



The Sunshine COAST NEWS

Published at Gibsons, B.C.
15¢ per copy on newsstands

Serving the Sunshine Coast since 1945

Volume 30, Number 1
January 4, 1977



North West Indians plan Cultural Centre

Think Indian for nobody else will think Indian for you



At the recent Sechelt Indian Band Open House Band Manager Clarence Joe, Chief Calvin Craigan and Senator Guy Williams listen to chief

Simon Baker of Squamish introduce the first in a series of proposed Indian trading dollars and medallions.

Sechelt Indian Band hosted a get together of Sechelt Businessmen and the press on Tuesday, December 21st. Visiting dignitaries included Chief Simon Baker of Squamish and Senator Guy Williams.

Chief Baker and Senator Williams were introduced by Sechelt Band Manager Clarence Joe and took the opportunity afforded by the occasion to introduce the assembled guests to the first in a proposed series of Indian trading dollars and medallions which are being distributed as a fund-raising program by the North West Indian Cultural Society.

The "Indian Dollars" and Medallions have been struck for the North West Indian Cultural Society as a method of raising funds for the development of a cultural centre and Indian village. The proposed complex will be for the pursuance of the traditional arts and crafts and a place for the sale and display of work. Apart from the artistic aspects involved, the centre will also serve as a repository of Indian history.

These pieces have been struck with unusual attention to detail. The engraving has been done by a master engraver and all are superb examples of the art. The dies were engraved directly from original artwork supplied by leading Indian artists. Two years of research went into their planning in order to ensure historical veracity. The first series depicts on the obverse Chiefs Maquinna, Mountain, Edenshaw, Mungo Martin and Khahtsahlano. The reverse honours Indian Artists Joseph Smith, Norman Tait, Lloyd Wadhams, Robert Davidson and Rose Sparrow. Each Indian Dollar and Medallion will be accompanied by biographies.

The Indian Dollar will be distributed province wide to department stores, hotels, motels, supermarkets and specialty stores. It has a currency value of \$1.00 expiring on May 31st, 1977. The medallions will be

struck in .999 fine silver and 24k gold and will be available directly from the North West Indian Cultural Society or from coin dealers.

The complex for which the funds are being raised is visualized as a place that would not only honour and commemorate the Indian heritage, but be a living centre of Indian arts, a place for artist and craftsmen to work and display and sell their work. It is conceived as a total environment for the pursuing of present skills within the framework of a resurgence of old skills. It will be a gathering place for the tribes, a meeting place, a place for the celebration of the dance - a mini-capital for the Tribes. Much of the Indian population is young. This centre will enable them to recognize and identify with their culture and to learn from example and from the elders of the tribes.

For the Pacific North West Native Foundation, the centre will

be an important source of revenue for the subsidy of the many needs of the Native Peoples, for it will be a tourist attraction of the first magnitude. It will be a source of pride for the Native Peoples and a credit to the province of British Columbia.

The principle of the coins being distributed to raise funds for this centre is based on their having a currency value of one dollar each. It should be treated as any other one dollar until its validity period expires on May 31st, 1977. The goal is to distribute the coins as change through the floats of participating department stores, supermarkets and groceries, hotels, motels, restaurants and specialty stores throughout the province. This project of the North West Indian Cultural Society has received the endorsement of all Native organizations and has received the endorsement of the District Governor of Lions International District 19A, which encompasses a large portion of the province. Sponsorship of this campaign on a local level will be undertaken by Service Clubs.

Fisheries concerned

Fisheries Officer, Ray Kraft of Pender Harbour has expressed concern at the lack of co-operation his department has been getting from the Department of Highways, locally. Kraft says that there have been several instances of this lack of co-operation recently with the most recent coming when the Department of Highways crew under foreman Oscar Hogue was clearing a road allowance in the Twin Creeks area.

According to Ray Kraft the Department of Highways crew under Hogue cleared right to the edge of the stream causing the gravel beds to be covered in silt. In addition, the crew left two felled trees blocking the creek, a maple and a fir.

Kraft estimated that over one hundred chum salmon used the Twin Creeks creekbed for their spawning this fall, laying thousands of eggs which are potentially commercial salmon. He fears that silting of the gravel beds may already have had the effect of preventing the eggs from hatching.

While the future of the salmon spawn is the major concern, Kraft also said that there is a possibility that some resident cut-throat trout might also have been adversely affected by the thoughtlessness of the Department of Highways crew.

