Glen Patterson

Saturday, Jan. 14, 2 p.m., The Sparling Pavilion, Sunshine Coast Botanical Garden, 5941 Mason Rd. Admission by donation

Grow the Garden Gala Dinner & Auction

Saturday, Jan. 28, 5:30pm
Sechelt Seniors Activity Centre
Tickets: \$100 Phone: (604) 740-3969 or order tickets by e-mail through info@coastbotanicalgarden.org



The Sojourners

Winner of a Western Canadian Music Award for outstanding contemporary gospel and nominated for a Juno Award for blues album of the year.

Sunday, January 15, 2pm
PENDER HARBOUR SCHOOL OF MUSIC

www.penderharbourmusic.ca

Sponsored in part by: Gwen & Ed Hawkins

Tickets
\$20:

Harbour Insurance

John Henry's
Manna

Sechelt Visitor
Information
Centre

Gaia's Fair
Trade

Year end wrap up at the P. H. Golf Course



By Jan Watson

In between windstorms we have had some very nice weather for playing golf and quite a few of us have been out on

the course.

The course is in good shape, a few wet spots but the greens are excellent.

We would remind everyone to please repair their ball marks on the greens and that golf carts must stay on the cart paths.

Walking on the grass when it's frosty can do a lot of damage, so on these sunny frosty days, please call the golf course at (604) 883-9542 to ask about tee-off delays.

Reduced rates are in effect during winter and the driving range is open daily.

MEMBERSHIPS

Memberships are available so contact the club for more information.

At the same time I would remind you all that Pender Harbour is a public course, run by the Pender Harbour Golf Club, which is a non-profit society.

Everyone is welcome to come out and play and to use all the facilities including the restaurant.

The Pro Shop is closed but the Clubhouse Restaurant is open and green fees, power carts and any other inquiries are available through the restaurant at (604) 883-9542.

THANKS TO VOLUNTEERS

As always, it is impossible to name all the wonderful people, members and non-members, who dedicate many hours helping to keep the golf course, driving range and buildings in good shape.

Sincere thanks go out to all those people who, over the last 25 years, have worked hard to help make the facility a great asset to the community.

Our pond project is progressing and it will be a huge improvement to the appearance of the golf course, especially looking down toward the first tee from the clubhouse.

We thank several of our local businesses and the members who have contributed towards this project.

When finished there will be a plaque naming all the donors.

A BIT OF HISTORY

Why do golfers shout "fore" when they hit an errant shot?

The word fore is Scottish in origin, and is a shortened version of the word before or afore.

The old Scottish warning, essentially meaning "look out ahead," probably originated in military circles,

where artillery men used the call as a warning to troops in forward positions.

Golfers as early as the 18th century adopted this warning cry for use on the golf course.

FROM THE 19TH HOLE?

The owner of a golf course in Texas was confused about paying an invoice minus his early payment discount, so he decided to ask his secretary for some mathematical help.

He called her into his office and said, "You graduated from the University of Texas and I need some help. If I were to give you \$20,000 minus 14%, how much would you take off?"

The secretary thought for a moment, then replied, "Everything but my earrings!"



Eggs Benny – All Day Sunday

Prime Rib Night – Friday

WINTER HOURS:

Closed Monday and Tuesday
Sunday and Wednesday, 10-4
Thursday to Saturday, 10-8

(604)883-9542

Something to Squirrel away?

SECURE, HEATED SELF-STORAGE to 5x10 ft.
Central Madeira Park, next to Speed Bump Alley

SQUIRREL STORAGE

LARRY & LINDA CURTISS

CALL 883-2040





PENDER HARBOUR
LEGION
January events

Robbie Burns Night

Jan. 21 @ Pender Harbour Legion

Tickets: \$31 (Available at the bar starting Jan. 4)
Featuring the Coast String Fiddlers.

Poet's Hour: 5:30 pm @ Dinner 6:30 pm

- **Friday's Kitchen: 11 am - 7:30 pm**
(Fish & chips and Friday special)
- **Meat Draw**
Saturdays and Sundays
- **Open Wednesdays: 2 - 6 pm**

CLASS ADS



Classified advertising must be prepaid,
\$20 for 25 words maximum, second month free (space permitting)
for non-commercial ads only.
By mail or e-mail: editor@harbourspiel.com.

FOR SALE

- **14-foot rowing boat** — the real thing! Penson/Reynolds fibreglass. Outboard oarlocks and balanced oars. \$750. (604) 883-9262

HELP WANTED

- **New to the community or want something fun to do?** Join the Pender Harbour branch of St. Mary's Hospital Auxiliary. Contact Maureen at (604) 883-2563 or lilylake@telus.net.

PERSONALS

- **I saw you at the pub.** I told you if you grabbed my butt again I'd kill you. You did. Now I need your address. E-mail: seriouspoo@live.com

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.)

Harbour Seals of Approval and a very Happy New Year to **Troy at the IGA, Brian at the Harbour Spiel, Dr. Hynd and staff at Sunshine Coast Dental, the folks at Rona** and everyone who did baking for our bake sales and who supported our fundraising efforts this year.

Maureen Lee

P. H. Branch of St. Mary's
Hospital/Health Care Auxiliary

Harbour Hugs to **Christ The Redeemer, St. Mary's Ladies Auxilliary and friends** for gifts, cards and prayers after the loss of our son, brother and uncle.

Dianne Albert and family
Pender Harbour

Elvis has left
the building...
(and so has Miss Sunny!)

Miss Sunny's
Hair Boutique

Our new address (as of Jan. 1):

12865 Dogwood Drive
883-2715

Serving the coast for over 25 years!

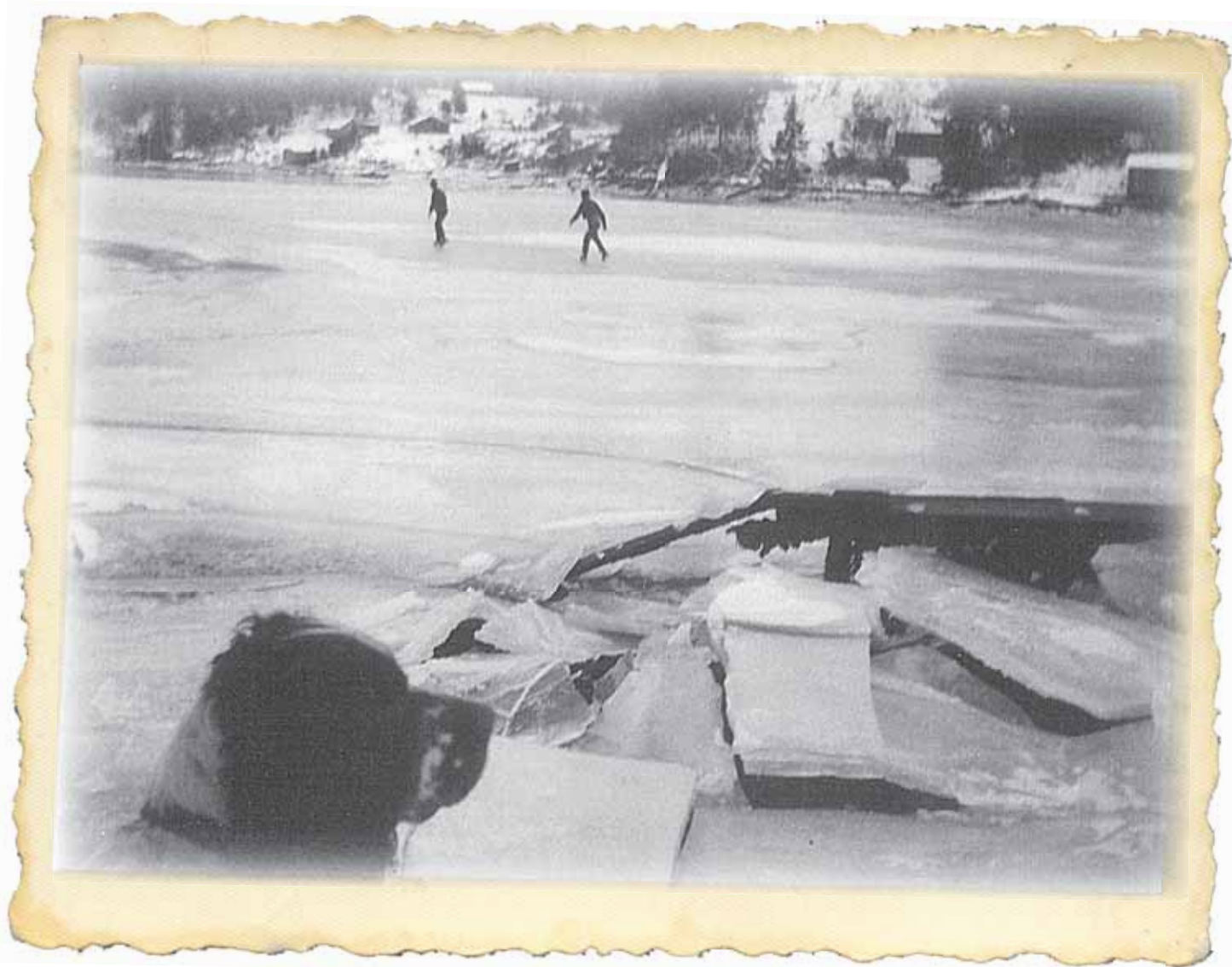
Indian Isle Construction (1982) LTD

Visit us at www.indianisleconstruction.ca

604-883-2747
Indianisle@dccnet.com

- ◆ Excavating
(multiple machines & bucket sizes)
- ◆ Road building & Grading
(large & mini graders)
- ◆ Sand & Gravel
- ◆ Drainage
- ◆ Waterlines

- ◆ Disposal Services
(mini bins & roll-off containers)
- ◆ Snow removal
- ◆ Land clearing & Demolition
- ◆ Site Preparation
- ◆ Rockbreaking & Rock Walls



Ed Wray photo collection

Whiskey Slough Dec. 1952. Ed Wray sent this photo a few years ago along with two others (below) that appeared in the Jan. 2009 issue.