"Normally such a situation would lead to prosecution", said Kraft, "but when you're dealing with a Crown Corporation prosecution is very unlikely to be attained."

At the time of going to press the Coast News was not able to contact the Department of Highways Foreman Hogue for his comments on the allegations made by the Fisheries Branch.

(See photograph Page 11)

The Sunshine Coast News enters the New Year under new management

The Coast News enters the new year under new management. The new company when incorporated will be known as The Glassford Press Ltd. in honour of one of the pioneer families of Gibsons, where the Coast News office is located. The name of the newspaper will not change.

Ian Corrance of Cozy Corner Camera Shop will be the advertising manager and chief photographer. Corrance comes to his new position after a varied background in several parts of Canada. Born in Inverness, Scotland, in 1946, he came to Canada in 1964 and went to work for the Hudson Bay Company in the high Arctic as a Hudson Bay factor. In that position he bought Eskimo carvings and furs such as seal, wolf, polar bear, Arctic fox. He was also purchaser of narwhale and walrus ivory. After leaving the Arctic he attended flying school in Calgary, worked as a carnival barker in small towns in British Columbia, worked in the Okanagan vineyards, and spend some time in the mines in Thompson, Manitoba. Here on the coast he operated a fishing boat for some time, fishing at various times for prawns, salmon, tuna, and cod. For the past two years he has been the principal photographer for the Coast News and opened the first camera store in Gibsons in June, 1975.

The French fact in Canada is recognized by the presence of Manuane Laplante as bookkeeper-receptionist in the front office, through she does some photography and reporting and may share a column from the distaff side with contributor Joan Haggerty.

Laplante was born in Montreal in 1951 and spent a year in the Applied Arts School in Montreal which she attended having graduated from High School on an accelerated program at the age of sixteen. She first moved to British Columbia in 1967 and spent four years in the Okanagan where her two children were born. She moved to the Sunshine Coast in 1972 and besides child-rearing the activities here have included almost two years as a respected member of the Roberts Creek Volunteer Fire Department, four years playing Santa Claus for the Roberts Creek Play School -- see George Matthews dig on the editorial page. Laplante also appeared in starring roles with The Driftwood Players, in Pool's Paradise in 1974 and as Salome in the play of that name by Oscar Wilde in the Spring of 1975.

The paper's lay-out man and back-shop superintendent is Henry Sum who was born in Toronto in 1950. Sum moved to the Coast in June of 1976 and worked as lay-out man on the Coast News until September of that year. After a general secondary school education, Sum attended Community College, majoring in the visual arts and printmaking. After what he describes

as a "summer glance" at Europe, Sum went to work as a design apprentice with a packaging manufacturer and at an advertising agency. Other jobs he has held include a props assembler at a T.V. studio, a cook, a landscape gardener, an art gallery concierge, and a layout artist with Simpson-Sears catalogue advertising.

The typesetter extraordinaire is local girl Linda Moseley who was born in New Westminster in 1950 and first came to the coast in 1964 with her father Don Hadden who operated the Home Service Station in Sechelt. Hadden is now with Sechelt Agencies in real estate. Moseley graduated from Vancouver City College Business Course in 1968 and worked as a stenographer for a Vancouver firm for a year then took a year of art design at The College of New Caledonia in Prince George. She worked at a fish camp on Langara Island in the Queen Charlottes for a summer and was the first woman hired into the labour pool at Port Mellon pulp mill since the Second World War. Moseley was the secretary of the Coast-Chilcotin federal riding for Harry Olausen while he was the federal member of parliament. She has travelled to Mexico and Europe in the past two years. She presently lives in a house she built herself at Pell Farm in Roberts Creek where she went to live in 1970 and grew organic

vegetables and raised a wide assortment of animals. Her principle hobby is weaving. She came to work with the Coast News in September of 1976.

John Burnside returns to the Coast News as editor, a position he occupied from September to November of last year. He was born in Ayrshire, Scotland in 1938 and came to Canada in 1954. Burnside went to work for the Canadian National Railways in Montreal and studied shorthand and typing at night school, leaving that company in 1959 with the position of private secretary to an executive in the Headquarters office of the freight department. From September 1956 until August 1963 he attended Sir George Williams University - Evening Division, graduating with a Bachelor of Arts Degree. 1959-60 saw him enjoying the luxury of full time study at Macdonald College of Teaching, McGill University. Burnside taught in the public school system for fifteen years in Montreal, Dawson City in the Yukon, The Crownsnest Pass of British Columbia and here at Elphinstone Secondary School from 1969 to 1975. He was co-founder of the Driftwood Players drama club locally and acted in and directed many of their productions from 1969 to 1975.

The entire staff of the Coast News looks forward to the opportunity to serve the communities of this area for many years to come.



The new team at the Coast News are pictured by the big camera in the back shop. Back row: Ian Corrance; front


row, left to right: Manuane Laplante, John Burnside, Henry Sum, Linda Moseley

NEW YEAR GREETINGS

from

Ian, Manuane, Henry, Lindy, John

**New Year Greetings from
Members of Gibsons Harbour
Business Association**



**HAPPY
NEW
YEAR**

May it be bright
with joy, peace
and prosperity.

Pajak Electronics
1538 Gower Pt. Rd., Gibsons 886-7333



**A LUCKY
NEW
YEAR**

Here's to that
welcome arrival, the New Year
and it's bright promise
of better things to come!


ALL SPORTS MARINE INC.
1552 Marine Drive, Gibsons 886-9303



**NEW
YEAR
GREETINGS**

The best of everything be
yours... this day and through-
out the year to come.


PENINSULA CLEANERS
1521 Gower Pt. Rd., Gibsons
886-2200



**BEST
WISHES
for the
NEW
YEAR**

- Prosperity
- Happiness
- Good Health
- Peace

ROBINSON'S TELEVISION
Marine Drive, Gibsons
886-2280



**Happy
New
Year**

COZY CORNER CAMERAS
Marine Drive, Gibsons



**HAPPY
NEW
YEAR**

Here it is again...
time for us to wish
everyone, everywhere,
a Happy New Year!

K. BUTLER REALTY LTD.
1538 Gower Pt. Rd.
Gibsons
886-2000 886-9121



**Greet the New Year
with a cheer and
see it through
with happiness!**

**HAPPY
NEW
YEAR**

Tidewater Crafts
Gower Pt. Rd., Gibsons



*Break away from the old and
step into the New
Year, with a special wish
from us to send you
on your happy way.*

**Elphinstone
Co-op Store**
Marine Drive, Gibsons
886-2522



PEACE

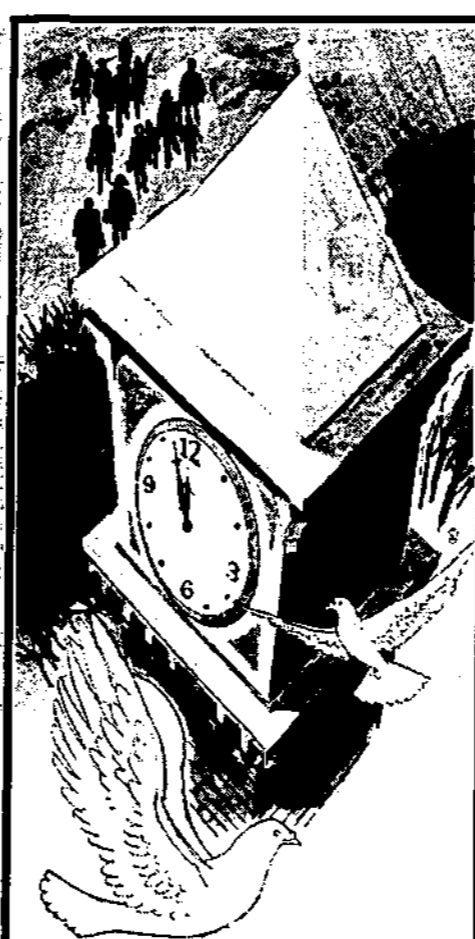
*We sincerely hope that
the New Year to come will be
made brighter with peace everywhere.*