Curing doorbell ding-a-lings



By John Wade

Hi John,

We have two dogs: one a golden retriever and the other a Bassett

hound.

Whenever guests come to the door or they hear the doorbell they go nuts jumping all over them.

We have taken to hooking them up with a leash at a distance back from the door to at least allow our guests to get in the door.

We do not unhook them until they calm down.

I have also tried working with a friend to come in several times in a row in order to practise gaining space at the door.

It's not working.

I am becoming a dog yeller, not a dog whisperer.

That upsets my wife and she has less control over them than I do.

All suggestions gratefully accepted.

- Bob

Dear Bob,

You're not alone. We've all vis-



ited friends where, before we took two steps in the door, we're wearing their dog or dogs like a fur coat so tightly wrapped that even a team of PETA fanatics couldn't peel it from our bodies.

There are usually two factors to consider.

First, there has to be a foundation relationship where the dogs see you as the teacher.

Second, you have to break this sort of training exercise down into smaller bites.

Without a foundation it's hard to get a dog to take you seriously at any time, let alone when there's fresh meat arriving at the door.

It's not that it can't be done but it's on par with trying to get a kid to focus on math at the gates of Disney

Wishing all a safe and prosperous 2012



SunshineCoastHomes.com

buying... selling... sold.

Prudential Sussex Realty | Gibsons, Sechelt & Pender Harbour | 5561 Wharf Rd., Sechelt, BC, V0N 3A0
1-800-792-7719 * Sechelt 604-885-5414 * Pender Harbour 604-883-9212 * info@sunshinecoasthomes.com

World.

I'd suggest first teaching the dogs to go to a mat whenever you are in the kitchen and to a similar place near the door whenever you are taking them out and after they return from an outing (even if it's only to relieve themselves).

They need dress rehearsals.

If they get wound at the mere sound of the doorbell, invest in a wireless system with the buttons strategically placed in the house.

Pavlov conditioned dogs to salivate at the sound of a bell.

Yours are conditioned for an adrenalin rush at the sound of the bell.

Now you're going to condition them to go to a mat.

They also need to learn how to keep "four on the floor" at all times and that's best done by leaving their leashes on them when you're together and setting them up.

I don't wait for them to jump.

Every television commercial can be used to do things they might see as an excuse to jump.

After a week or two, when no one in the family can get them to jump no matter how silly they behave then I get friends to try, just as you have done recently (but, I think, prematurely).

As mentioned, this is a common problem and the above is only part of the program I recommend.

I really suggest that anyone with this sort of issue contact a balanced trainer for an in-home appointment.

I doubt it would take more than an investment of a couple of hours and the trainer will be able to advise in a way tailored to the personalities

of your dogs and the handling abilities of everyone in your home.

A balanced trainer will be able to help you lay that foundation I mentioned earlier.

They'll also be able to show you how to say, "No!" in a way that the dogs connect with their unwanted behaviour.

Not having met you and your dogs, I can't be specific on how to fairly send that critical message to your dogs.

Pawsitively yours,
John Wade

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

**CO² INFUSED BEER
READY TO DRINK
IN JUST 3 WEEKS!**

DO THE MATH!

Village
Vintner

**CHOOSE A DELICIOUS
LAGER, PILSNER, DRAFT,
MEXICAN LAGER OR LIGHT.**

ASK ABOUT OUR WINE SPECIALS

**Tue-Sat: 12-4
604-865-0640
villagevintner.com**

**A heartfelt thank-you to Irene Boyd on her retirement
as secretary of the Harbour Authority of Pender Harbour.**



The Harbour Authority of Pender Harbour wishes Irene Boyd all the best in her retirement as their recording secretary. Irene has been the secretary since the inception of the authority in 1991. She has performed her work in the most diligent manner and has helped all boards immeasurably.

The current board and previous members of the board thank Irene for her many years of service and remind her:

**"Don't act your age in retirement.
Act like the inner young person you have always been." - J. A. West**

COAST SIDING & renovations

Siding specialist
Hardie, cedar & vinyl
Replacement windows

604-883-0630

Peter Foerderer



Smilin' Cowboy Landscaping

design through maintenance

- lawn care
- estate mower
- irrigation systems
- water features
- cultured stonework
- natural stone work
- mini bobcat
- dumptruck
- wood chipper

Reasonable rates • Prompt friendly service

604.885.5455



FOR ALL YOUR INSURANCE NEEDS.

- ✓ automotive
- ✓ boat/marine
- ✓ household
- ✓ business
- ✓ travel

**Call
today for a
quote:**

883-2794

HARBOUR INSURANCE AGENCIES

WOODSHED

5" CONTINUOUS GUTTERS

Bruno Côté

5150 Elliot Road
Garden Bay

Phone/Fax: 883-0230 ♦ Cell: 989-1520

E-mail: woodshed@dccnet.com



SWANSON'S
READY-MIX LTD.

CONCRETE — IT'S OUR BUSINESS!

46 years serving Pender Harbour
and the Sunshine Coast

(604) 883-1322

Sand, gravel and concrete products also available.

BUSINESS DIRECTORY

A

ACCOUNTING & BOOKKEEPING

- Coast Group Chartered Accountants885-2254
- Louise McKay Inc.883-2622

AUTO REPAIRS & SERVICE

- Pender Harbour Diesel.....883-2616

B

BACKHOE

- Glenn's Backhoe Services883-2840

BEAUTY SALONS

- Freedom Spa - Mobile & Home Based Day Spa.....885-8368
- Green Door Spa741-1852

BUILDING SUPPLIES

- RONA Home Centre.....883-9551
- Gibsons Building Supplies885-7121

C

CARPET CLEANERS

- The Brighterside Carpet Cleaning883-2060

CHIMNEY

- Paul's Chimney (WETT cert.).....885-1938

CLOSET ORGANIZERS

- Synergy Kitchens, Baths and Closets886-6640

COMPUTER SALES & SERVICE

- Wet-Coast Computer & Design.....883-1331

BELLERIVE CONSTRUCTION

Builder of Fine Homes

- General Contracting with certified journeymen carpenters
- HPO licensed builder / 2 - 5 - 10 year warranty program
- 25 years building on the Sunshine Coast

740-6134

BUSINESS DIRECTORY

CONCRETE

- West Coast Concrete Placing & Finishing.885-1307
- Swanson's Ready-Mix Ltd.....883-1322

CONSTRUCTION

- Coast Siding and Windows883-0630

D

DINING

- Crossroads Grill883-9976
- Harbour Pizza883-2543
- Legion 112 Galley883-2235
- Triple Bs883-9655

DOCK & RAMP CONSTRUCTION

- Garden Bay Marine Services883-2722

DRYWALL

- Precise Painting & Plaster.....883-3693

E

ELECTRICIANS

- BG Clerx Electric.....883-2684
- L.A. Electric883-9188

F

FINANCIAL INSTITUTIONS

- S.C. Credit Union, Pender Harbour.....883-9531

FLORIST

- Flowers by Patsy883-0295

FURNACE CLEANING

- Fulton Furnace and Duct Cleaning885-6444

G

GENERAL STORE

- Bathgate General Store, Resort & Marina883-2222
- Oak Tree Market883-2411

GUTTERS

- Woodshed (Gutters).....883-0230

H

HARDWARE

- RONA Home Centre.....883-9551

HOME CLEANING SERVICES

- A & M Cleaning.....883-0277

HOME MAINTENANCE SERVICES

- P.S.I. Home Services883-2801

HOT TUBS

- Harbour Hot Tubs.....883-9929

K

KITCHEN AND BATH

- Synergy Kitchens, Baths and Closets886-6640

All Is Fair In Business

A shopkeeper was dismayed when a brand new business much like his own opened up next door and erected a huge sign which read 'BEST DEALS.' He was horrified when another competitor opened up on his other side, and announced its arrival with an even larger sign, reading 'LOWEST PRICES.'

The shopkeeper panicked, until he got an idea. He put the biggest sign of all over his own shop. It read: 'MAIN ENTRANCE.'