Variety Foods
1521 Gower Pt. Rd., Gibsons



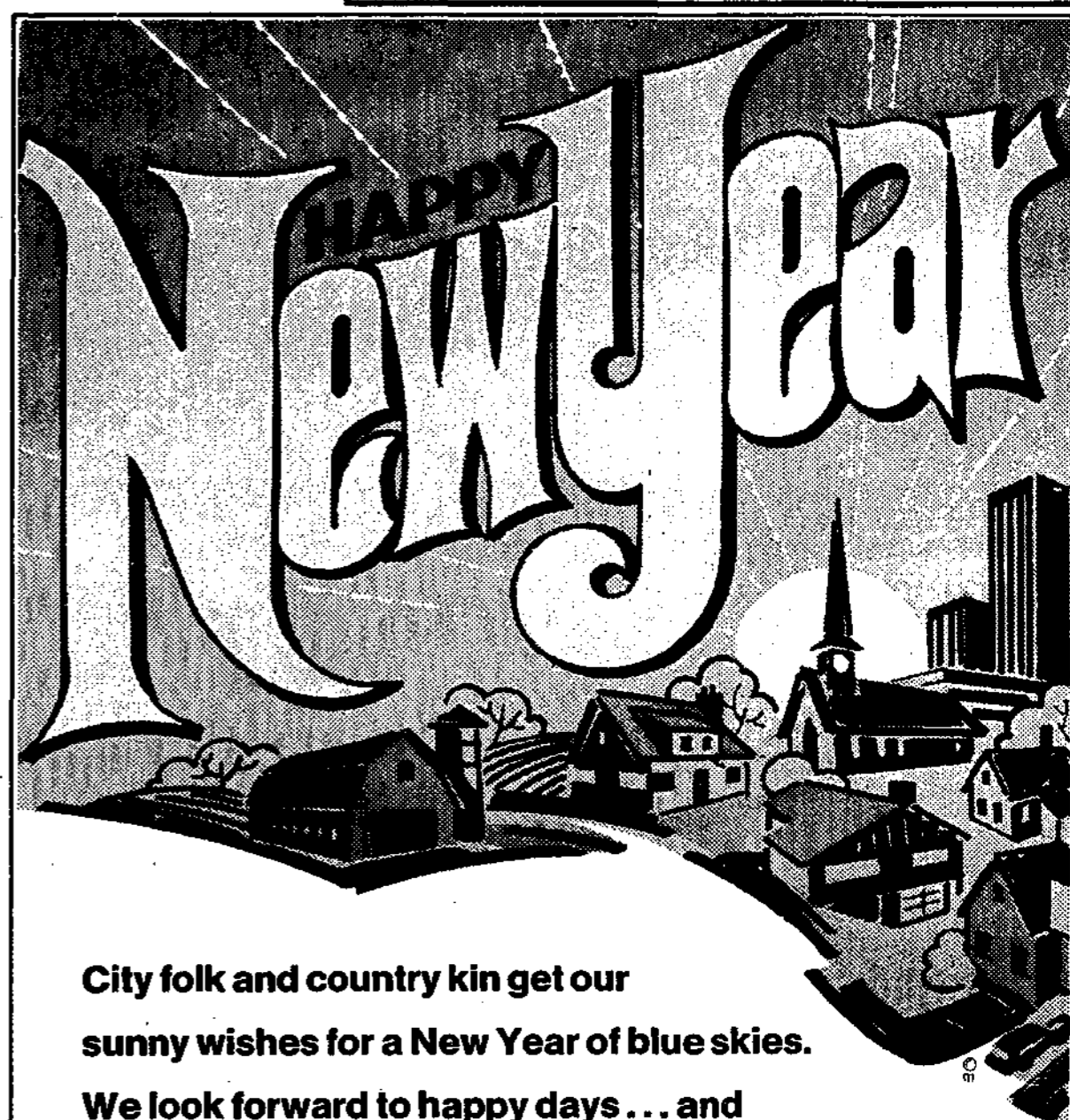
*We're striking up the
band to say "Thanks"
to our customers, and
to wish you many
happy returns in '70.*

**Kens Lucky
Dollar Store**
1541 Gower Pt. Rd., Gibsons
886-2257



GREETINGS
As we await the stroke of
midnight to enter into a bright
New Year, let's get one
thing resolved. Let there
be peaceful tomorrows filled
with friendships, joys.

**NDP
Bookstore**
In Gibsons Landing



**HAPPY
NEW
YEAR**

*City folk and country kin get our
sunny wishes for a New Year of blue skies.
We look forward to happy days... and
the good fortune of continuing friendships.*

Dogwood Cafe
Downtown Gibsons
886-2888



**HAPPY
NEW
YEAR**

*We're merrily ringing in the New Year with
the hope that it brings you many happy
hours of good cheer with your loved ones.*

Arbutus Tree
Gower Pt. Rd., Gibsons

Harmony Hall Happenings

by Jim Holt

Well here it is the end of another year, Christmas is over and the New Year is right on our heels. We are looking forward to a big night on New Years Eve in our hall. The ladies under the convensorship of Eva Oliver have been working very hard to make it a successful night and I hope they will not be disappointed in their worthwhile efforts. This past year has been a very progressive year for our group, what with getting the hall finished and being able to hold all our events in it, we are looking forward to another good year in 1977.

I am counting on more of our members getting involved in the various functions we are planning to have, as it is not fair to leave everything to one special group to do all the work, so get involved folks and let it be known that Harmony Branch #38 is second to none. I feel that, now that our membership is growing that the more we have involving the better it will be for all concerned.

We are planning to have open Bingo every Thursday as soon as

we can get the equipment for it. We have already got the permit for it, so I am appealing to the public as well as our members to come out and support us in this endeavour. We will have to start small but will raise the prize money as we go along. I don't know just when we will be getting started, but it will be in the very near future.

I just noticed in the Vancouver Sun recently about a young lady showing off a rose in Vancouver, well to advise all those interested, we have all kinds of roses blooming in Gibsons as of this date, December 31st, 1976, so how about that. As I have said when we do things on the Sunshine Coast we do them in a big way. The weather man has been very good to us this year, we did not have such a wonderful summer but the fall was just perfect, hence the beautiful roses.

I haven't got much in the way of news this time. Carpet bowling starts up again next Thursday, January 6th so I hope to see a

good turnout then as you should all be over the Holiday Season by that time.

I would like to express my heartfelt thanks to all who contributed to us having such a wonderful year, so keep up the good work folks, it is really appreciated. You have made me proud to be your President and I hope I will be able to carry on in the coming year. With your help I know we will be able to attain the goals we are striving for. As I have stated we have got the ball rolling, so lets keep it rolling and the only way we can do that is by everybody getting involved in the Happenings. There will always be a job for you to do and if there isn't we will make one.

Well I have a deadline to meet so here's hoping to see you all at the party. To all the members of Harmony Branch #38, to the general public, Village Council, and all connected in the business and community, my wife Kay and I wish you all a Bright, Happy, Prosperous and Peaceful New Year, and "Lang may your lum reek".



Early on a December morning on the Sunshine Coast an alert Shetland Pony and friend are caught by the Coast News camera in a patch of sunlight near Pell Farm.



"WE'RE LIVING OFF FRED'S RETIREMENT INCOME. I'M WORKING."

THE ANTARTIC ICE CAP
IS LARGER THAN THE U.S. AND IS ABOUT 8,000' THICK AT THE SOUTH POLE.

WILLIAM GLADSTONE
WAS PRIME MINISTER OF ENGLAND 3 TIMES. HE WAS 83 THE LAST TIME.

GISCARD D'ESTAING
PRES. OF FRANCE WAS BORN IN KOBLENZ, GERMANY, IN 1926. HIS BACKGROUND IS IN FINANCE.

THE WORD "PLASTICS"
COMES FROM THE GREEK WORD "PLASTIKOS" WHICH MEANS "ABLE TO BE MOLDED."

BUDDYRUFF



Fishermen's compensation

New Workers' Compensation Board regulations applicable to the commercial fishing industry have been approved by Cabinet to take effect January 1, 1977, Labour Minister Allan Williams announced today.

To bring the fishing industry into line with all other industries covered by the Workers' Compensation Act, assessments paid by commercial buyers of fish will be subject to a maximum earnings figure for each fisherman.

For 1976 the limit has been placed at \$13,600, rising to \$15,600 in 1977. Previously there was no limit on assessable earnings.

The new regulations give responsibility for making assessment payments to the first commercial purchaser of a fishing boat's catch instead of the final commercial purchaser before the consumer. The change is intended to make collections of compensation assessments more equitable and administratively workable.

Commercial fishermen are subject to an assessment of \$3.50 per \$100 of earnings. Fishermen's earnings are defined as the total value of fish sales less the "boat share", or 60 per cent of total sales where there is no boat share.

Mr. Williams said no changes have been made in compensation

coverage, which is mandatory for all commercial fishermen except for those who rarely sell their catch to commercial fish buyers in B. C. Optional coverage is available to these fishermen.