BUSINESS DIRECTORY

L

LANDSCAPING & GARDENING

- Alligator Landscaping 740-6733
- Smilin' Cowboy Landscaping 885-5455

LOGGING

- Sladey Timber 883-2435

M

MACHINE SHOPS

- Hugh's Tool & Die International 741-2190

MOBILE HOMES

- Glenbrook Homes 883-0234

MOVIE & DVD RENTAL

- Coast Video 883-1331

P

PAINTING

- Precise Painting & Plaster 883-3693

PETS

- Harbour Pet Food and Supplies 883-0561

PHYSIOTHERAPY

- Paul Cuppen 740-6728

PLUMBING

- Road Runner Plumbing 883-2391

POWER POLE & LINE SERVICE

- Midway Power Line Services 885-8822

PRINTING

- Coast Copy Centre (Sechelt) 885-5212

PROPANE

- Superior Propane 1-877-873-7467

PUBS

- Backeddy Pub 883-3614
- Garden Bay Pub 883-2674

R

REAL ESTATE

- Dave Milligan, Royal LePage 883-9212
- Bev and John Thompson, ReMax Oceanview 883-9090
- Prudential Sussex Pender Harbour 883-9525

ROOFING

- Brian's Roofing 885-4660
- Kleindale Roofing 883-9303

S

SEPTIC SERVICES

- AAA Peninsula Septic Tank Pumping Service 885-7710
- SunCoast Waterworks 885-6127

STORAGE

- Squirrel Storage 883-2040

AAA PENINSULA SEPTIC TANK SERVICE

Serving the Entire
Sunshine Coast
For over 30 Years!



9835 Mackenzie Road
Halfmoon Bay, BC
V0N 1Y2

Pat Leech 885-7710

www.aaapeninsula.com



604 883-9303

KLEINDALE ROOFING
Box 152 Madeira Park, B.C.
V0N 2H0

PROVIDING A FULL LINE OF ROOFING SERVICES

SERVING THE SUNSHINE COAST FOR OVER 25 YEARS
& SPECIALIZING IN QUALITY

*METAL ROOFS *TAR & GRAVEL *TORCH ON *DUROID

BUSINESS DIRECTORY

T

TOPSOIL

- Alligator Landscaping740-6733

TREE SERVICE

- Pioneer Tree Service.....883-0513
- Proteus Tree Service.....885-8894

TRUCKING SERVICES

- Double D Trucking.....883-9771
- Johnny's Crane & Trucking.....883-2766

V

VETERINARIAN

- Madeira Park Veterinary Hospital Ltd.....883-2488

W

WEB DESIGN

- Wet-Coast Web Design.....883-1331

WELDING

- Jim's Welding883-1337
- Western Mobile Welding740-6923

WELLS AND WATER PURIFICATION

- SunCoast Waterworks.....885-6127

WINDOW COVERINGS

- Coastal Draperies883-9450

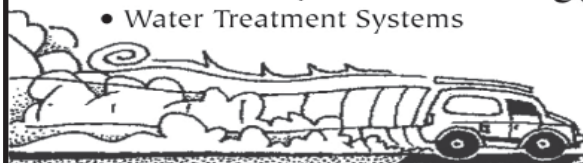
Advertising does not make people buy bad products. Nothing will put a bad product out of business faster than good advertising. Advertising causes people to try a product once, but poor quality eliminates any possibility of a repeat purpose."

- Morris Hite

ROADRUNNER PLUMBING SERVICE

- All kinds of plumbing repair
- Halfmoon Bay to Earl's Cove
- Water Treatment Systems

PHONE:
883-2391



Fred

SunCoast Waterworks

WELLS • PUMPS • WATER PURIFICATION
SUMP AND SEWAGE PUMPS

(604) 885-6127

suncoastwaterworks@dccnet.com

REID ELECTRIC

Residential and
Renovation Specialist

BILL REID

reg. #7598

Telephone 883-9309

Cel phone 885-8200



Over 30 years of experience

DON'S GRADER SERVICE

604-741-5311

Time to put that driveway in shape
before the winter rains wash it out!

New addition to the fleet

Mini Champion 80C Grader for Driveways and smaller jobs

- ♦ Larger CAT160H Grader for big jobs
- ♦ Mini excavators for Ditching and Culverts
- ♦ Dump Trucks for Sand and Gravel
- ♦ From Langdale to Egmont



Madeira Park Veterinary Hospital

Dr. Rick Smalley, DVM

604-883-2488

DAY AND
EMERGENCY

MONDAY-FRIDAY
9 a.m. - 5 p.m.

SATURDAY
9 a.m. - Noon

Full service veterinary medicine in Pender Harbour
Medicine • Dentistry • Surgery • Laboratory • X-ray

Madeira Landing #101 - 12890 Madeira Park Road



We make it easier for you



West Coast

Area A Seniors' H Outreach Heal

WOODSHED

5" CONTINUOUS GUTTERS

John and Bev Thompson
Re/Max

SWANSON'S
READY-MIX LTD.



Haircuts
at home



Kelly Mechanical

REID
ELECTRIC



GARDEN
BAY PUB



INDIAN ISLE CONSTRUCTION

Excavating Drainfield Sand & gravel Land clearing & demolition

Marina
Pharmacy



Thanks for
Harbour

COAST SIDING
& renovations

BELLERIVE
CONSTRUCTION

Madeira Park Veterinary Hospital
Dr. Rick Smalley, DVM



HARBOUR INSURANCE

MADEIRA MARINA (1980) LTD.



ast Wilderness Lodge

SQUIRREL STORAGE



TALEWIND
BOOKS

ousing
thy Meal Program



Lily Lake Village.ca
Active 55+ Lifestyle
"In the HEART of Pender Harbour"

PRECISE
Painting & Plaster

Fibre Works
STUDIO & GALLERY

Recent Releases *from* Harbour Publishing

ROADRUNNER
PLUMBING SERVICE

AAA PENINSULA
SEPTIC TANK SERVICE

Smilin'
Cowboy
Landscaping

Roofing
Kleindale

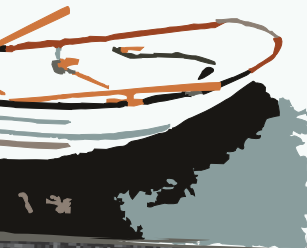
Wendie Milner



PENDER HARBOUR
**HEALTH
CENTRE**



BOUR



ANDREW CURTISS
CONTRACTING

SunshineCoastHomes.com

supporting the
Spiel in 2011.



K•E•R
ENTERPRISES
Trucking &
Excavating

Maidera Park
Law Office

Jack
Gibson
Gallery

COAST CABLE
an EastLink company

PENDER
HARBOUR
Music
SOCIETY

E AGENCIES

AST

WESTCOAST  AIR

The
Brighterside
CARPET CLEANING

RONA
Sunshine Coast



**RECYCLING &
BOTTLE DEPOT**
883-1165

ONE-STOP CONVENIENCE

Closed Wednesdays and
statutory holidays.

Refunds: 8:30 am to 3:30 pm
Recycling 8:30 am to 4 pm

Sundays: 10 a.m. to 2 p.m.

Multi-material Recycling
Beverage Container
Refund Centre

Hwy. 101 and
Menacher Rd.

Haircuts at home

Call Niki Smith

883-3693

~ My home or yours ~



PRECISE

Painting & Plaster

Complete Custom Painting
All Phases of Drywall
Renovations
Small Jobs
30 Years of Experience
Journeyman Workmanship



Neale Smith 883-3693

Kelly Mechanical

MOBILE MARINE REPAIR AND FUEL POLISHING



We handle all aspects of marine service
& repair including inboard and outboard
engines plus generators and chainsaws.

Garfield Kelly

Office: 604-883-1317 ✕ Mobile: 604-740-6705

gkelly1@telus.net

30-PLUS YEARS EXPERIENCE

The
Brighterside
CARPET CLEANING

Residential & Commercial

Call Merv...