The complex provisions for "associated vessel" and "associated employer" have proven to be impractical and have been eliminated. Responsibility for reporting injuries or industrial diseases will rest solely with the fishing boat owner or master and the owner will be responsible for compliance with safety regulations. This change is made so that the responsible party will be one with a direct knowledge of an accident and direct power of enforcement as opposed to an employer by association who may have little or no communication with the injured fisherman, and little control over the vessel.

Safety inspections of fishing boats in British Columbia will be carried out by federal Ministry of Transport inspectors under federal regulations. The Workers' Compensation Board will not, therefore, put in place safety regulations of its own.

Letters explaining the new regulations are being mailed to the Province's fishing industry by the Workers' Compensation Board, and a detailed booklet will be available in the New Year.

Greetings

To all our patrons and friends... May your New Year be as wonderful as you are!

COASTAL TIRES
Ken and Sharen - Dave and Mel
Highway 101, Gibsons

LIONS 400
400 Club
The weekly winner of the Lions 400 Club Draw this week was Yvonne Boyd of Gibsons. The winning ticket was drawn by Dick Blakeman, also of Gibsons.

Sound Construction
Carpenter-Contractor
Interior Finishing
House Framing
Concrete Form Work
Gary Wallinder 886-2316
Box 920 Gibsons

SALE
Helen's Fashions and Flowers
1598 Marine Drive, Gibsons. 886-9941

Ski Jackets.....\$15.98 1/2 Off Down Jackets
Blouses 1/2 Off.....Regular \$15.00 and \$21.00 SPECIAL \$10.00 and \$14.00.
Sweaters, Pullovers and Cardigans 1/2 to 1/2 Off.....\$8.95 to \$25.00 Value
Hash Jeans.....\$18.00 a pair.
Jump Suits 1/2 to 1/2 Off.
Coats 1/2 Off Regular Prices.

Afternoon Dresses, Long Gowns, Skirts and Jump Suits 1/2 to 1/2 Off.
Pant Suits 1/2 Off.
All House Coats \$25.00 Off.
Gift Wear 25% Off.

Including - Bohemian Crystal, Decanters, Cups and Saucers, Wooden Salad Bowls, Ice Buckets, Alabaster Ash Trays, Cheese Boards, Etc., Etc.

STARTS WEDNESDAY, JANUARY 5th.

Sorry, Senior Citizens 10% Discount not applicable during sale.

CREATE COMMUNITY JOBS NOW. GET YOUR APPLICATION IN BY FEBRUARY 4TH.

Canada Works
Young Canada Works

The restoration of historical buildings, the construction of a fire hall, the replacement of an outdated water system. If you stop and think about it there are probably many good projects that could create jobs and be of great benefit to your community.

This year, a new job creation program called Canada Works will help fight unemployment by providing funds to groups and organizations including private businesses, for worthwhile community projects.

If you have a project that can provide a minimum of five jobs for unemployed people in your area, submit your application to Canada Works.

But do it now. The deadline for applications is February 4th.

Right now, your Canada Manpower Centre has application forms and a Canada Works "Guide to Applicants" that describes the program and how to apply.

Visit your Canada Manpower Centre today. Canada Works: Make it work in your community.

This summer Young Canada Works will help reduce student unemployment by creating jobs in your community. The students will work on projects of community benefit that will enable them to test their career aspirations.

Any established organization can submit an application to Young Canada Works.

Your proposal should provide a minimum of three student jobs for six consecutive weeks. Projects can operate for up to 14 weeks between May and September. Your local CMC has a Young Canada Works "Guide" and application form.

Submit your application now. The deadline for Young Canada Works is February 4th.

Young Canada Works for students in your community.

Manpower and Immigration
Bud Cullen
Minister

Main-d'œuvre et Immigration
Bud Cullen
Ministre

IT'S GOING TO WORK FOR YOUR COMMUNITY.



Richard Bruner and his partner John F. Goodwin are shown at work on the log house which is taking shape just off Highway 101 in Roberts Creek. The house will eventually

be a two-story structure with 2,100 square feet on the ground floor and 1,600 square feet on the second story.

All writers aren't dead - Joan Haggerty

"Notice: TO ALL CANADIAN WRITERS. The Manitoba Association of Teachers of English is looking for Canadian writers to participate in their 'Readings-in-the-Schools Program' during the 1976-77 school year. This program is designed to offer readings to students of all ages (kindergarten to Grade 12) in locations throughout the province of Manitoba."

I would have answered this ad had I seen it. Instead, they call me. I am to join Robert Kroetsch, (1969 winner of the Governor General's Award for Literature for his novel, *The Studhorse Man*), in Winnipeg on October 24th. "You will travel by plane to The Pas, then on by rented car to Cranberry Portage, Flin Flon, and Snow Lake..." says the letter. We're expected to talk with the students at some length. I also learn that an outfit called Inter-Universities North has received an O.K. from the Canada Council to sponsor readings in the north so we'll pick up a few of those. Eight readings in four days, a heavy load. Where, I think to myself as I pack, is the equivalent program in British Columbia? The Manitoba Arts Council is pumping money into this program but no Arts Council in my native province is sending me out to introduce school kids to the notion that writers are flesh and blood.

I'm looking forward to spending time with Bob Kroetsch. I've read three of his novels: *Gone Indian*, *The Studhorse Man*, and *Badlands*. The first two are part of his Out West trilogy, the first being a book called *The Words of my Roaring*. They are all quest novels, spiritual and geographical journeys into the unknown. In *Gone Indian*, his hero travels into Edmonton for a trapper's festival (researched, I find out, in The Pas); in *Studhorse Man* we follow one Hazard Lepage and his horse, Poseidon, through the prairies looking for worthy mares to service; in *Badlands* we take a trip down an Alibatan river in search of dinosaur bones. The books are realistic takes on the promise that can never be reached and, at the same time, surrealistic yarns. Kroetsch must like travelling; he couldn't be going on this northern milkrun for the glamour.

We meet at the airport in Winnipeg. He's a big man with curly white hair and glasses, more professional than I would have imagined. He drives me to the organizer's house to get primed and moneyed. We're each handed a wad of cash for expenses and sent back to the airport, there to face a two hour delay which we spend reading one another's manuscripts, a de-toured way of making contact. We peer at each other curiously over the tops of pages.

From the air, the landscape of northern Manitoba appears flooded. There're over 100,000 lakes, puddles and more puddles. The treed areas look as if they'd recently drained off into the watered areas; Manitoba is two-thirds water and one-third land. It's spectacular.

We land in The Pas and are hustled off to the high school. Kroetsch tells the kids that, when he was a student, he used to think you had to be dead to be a writer. "You were meant to contact tuberculosis at an early

age, scribble a few lyric lines, and then pass away." He speaks of growing up in a small town in Alberta, looking in the mirror, and finding no image. No cultural image to help augment his sense of self and place. So he set about creating some. How peculiar it is, for instance, and what does it say about Canadians that our national emblem is a mountie? The cop as mythic figure. Kroetsch is a writer who's committed to unventing old mythologies and creating new ones central to his prairie locale.

We discover as we go along that Canadians often find that notion uncomfortable; people can do whatever they want in literature so long as it happens in faraway or imaginary places. Let them do it in New York so the reader can project his or her den of sin out there. I pick up his theme and remember out loud: my own teen-aged search for good books, shopping in the Dunbar library for images of who I might become. I found very little to inspire my womanhood outside of what Betty does on a Double Date and I can't remember one book about a girl growing up on our west coast. Even *Anne of Green Gables* lived in the mysterious east.

So I read Grade 12 students in three different towns a section from my new novel called *Bones from my Wedding Dress*. It's about a girl growing up in a place like Bowen Island and how she keeps coming back and back to the dancehall over the years, relating to it in different ways. I worry that the details—the songs and the clothes—will throw them off but hope that the descriptions of the first time a boy kisses you and puts his tongue in your mouth; how it feels when you can't introduce him to your parents because he will wear that kitsch gold gross around his mouth and his ductail's a shade too greasy, will transcend the style-changing props.

Embarrassed nods. "This," says Bob (holding up a copy of his seed catalogue poem soon to be published), is a "found poem."

"What's a found poem?"

One lying right in front of you. Printed instructions, for instance. Bob found delight in the language of the seed catalogue, the way the manufacturers brag about the remarkable plants that will grow from their seeds. Perhaps the phrasing in a nautical instruction book: one ship chasing another on the high seas is called "the right of hot pursuit". Poems might be waiting in your very inkwell. That's what eyes and ears are for. The poet's mother said if he doesn't wash his ears, cabages will grow out of them.