(604) 883-2060

HARBOUR ALMANAC

THE DAYS

BIRTHDAYS

Jan. 1 ~ **Dave Steppell, Paul Whar-
ton and Cheryl Thompson.**
Jan. 2 ~ **Bill Hunsche, Vince Perreca
and Salem Taylor**
Jan. 3 ~ **Colton Landry.**
Jan. 4 ~ **Crystal White and Avril
Maveety.**
Jan. 5 ~ **Sue Lee, Betty Wenman and
Taylor Phillips.**
Jan. 7 ~ **Bryan Rousseau.**
Jan. 8 ~ **Sue Natall, Jodi Godkin and
Destiny Wallbaum.**
Jan. 9 ~ **Arhea Howitt and Amanda
Mayo.**
Jan. 10 ~ **David Pease.**
Jan. 11 ~ **Randy Cummings.**
Jan. 12 ~ **Lisa Duncan and Mary
Ebert.**
Jan. 13 ~ **Tia Haase and Betty Wray.**
Jan. 14 ~ **Dominic De La Canal,
Norman Edwardson, Karlee Legge
and Alannah Nichols.**
Jan. 15 ~ **Curtis Sample and**

Ron Kushner.
Jan. 16 ~ **Helen Palmer and Cody
Angus.**
Jan. 17 ~ **Tashina McLean and Brent
Stoutenberg.**
Jan. 19 ~ **Rita Zotoff and Arieanna
Henderson.**
Jan. 20 ~ **Gerald Mackie, Les Dorn-
bierer and Hazel Jay.**
Jan. 22 ~ **Starr Harding, Lil Higgs,
Leanne Legge and Troy Brown.**
Jan. 23 ~ **Taree Bathgate and Kelly
Kammerle.**
Jan. 24 ~ **Carolyn Ireland, Don
Murray and Warren Dunaway.**
Jan. 27 ~ **Leona Colebank.**
Jan. 28 ~ **Vanessa Fielding and
Ikuko Kishimoto.**
Jan. 29 ~ **Jordan Field, Glen Scou-
lar, Lorne Campbell, Alfie Lajlar,
Sarah Beadle and Tanya Bernier.**
Jan. 30 ~ **Lyle Forbes.**
Jan. 31 ~ **Mary Jordison.**

JANUARY WEATHER

TEMPERATURES

January is normally our coldest month, with an average daily high temperature of 6 C and low of 2.6 C, giving us a mean daily temperature of 4.3 C. The highest January temperature recorded at Merry Is. is 13.2 C (Jan. 30, 1989); the lowest is -7.2 C (Jan. 29, 1969).

PRECIPITATION

We have an average of 46.2 hours of bright sunshine, 17 days with rain, and three days with snow in January. Our average monthly rainfall is 116.3 mm; snowfall, 11.2 cm. The record daily rainfall recorded at the Merry Island Weather Station is 78.2 mm (Jan. 18, 1968).

**K•E•R
ENTERPRISES**
Trucking & Excavating

KERRY RAND 883-2154



EXCAVATION • PROPERTY DEVELOPMENT • SEPTIC FIELDS • GRAVEL & TOPSOIL

OF JANUARY

QUILL AND QUIRE BOOKS OF THE YEAR

FICTION

- *Half-Blood Blues* by Esi Edugyan (Thomas Allen Publishers)
- *The Cat's Table* by Michael Ondaatje (McClelland & Stewart)
- *The Sisters Brothers* by Patrick deWitt (House of Anansi Press)
- *The Water Rat of Wanchai* by Ian Hamilton (Spiderline / House of Anansi Press)
- *Bride of New France* by Suzanne Desrochers (Penguin Canada)

NON-FICTION

- *Nation Maker: Sir John A. Macdonald: His Life, Our Times, Volume Two: 1867–1891* by Richard Gwyn (Random House Canada)
- *Eating Dirt: Deep Forests, Big Timber, and Life With the Tree-Planting Tribe* by Charlotte Gill (Greystone Books)
- *Hark! A Vagrant* by Kate Beaton (Drawn & Quarterly)
- *The Chimps of Fauna Sanctuary: A Canadian Story of Resilience and Recovery* by Andrew Westoll (HarperCollins Canada)
- *Something Fierce: Memoirs of a Revolutionary Daughter* by Carmen Aguirre (Douglas & McIntyre)

~ Quill and Quire magazine

JANUARY ASTROLOGY

CAPRICORN: DEC. 22 - JAN. 20

You could be driven more by instinct than by reason now. Your compulsive urges take many forms, but a particularly strong one is the need to rid yourself of limitations, restrictions and obstacles in a close relationship. Be wary of alcohol until you witness a crow chasing an eagle, which should indicate a return to powers of reason.

AQUARIUS: JAN. 21 - FEB. 18

Relaxation, enjoyment, and pleasure are emphasized for you now. This is not a time to push yourself or be involved in activities that require intense energy. Co-operative, harmonious relationships are more important to you at this time. You feel like socializing and being friendly. Just not as quite friendly as you were at your company Christmas party... because that got a little weird.

Skookumchuck
viewing
times
~ January ~

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

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

Jan. 1	9:17 am +M, 5:22 pm -M
Jan. 2	9:52 am +M
Jan. 3	10:35 am +M
Jan. 4	11:24 am +M
Jan. 5	12:19 pm +S
Jan. 6	9:33 am -S, 1:15 pm +S
Jan. 7	10:25 am -S, 2:09 pm +S
Jan. 8	11:09 am -S, 3:02 pm +S
Jan. 9	11:49 am -S, 3:52 pm +M
Jan. 10	12:27 pm -M, 4:41 pm +M
Jan. 11	1:03 pm -M
Jan. 12	1:39 pm -M
Jan. 13	2:15 pm -M
Jan. 14	7:44 am +XL, 2:53 pm -M
Jan. 15	8:23 am +XL, 3:32 pm -L
Jan. 16	9:06 am +L, 4:17 pm -L
Jan. 17	9:55 am +M, 5:09 pm -L
Jan. 18	10:51 am +M
Jan. 19	11:54 am +M
Jan. 20	1:00 pm +M
Jan. 21	10:11 am -S, 2:05 pm +M
Jan. 22	11:03 am -M, 3:05 pm +M
Jan. 23	11:49 am -M, 4:01 pm +M
Jan. 24	12:33 pm -M, 4:53 pm +M
Jan. 25	1:13 am -M, 5:44 pm +M
Jan. 26	1:51 pm -M
Jan. 27	2:25 pm -M
Jan. 28	2:53 pm -M
Jan. 29	3:19 pm -M
Jan. 30	3:48 pm -M
Jan. 31	8:57 am +M, 4:25 pm -M

These are estimates only and not intended for navigation.

**ANDREW CURTISS
CONTRACTING**

SPECIALIZING IN EXCAVATION AND BOBCAT SERVICES

~From land clearing to landscaping~

883-2221





PENDER HARBOUR HEALTH CENTRE



www.penderharbourhealth.com

Please check the website for current hours and information.

NURSING SERVICES – 883-2764

RNs are on duty 8 a.m. – 4 p.m. weekdays

- Blood tests • ECGs • Injections
- Home Care/Palliative care • Dressings
- Blood pressure • Diabetes and Nutrition Counselling

DENTISTRY – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

- Braces • Cosmetic Dentistry
- Restorative Dental Care Consulting
- Dentures • Surgical Extractions

PUBLIC HEALTH – 883-2764

Laura Brackett, RN, BSN

- Well Baby Clinic
- Child and Adult Immunizations

****All travel immunizations done in Sechelt**

FAMILY NURSE PRACTITIONER – 883-2764

Kimberley MacDougall BA, MSN NP(F) SANE

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

DIETICIAN – 883-2764

Diane Paulus,

Registered dietician, Certified diabetes educator

Available every second Wednesday

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Geordie Colvin – Drug and alcohol counsellor – 885-8678

Karl Enright – Psychiatrist – 883-2764

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

**Drs. Cairns, Farrer, Ingrey, McDowell,
& Robinson.**

Monday to Friday 9 a.m. – 5 p.m.

- General/family practice by appointment only
- Please bring your Care Card to all appointments

HARBOUR PHYSIOTHERAPY – 740-6728

Paul Cuppen, RPT, BSc

- Musculoskeletal Examinations
- Sports Injury Treatments
- Post-operative Therapy/Home Visits

CHIROPRACTOR – 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 885-5850

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT: CHILD AND YOUTH MENTAL HEALTH

**Elaine Hamel and Rhonda Jackman, child and youth
mental health clinicians available:**

- P. H. Clinic Tues. & Wed. afternoon
- Mental Health Assessments & Therapy: Children age 0-19
- For more information call: Child & Youth Mental Health Intake (604) 740-8900 or (604) 886-5525

Alcoholics Anonymous meets Monday and Wednesday at 8 p.m. – Everyone welcome.

LOAN CUPBOARD: Crutches, walkers, wheelchairs, commodes, raised toilet seats, respiratory nebulizers etc.

First-class health care for the people of the Pender Harbour area

2012 challenge: 12 ways to win health with benefits

Compiled by Pender Harbour Health
Centre nursing staff



prizes — there are 12 chances to win and to get a great start for the New Year.

Complete the questionnaire and return it to the health centre by Feb. 1.

Earn one ticket per affirmative answer and then enter the tickets in the draw for great

1. SMOKING:

I am a non-smoker. _____

If not, I have a plan in place to quit this month. _____

(The government of BC provides free smoking cessation products. For more information go to www.health.gov.bc.ca/pharmacare/stop-smoking or contact your pharmacist.)

2. BLOOD PRESSURE:

I have had my blood pressure checked in the last six months. _____

If not, I will go to my doctor, pharmacy or health centre and have it checked this month. _____

3. WOMEN:

I have had a mammogram in the last two years. _____

If not, I will make an appointment this month. _____

(Screening mammogram number is 1-800-663-9203.)

4. PAP SMEAR:

I have had a pap smear within the last two years. _____

If not I, will make an appointment this month to see my doctor or make an appointment at the health centre. _____

5. MEN:

I have discussed prostate concerns with my doctor and/or have had a prostate exam in the last year. _____

If not, I have made an appointment to see my doctor. _____

(Fact: In your lifetime 1 in 7 men will be diagnosed with prostate cancer. Over 90 per cent of prostate cancer is curable if detected in its earliest stages. Prostate cancer is now being seen in men as young as 49 years old.)

6. DENTAL:

I have had my teeth cleaned and examined within the last 12 months. _____

If not, I have made an appointment to do so. _____

7. NUTRITION:

I buy low sodium items where available. _____

If not, I will buy at least three low sodium items this month. _____

I eat some fruit and vegetables every day. _____

If I have problems with eating a healthy diet or any food concerns, I will make an appointment to see the dietitian at the health centre. _____

8. ACTIVITY:

I participate in regular activity (i.e. walking, yoga, exercise class) three times a week. _____

If not, I will sign up and participate in at least three classes of my choice this month. _____

9. LEISURE:

I stay current with news and local concerns. _____

If not, I will take time to read the newspaper this month. _____

10. RELATIONAL:

I keep in close communication with family and friends. _____

If not, I will write a letter, make a phone call or visit family or friends that I haven't heard from in awhile. _____

11. CULTURAL:

I regularly visit my local library or art gallery. _____

If not: I will take out a library membership and/or visit an art gallery this month. _____

12. CREATIVE:

I engage in art, music, drama or dance activities. _____

If not: I will take an art class, join a choir or theatre group, or take a dance class. _____

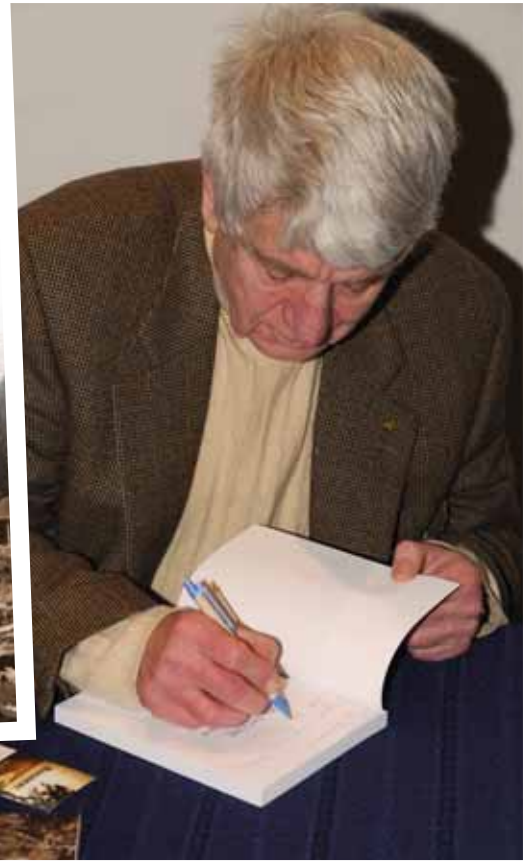
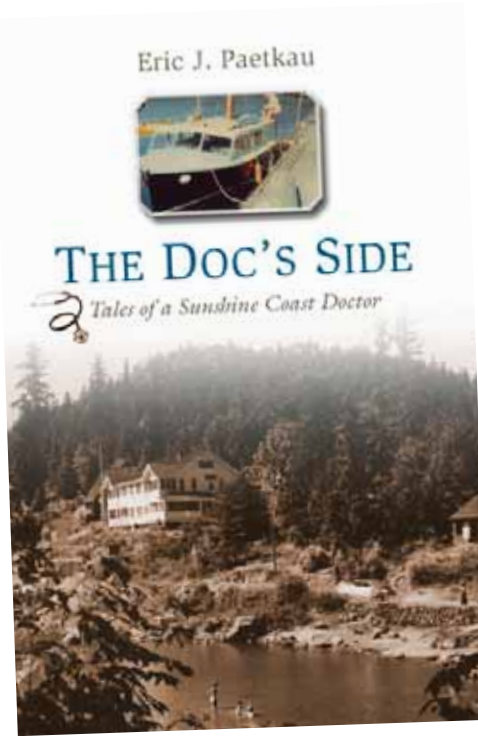
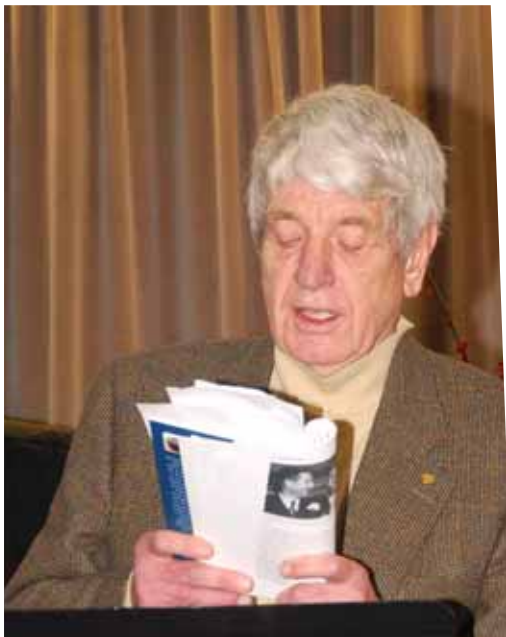
Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Thank you to everyone who baked for our Christmas sale.
It was very successful!

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

Launching Dr. Eric Petkau's new book: *The Doc's Side: Tales of a*



Eric Paetkau reading and signing copies at the launch of his book *The Doc's Side: Tales of a Sunshine Coast Doctor*. (Bottom right): Paetkau signs a copy for Garden Bay resident Anne Clemence who worked with him as a nurse in the early 1960s.

Lily Lake Village, ca

Active 55+ Community

In the HEART of Pender Harbour



Homes from **\$249,900** 883-9212

Fibre Works

STUDIO & GALLERY

Art. In yurts.

FibreWorks Studio & Gallery

12887-12889 Sunshine Coast Hwy. • Madeira Park, BC

(604) 883-2380 • www.fibreworksgallery.com

Sunshine Coast Doctor

By Brian Lee

Dr. Eric Paetkau arrived in Garden Bay on Sept. 13, 1959.

Having recently completed his surgical internship in San Diego, all he knew was that he wanted to be a GP/surgeon “somewhere in rural Canada.”

When he landed in Vancouver, he presented his papers to “Florence,” the registrar at the College of Physicians Surgeons.

Presented with a list of over 50 remote towns in BC that needed a GP/surgeon, Paetkau says he asked Florence where he should go.

“Pender Harbour,” she said.

“It sounds like just the place for you.”

Listening to him speak on Dec. 15 at the launch of his memoir, *The Doc’s Side: Tales of a Sunshine Coast Doctor*, you can tell it was.

The event at the Pender Harbour School of Music was co-hosted by Harbour Publishing and Bluewaters Books.

A friendly audience of about 30 people listened intently as Paetkau trotted out stories gleaned from almost half a century of practising medicine on the Sunshine Coast.

The book pulls together journal entries and stories from a time when a doctor needed to be flexible in his job.

Stories about the wide variety of personalities encountered while making house calls during the early days of Sunshine Coast medicine make it a gem of local history as much as it is a humorous romp.

Paetkau spent most of his career on the Sunshine Coast, working first in Garden Bay and then Sechelt after the new hospital was opened in 1964.

Throughout his chat — and the

book itself — he speaks warmly of the patients and colleagues he’s met along the way.

Familiar names of friends and colleagues like Dr. Walter Burtnick, Dr. Alan Swan or Garden Bay receptionist Lewella Duncan fill its pages with fascinating glimpses of what local medicine was like a generation or so ago.

Paetkau recounts one story about “a lovely Indian woman named Jennie” who lived in Roberts Creek.

“One dark, rainy November night, she called to say that there was a sick man at her house and since she had no vehicle, she could not bring him to the hospital.

“She met me at the door and promptly led me through the kitchen, the living room and finally into her bedroom where she easily pushed her bed aside to reveal a trap door.

“‘Leads to the root cellar,’ she said and, opening the trap door, she shone her flashlight into the dark interior, lighting the face of the craziest-looking, white-haired, white-bearded man that I had ever seen. He had the wildest eyes and kept smacking his lips, almost like he was drooling.

“Jennie turned to me and said calmly, ‘There he is.’

“‘I’m not going down in that hole,’ I exclaimed and quickly closed the trap door.

“She grinned.

“‘You’re smart, Doctor.’

“She went on to explain that while she was sitting at the table eating her supper, this man had appeared at her door. She had let him in and then, realizing that he was crazy, had managed to entice him into the root cellar. Once he was safely away, she telephoned me.”

But not all of Paetkau’s stories are funny — some are touching.

“After I removed a parotid tumour from a forty-year-old man, the doctors at the B.C. Cancer Clinic told him the operation for this type of cancer was not curative and that chemo or radiation therapy would be ineffective. In short, he was sent home to die.

“In my office we discussed his options. ‘What would you do?’ he asked.

“After a few moments of reflection, I said, ‘I would sell my business and spend all my money travelling around the world.’

“The man nodded, thanked me and left the office. I heard a few months later that he had sold his motel business and he and his wife disappeared.

“Some twenty five years later a man in his sixties sat in my office grinning at me. I didn’t recognize him until he showed me the scar near his ear.

“‘How could this be?’ I asked, scarcely able to believe what I was seeing.

“‘Well, I followed your advice, Doctor,’” he said and then related how he had spent all of his money travelling with his wife. After five years he was broke but still alive and had gone back to work. Now he was on welfare but still hanging in there.

“I remarked that I had obviously given him bad advice, but he shook his head.

“‘On the contrary,’ he said.

“‘It was the best advice in the world. I just dropped in to thank you.’”

The Doc’s Side: Tales of a Sunshine Coast Doctor is available at Bluewaters Books in Madeira Park and Talewind Books in Sechelt.



Ruby Lake Lagoon
NATURE RESERVE SOCIETY
www.lagoonsociety.com

Wishing you all a happy and healthy New Year.

Thanks so much for your support!

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 XVIII: (Continued from December 2011)

Though the residents of Pender's Harbour thoroughly relished moving freely around the frozen surface of the Harbour by foot, it wasn't without an ominous distraction.

Even before people would attempt the ice, they'd wake every morning to find fresh cougar tracks crisscrossing its white surface.

The threat posed by the "hyas pusspuss" (Chinook for cougar or big cat) had always been in people's minds in Pender's Harbour — Wei Hsu had been forced to shoot two since he and his family arrived.

The first time was soon after they'd moved into their cabin. An old cat had been hanging around the property stalking his daughter Mary. He didn't own a gun then but he borrowed one from Qwuní and didn't have to wait long before he got his chance to finish it.

Soon after that he purchased a gun from a passing logger and kept it loaded behind the door. In the spring of 1875, Hsu shot the other cat after being awakened in the middle of the night by a cougar trying to get at a deer carcass hanging inside the shed.

After that there hadn't even been any sign of cougars reported — until the Harbour froze over.

The iced-up surface of the Harbour seemed to encourage the cats to come out of hiding and with the severity of the weather and sudden ease of movement, they became bolder too.

Used to the relative safety of the islands, Qwuní, Inix and Smqáma's weren't accustomed to

protecting their property from bears or cats. But as soon as the Harbour froze over, they were awakened during the night by the startled barking of Inix and Smqáma's two hunting dogs. The dogs were tied up to prevent them from going out on the dangerous ice, allowing the cougar to make off with the hind quarter of a deer.

After that evening, visits occurred nightly but they weren't all by the same cougar. Tracks led from the south side of the Harbour as well as from the north side and they were left by decidedly different cats. Qwuní believed that the nighttime visitor from the south shore was a smaller cougar, maybe even a juvenile.

The cougar that seemed to live on Wei Hsu's side of the Harbour was larger but dragged one of its front paws. That meant it was likely injured, making it even more dangerous and unpredictable.

At first, the cougars seemed to only venture out at night until one afternoon Inix spotted one stalking the island about 500 yards from her home. Her husband and Qwuní were off hunting but had left her with a gun. Not knowing who else might be out on the ice, she let off one shot in the air and the cat took off back towards the south shore.

That evening, Smqáma and Qwuní arrived home with a deer. Even while they were hanging it in Qwuní's smokehouse, they could make out the silhouette of one of the cougars, exposed by the moonlight, a ways out from their islands. They watched quietly as it paced back and forth across the ice, seemingly waiting for an opportunity.

Smqáma took a couple of shots at the animal to scare it off and, as a precaution, he moved his dogs in for the night.

Pender Harbour



Image courtesy of Hsu family archives

Proving there's always been cross-Harbour rivalries, Mary Hsu's painting shows two cougars — one from the north shore, the other from the south shore — fighting over territory on the frozen surface near the Skardon Islands. The meeting of the two was likely made possible for the first time by the Harbour freeze-up of 1875/76.

The next afternoon, Lucy and Mary were visiting with Inix. By then, Mary wasn't allowed to go anywhere on her own but still insisted on the novelty of being able to go exploring on the ice. Lucy would accompany her daughter on any excursions, armed with a rifle and a wary eye.

With all three men away once again, the three women were sitting inside Inix's house sipping tea when they were startled by what was described in Mary's journal entries as "a terrifying and blood curdling screech."

Rushing to the window, the three looked out to see the two cougars circling one another, hissing and growling like nothing the women had heard

before. Before Inix could find her gun, the two launched at each other, writhing on the ice in a blur of limbs and tail. The three stood watching the spectacle in awe. The fight likely only lasted a minute and when it was over, the younger cat limped away, obviously hurt.

The older cat stayed, believing he won the territory to do with as he pleased. As he, left the ice and padded deftly up the snow covered rock towards Qwuní's smokeshed, Inix caught him behind the ear with a shot from her rifle.

The cat dropped to the beach, dead.

(Continued next month)

BC Bestsellers:

(For the week of Dec. 11, 2011)

1. ***The Chuck Davis History of Metropolitan Vancouver*** by Chuck Davis
2. ***Whitewater Cooks with Friends*** by Shelley Adams
3. ***Here's Mike*** by Mike McCardell
4. ***Raincoast Chronicles 21*** by Rick James
5. ***Eating Dirt*** by Charlotte Gill
6. ***Fred Herzog*** by Claudia Gochmann et al.
7. ***Beyond the Home Ranch*** by Diana Phillips
8. ***Empire of the Beetle*** by Andrew Nikiforuk
9. ***A Thrilling Ride*** edited by Paul Chapman & Bev Wake
10. ***Texada Tapestry*** by Heather Harbord

~ Assn. of Book Publishers of BC

BOOKS

Old stories made fresh with new editions



By Theresa Kishkan

Sometimes new books are a wonderful enticement to spend a cold afternoon by the fire. But sometimes too it's the old books that call. Luckily two of my favourite British Columbia works of non-fiction have recently been reissued in handsome new editions. They speak of coastal British Columbia as pungently as smoked salmon or preserves made from salal berries.

M. Wylie Blanchet's *The Curve of Time* (Whitecap Books, 2011) belongs on every bookshelf. It's a book about time, about memory, about the coast as it was in the 1930s. Capi Blanchet was widowed in 1927 when her five children were still young. Before her husband's death, the couple had bought a boat, the 25-foot *Caprice*. For many summers, the enterprising Capi took her children off on the *Caprice*:

"Our world then was both wide and narrow — wide in the immensity of sea and mountain; narrow in that the boat was very small, and we lived and camped, explored and swam in a little realm of our own making."

From their home on the southern tip of Vancouver Island to the entrance to Queen Charlotte Strait, this intrepid family shadowed the voyages of earlier explorers and made discoveries of their own. Their world was enchanted.

"Morning revealed a white-shell beach in Tuesday Cove. My crew were already swimming when I woke — their little naked, brown bodies glis-

tening against the shimmering white shell."

It was not all smooth sailing. Encounters with rough weather, coping with engine trouble and grizzly bears: "We smelt bears," offered John, "And we banged out tins at them and they were all as afraid as anything."

And the same crisp and imaginative language enlivens the daily work of cooking:

"We made a big fire on top of the rock... and cooked our supper on the little campfire... A big corned-beef hash with tomatoes and onions — our biggest pot full of huckleberry dump-lings."

In a profile of Capi Blanchet, first published in *Raincoast Chronicles No. 8* and included in *The Strangers Next Door* (Harbour Publishing, 1991), Edith Iglauer provides some of the Blanchet children's memories of those summers. Elisabeth admitted that, "I loved the summer journeys but I doubt if any of us appreciated quite how unusual our childhood was...[Capi] used to get a bit

tense if we were taking green water over the bow or wallowing about in a following sea or running the Yuculta Rapids. Otherwise she took everything in her stride — whether crossing the Straits of Georgia at 4 a.m. to beat the sou'wester or exploring new territory."

This is a beautiful edition, produced to commemorate the 50th anniversary of *The Curve of Time's* first publication, its cover graced with Harry Heine's painting of the *Caprice* and its crew.



* * * * *



TALEWIND
BOOKS

5494 TRAIL AVENUE
SECHelt

604-885-2527

My late father was a great fan of Roderick Haig-Brown's fly-fishing books. We had lots of them in our house and sometimes I'd dip in. I liked the clarity of Haig-Brown's prose but I didn't fish; it wasn't until about 30 years ago that I read some of his other books, the ones about the importance of rivers and conservation issues.

My favourite was *Measure of the Year*, first published in 1950. It is Haig-Brown's lyrical and detailed account of one year at Above Tide, his home on the banks of Campbell River.

Measure of the Year: Reflections on Home, Family, and a Life Fully Lived was reissued in 2011 by Touch-Wood Editions. It includes a thoughtful foreword by Brian Brett (poet and author of *Trauma Farm*) who spent five months living at Above Tide as a writer-in-residence (it was Haig-Brown's wish that his house be used by writers and conservationists after his death).

The book is organized around the calendar year, beginning in March.

"Perhaps there is not much sense in watching for signs," he says, after noting that spring was late in arriving.

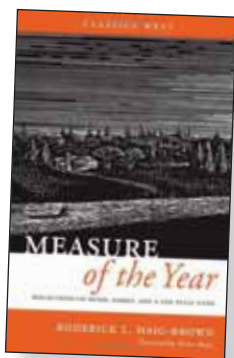
"But to watch the signs ... is a rite among men and it has meaning; strongest meaning for those who are closest

to the soil and the weather, but strong meaning for all men, even those who live most determinedly in the cities and shield themselves most closely from the rigours of winter and the caprices of spring. Even today, in the most modern of cities, man has not been able to make himself altogether independent of the weather, and perhaps that is a good thing."

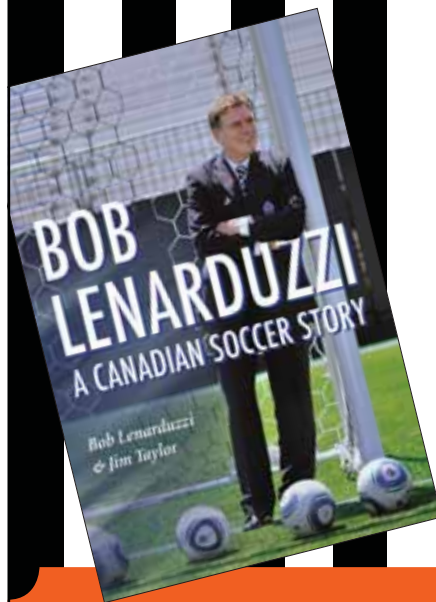
The reader becomes acquainted with the author's wife Ann and the couple's four children. In these pages, there is also a milk cow, a host of wild birds, a bear who regularly visits the apple trees, and friends with fierce opinions on firewood. They're in good company. A magistrate himself, Haig-Brown didn't shy away from politics or the stupidity of book banning. It's the measured tone of his pronouncements that make them so interesting.

"Law and government should be simply a convenience to enable people to live in groups without upsetting each other too much..."

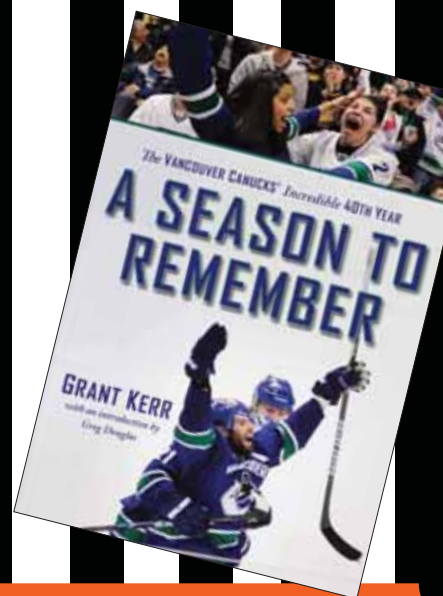
These two books make perfect book-ends to January, each alive with the natural world, the place of families and the notion of home, firmly with it.



SCORE BIG WITH BOOKS



**BOB LENARDUZZI:
A CANADIAN SOCCER STORY**
By Bob Lenarduzzi and Jim Taylor
\$28.95



**A SEASON TO REMEMBER:
THE VANCOUVER CANUCKS'
INCREIBLE 40TH YEAR**
By Grant Kerr
\$19.95

Thank you for your support since 2009.

**All of us at Blue Waters Books wish
you a very Happy New Year.**

Next to the liquor store ☐ info@bluewaters.ca ☐ 883-9006

**Available at your local bookstore now
WWW.HARBOURPUBLISHING.COM**

And the newsmaker of the year is...



By Shane McCune

Of course we all make mistakes — but they're not as funny as other people's.

Here are some hapless headlines and punchdrunk prose from 2011, courtesy of the ink- and pixel-stained wretches of the fourth estate.

WE KNOW WHAT YOU MEANT, WE THINK

Female appointments dip under Tories

— *cbc.ca*, Jan. 8.

Teacher sex trial ends in hung jury

— *cbc.ca*, Feb. 23

Hang the Queen by end of week, Tories tell embassies

The Harper government, a staunch defender of the monarchy, has ordered all Canadian embassies and foreign missions to display a portrait of the Queen by end of week.

— *Globe and Mail*, Sept. 7.

Comox Valley RCMP are seeking the public's assistance to identify a man who approached two boys not wearing pants on a wooded trail near Bill Moore Park in Courtenay.

— *Comox Valley Record*, May 27.

Girls think tank has emerged as key voice for human rights

— *San Diego Union-Tribune*

Bishops agree sex abuse rules

— *Sunday Business Post (Dublin)*

WTF?

Meatball sandwich horseplay leads to two deaths, family betrayal, two trials

— *cincinatti.com*, Jan 14.

'Zombie' attacks guard in nudist resort scuffle, deputies say

— *Sun-Sentinel (Fla.) online*, Nov. 1

STANLEY CUP LAFF RIOT

Never once in their fervent efforts at personal vilification, blanket criminalization and attempted recuperation did they ever explain the festive appeal of a riot which entails an overflowing of the ramparts of bourgeois morality that mirrors the appeal of the transgressive physicality evident in the game of hockey itself without the trappings of a national religion that have allowed the sport to be linked by broadcasters and politicians alike to the patriotic frenzy surrounding the 2010 Vancouver Olympics or the Canadian role in the Afghanistan war.

— "Guest editorial" by Ron Sakolsky on the Yippies In Love Facebook page, July 9.

BARKEEP, MIX ME A METAPHOR

MPI is swimming against the grain

— *Winnipeg Free Press*, Feb. 9.

DUMB AND NUMBER

All the hot dog recipes were truly delicious, but there could be only one winner — 73-year-old grandmother Charlotte Jack and her granddaughter, Jamie, from Winnipeg.

— *Toronto Sun*, Aug. 30.

The goals had not been coming for Ryan Kesler. Neither had the wins for the Vancouver Canucks. That both changed Thursday night.

— *cbc.ca*, April 7.

For all the talk of Americans' recent struggles in major championship [sic], two of them — Lucas Glover, who has a share of the lead, and Chad Campbell, who is one back — occupy the top three spots in Sandwich.

— *pgatour.com*, July 15.



Harbour Spiel

GRAMMAR? SHE DIED YEARS AGO

Is social media changing museums?

— *nytimes.com*, April 4.

Notes: There was a moment of silence before the game and the U.S. anthem was sang to remember the 10th anniversary of Sept. 11.

—*CP story on BC Lions' victory over Argos, Globe & Mail, Sept. 10.*

YOU WANTS TO HIRE THIS LAWYERS?

One of Langley's most established law firms has merged with one of the largest independent law companies in the Lower Mainland. Cherrington Easingwood Kearl joined forces on Feb. 1 with Lindsey Kenney, making the Vancouver based law firm the only one with an office in the Lower Mainland.

Despite the merger "it will be business as usual for the foreseeable future," John Cherrington said.

Cherrington and Robert Kearl are the only two remaining lawyers in a business that was established almost 40 years ago in Fort Langley. It now has five lawyers.

... "Once anyone comes to our office in Fort Langley, the historic birthplace of British Columbia, they never leave, but if they do, they always come back," he added.

— *Langley Times*, Feb. 24.

D'OH!

A British man accused of faking his own death as part of a life insurance scam was arrested in Australia after a six-year hunt by authorities, police said Thursday.

Hugo Sanchez, who also went by the first name Alfredo, was arrested in Sydney on Wednesday, a spokeswoman for the Australian Federal Police said.

(His wife) began claiming on the life insurance policie — but suspicions arose when Mr. Sanchez's own fingerprints were found on his death certificate, the prosecution service said.

— *AP*, Nov. 3.

Asked whether flood water was about to swamp the heart of the capital, (Governor Sukhumbhand Paribatra)

January 2012

said: "It depends on whether more water will be entering Bangkok."

— *The Nation, Bangkok*, Nov. 4.

WEINER'S THE NAME, WEINER'S MY GAME

The career meltdown of New York Rep. Anthony Weiner over suggestive texts to several women was catnip to headline writers — thanks to the congressman's unfortunate name. The ever-tasteful New York Post was arguably the principal benefactor of the scandal, concocting these gems:

WEINER'S RISE AND FALL
WEINER FINALLY YANKS HIMSELF
OBAMA BEATS WEINER
WEINER PULLS OUT
FALL ON YOUR SWORD, WEINER
WEINER: I'LL STICK IT OUT
HIDE THE WEINER

Other news organs were equally gleeful, if not as clever:

Weiner's Hard Stance Goes Limp As More Pictures Come Out.

Weiner cocks it up

Weiner, Weiner, pants on fire

Weiner Exposed

Weiner's Pickle

Battle of the Bulge: Weiner hung out to dry

The Weiner Mystery: A Tough News Package To Handle

Mounting Pressure On Weiner

Special honours to foxnews.com for . . .

Congressman Wants Weiner Probe

. . . and at the end, to the New York Daily News for .

..

STICK A FORK IN WEINER

THIS YEAR'S HIGH- AND LOW-BROW WINNER

Calgary's autopsy staff sliced to bone

— *torontosun.ca* and *canoe.ca*, March 5, 2011

COMMUNITY CALENDAR

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

JANUARY

- Sat. Dec. 31.....New Year's at the Grasshopper featuring Altered - Grasshopper Pub, till 2012 (and beyond)
Sat. Dec. 31.....New Year's Eve Party - P. H. Legion, till 2012 (and beyond)
Sun. Jan. 1.....Sunday Jam with Larrie Cook and the Bluesmasters - Garden Bay Pub, 2 p.m.
Wed. Jan 4.....In Touch Therapeutics 2012 yoga schedule begins
Thurs. Jan 5.....IGA Madeira Park Customer Appreciation Day - IGA Madeira Park, all day
Sun. Jan. 8.....Sunday Jam with Joe Stanton - Garden Bay Pub, 2 p.m.
Mon. Jan. 9.....First week of swimming lessons - PHAFC
Sat. Jan. 14.....S. C. Botanical Garden presents Armchair Travel - Sparling Pavilion, 2 p.m.
Sat. Jan. 14.....The Rotary Club of Pender Harbour presents Hopscotch - P. H. Golf Course, 7 p.m.
Sun. Jan. 15.....Sunday Jam with Gaetan and the French Connection - Garden Bay Pub, 2 p.m.
Sun. Jan 15.....P. H. Music Society presents The Sojourners - P. H. School of Music, 2 p.m.
Sat. Jan. 21.....Teddy Bear Swim - P. H. Aquatic and Fitness Centre, 1 p.m. to 5 p.m.
Sat. Jan. 21.....P. H. Legion presents Robbie Burns Night - P. H. Legion, 5:30 p.m.
Sun. Jan. 22.....Sunday Jam - Garden Bay Pub, 2 p.m.
Sat. Jan. 28.....S. C. Botanical Garden Gala and Dinner - Sechelt Seniors Centre, 5:30 p.m.
Sun. Jan. 29.....Sunday Jam - Garden Bay Pub, 2 p.m.

FERRY DEPARTURES

~ Effective to March 31, 2012 ~

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

➤ 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.

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.

*Earl's Cove

♣ 6:30 a.m.
8:25 a.m.
10:25 a.m.
12:20 p.m.
4:25 p.m.
6:25 p.m.
8:20 p.m.
9:35 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 p.m.
5:25 p.m.
7:20 p.m.
9:15 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 Dec. 25 and Jan. 1

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

"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves."

— Bill Vaughn

PUBLIC NOTICE

ANNUAL GENERAL MEETING OF THE HARBOUR AUTHORITY OF PENDER HARBOUR

WHEN:
FEBRUARY 20, 2012

WHERE:
P. H. SCHOOL OF MUSIC (MADEIRA PARK)

TIME:
7 P.M.

Anyone interested in joining the board of directors
is urged to contact the Harbour Managers at:

(604) 883-2234

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 pixellated image, unnecessary quotation marks, crammed type, cheesy fonts, grammatical blunders, poor quality printing, upper case abuse or just dull web copy. **Distractions like these tell your customer they can do better.** But so can you.

Paq Press
media services
design __ photography __ writing __ editing __ printing __ advertising

Paq Press Media Services has the skill and experience to make your project pop in one easy contact: **Brian Lee > 604.883.0770**

TOTAL HEALTH FOR LIFE

START ME UP

This four-week beginner level fitness class is designed to get you started and feeling confident. The two sessions are held on Tuesdays from January 10 to 31 and from February 7 to 28, 5:15 p.m. to 6:15 p.m.

WALK/RUN TRAINING CLUB

Have you always wanted to start a running program and train for a race like the Vancouver Sun Run? This ten-week program is offered on Wednesdays from February 1 to April 4, 4:30 p.m. to 5:30 p.m. and designed for walkers and runners of all fitness levels. Pre-registration is required and the cost is \$75. Enjoy a relaxing swim, hot tub or sauna at no extra charge. Also included in the package is attendance at one of the water running classes held on Tuesday and Thursday mornings.

DANCE FIT

A fusion of dance moves and classic aerobic patterns is sure to get your heart pumping, body moving and put a smile on your face. Fitness and dance instructor Amy Perry will lead participants in this four-week program on Thursdays from January 26 to February 6 from 6:30 p.m. to 7:30 p.m. Registration is required.

WONDER WHEELS AND SWIM

On Tuesdays, beginning January 10, enjoy one hour of story, song and play time in the Wonder Wheels Strong Start bus, from 9:30 a.m. to 10:30 a.m., followed by a swim and/or swim lesson in the pool, from 10:30 a.m. to 11:00 a.m. For ages 5 years and under.

TEDDY BEAR SWIM

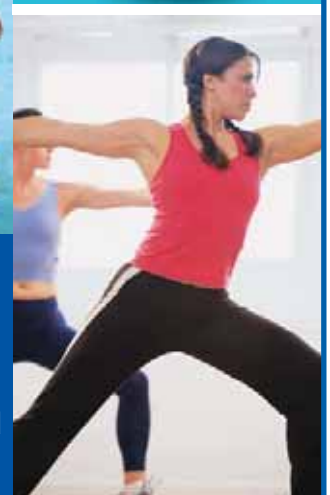
On Saturday, January 22 from 1:00 p.m. to 5:00 p.m. bring your favourite Teddy bear to the pool and be eligible to win prizes for smallest, oldest and best dressed bears. After the swim, join us in the lobby for some hot chocolate and snacks. Special family admission is \$8.

SPELL AND SWIM

From January 23 to 28, join us at the pool for some underwater spelling fun and games to celebrate Literacy Week.

Winter 2012 registration is on now.

Swimming lessons begin week of January 9, 2012.



Find us on:
facebook®

Like us on Facebook and receive notification of all our upcoming events!

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



Canucks Game? Pizza.



Date	Visitor	Home	Time
Mon, Jan. 2	Sharks	Canucks	5 p.m. (Sportsnet)
Wed, Jan. 4	Wild	Canucks	7 p.m. (Sportsnet)
Sat, Jan. 7	Canucks	Bruins	10 a.m. (Sportsnet)
Mon, Jan. 9	Canucks	Panthers	4:30 p.m. (Sportsnet)
Tue, Jan. 10	Canucks	Lightning	4:30 p.m. (Sportsnet)
Thu, Jan. 12	Canucks	Blues	5 p.m. (Sportsnet)
Sun, Jan. 15	Ducks	Canucks	6 p.m. (Sportsnet)
Tue, Jan. 17	Kings	Canucks	7 p.m. (Sportsnet)
Sat, Jan. 21	Sharks	Canucks	1 p.m. (Sportsnet)
Tue, Jan. 24	Oilers	Canucks	7 p.m. (Sportsnet)
Tue, Jan. 31	Blackhawks	Canucks	7 p.m. (TSN)

Harbour Pizza

883-2543

Oak Tree Market
883-2411

Triple B's Burgers
883-9655



GARDEN BAY PUB

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

Winter Specials

WEDNESDAYS:	WING SPECIAL
FRIDAYS:	MEAT DRAWS (Proceeds to P. H. Blues Society)
SATURDAYS:	PRIME RIB - \$15.99
SUNDAYS:	EGGS BENNY

Friday Night Meat Draw Special:

Steak Sandwich
Cod and chips
Burger and Fries } **\$9.99**

Live Music Sundays @ 2 pm

JAN. 1:	Larrie Cook and the Bluesmasters
JAN. 8:	Joe Stanton
JAN. 15:	Gaetan and the French Connection
JAN. 22	Altered
JAN. 29	Mike Evans and the Straight Lines with Karen Graves

Specials for all Canucks games!

Dr. Terry Dickson, a chiropractor and registered ART®(Active Release Technique) provider, is excited about joining the practitioners at the Pender Harbour Health Centre!

Available every second and fourth weekend (Saturday & Monday) from 1 to 5 pm:

Jan. 14/16 & 28/30 • Feb. 11/13 & 25/27 • March 10/12 & 24/26 • April 7/9 & 21/23 • May 12/14 & 26/28

What is Active Release Technique or ART®?

ART is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves.

Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART. These conditions all have one important thing in common: they are often a result of overused muscles which leads to the production of tough, dense scar tissue in the affected area. As scar tissue builds up, muscles become shorter and weaker, tension on tendons causes tendonitis, and nerves can become trapped. This can cause reduced range of motion, loss of strength, and pain. If a nerve is trapped you may also feel tingling, numbness, and weakness.



Dr. Dickson is the owner/director of a multi-disciplinary health clinic in North Vancouver where he has a busy practice treating a wide variety of patients. Ranging in age from children to the elderly, Dr. Dickson treats a full spectrum of patients with success in improving their health and quality of life.

Recognizing the lack of any ART providers on the Sunshine Coast, and that he visits family in Pender Harbour twice per month, he wanted to offer this amazing healing technique to those wanting to heal stubborn injuries or for those simply wanting to feel great and optimize their health!

Learn more about Dr. Dickson at www.nswellness.ca



To book an appointment, call the Pender Harbour Health Centre:
(604) 883-2764