"What does your mother say?" "Potatoes."

After the reading, they come up to hang out with us. The girls want to know where they can get my book. I tell them it's not published yet but, when it is, I'll see they get some copies. They have to go 500 miles to Winnipeg to get books as it is; there are no bookstores in any of the towns we visit. The girls tell me they want books about themselves. The novel on the Grade 12 curriculum this year is *Tess of the D'Urbervilles* by Thomas Hardy. For my part, after being isolated for three years working on a novel, it was great to have their feedback. A laugh, a hush, a waiting for the next work: someone out there helping flesh out my hope the image will connect. I mentally check off the chapter.

The next day we visit the Cree Indian Reservation to buy some beaded rabbit and sheepskin lined moccasins, two pairs for Bob's children and two for mine. When I go into the back room where a group of women are sitting around a table stitching, they notice the beading on the back of the black fur coat I'm wearing. They come up to look at it, I tell them it's Bedouin.

"They have big beads there."

From The Pas we drive about fifty miles to Cranberry Portage. This is a much smaller town on the edge of a lake; there are

several fishing lodges and take-off points to the northern lakes. The school here is partially residential; students are brought in from villages all over the tundra. Not only are there a lot of fake parkas but the motel we check into is walled with that ubiquitous plywood panelling; I haven't got anything against plywood but why groove it to look like boards? A velvet matador on the wall. The sleepy waitress brings breakfast.

Have I forgotten anything?" "Have I forgotten everything?"

She sits at a nearby table, chain smoking while we eat eggs. Her husband is a forest ranger. Creeley's lines dash through my mind: "She was the lovely stranger/ who married the forest ranger/ the duck and the dog/ and never was seen again." I eat bacon. The waitress says "Gary's got the kids eating beaver now. They love it. But the cat doesn't like moose."

continued on Page 11

ANNOUNCEMENT

Commencing in January, 1977, the

Gibsons Medical Clinic

will be

CLOSED ON SATURDAYS

Patients needing medical assistance or information please contact the doctor on call at the hospital:

MEDICAL CLINIC NUMBER:

885-2224

It was a very unusual year

The year-end statistics are in and they confirm what most of us suspected: this has been a most peculiar year for the weather. Take for example the low and high temperatures for the year. One would be forgiven for expecting the lowest temperatures for the year to be recorded in December or January but in actual fact the lowest temperature recorded was minus six degrees Centigrade last March 4th. The highest temperature recorded was not in July or August but a

temperature of twenty-four degrees Centigrade on September 20th.

Despite the horrendously wet summer the beautiful fall weather brought the yearly rainfall slightly below the fifteen year average. The average rainfall is 1,358.4 millimetres or 53.48 inches. 1976 wound up with 1,226.6 millimetres or 48.29 inches. For 1975 the rainfall figures were 1,435.9 millimetres or 56.53 inches.

In December alone the rainfall

was 135.1 millimetres compared to the sixteen year average of 220 millimetres which was also the amount which fell on us in December 1975. December 1963 was the driest December recorded with only 72.1 millimetres. The doubtful distinction of the wettest December on record is attributed to December 1972 when the skies opened to the extent of dumping 325.0 millimetres of the liquid snow.



Elves great success

Each Christmas Day the Elves bring a festive touch to St. Mary's Hospital by distributing rosebuds in vases to the patients confined there. The Elves Christmas Fund Drive was more than successful this year. After filling and distributing one hundred and seven hamper to underprivileged families on the Sunshine Coast, the donations continued to pour in.

The extra cash was used to purchase equipment for the hospital and for the Sunshine School. The Elves presented to St. Mary's Hospital the following: one stand-up model blood pressure cup; two adjustable stainless steel stools. The message on the accompanying card said: "Derived from funds donated to the Elves by residents and service clubs on the peninsula."

To the Sunshine School and Elves donated one deluxe sixteen chord Console Electric Organ. The accompanying card expressed similar sentiments.

The following names, omitted from the published list, also generously donated to the Elves Christmas Fund: Ladies' Auxiliary of the Royal Canadian Legion Branch 140, Sechelt; Jamieson Automotive Parts and Service, Gibsons; Swanson L. & H. Ltd., Sechelt.

On behalf of the hamper recipients, St. Mary's Hospital, and the Sunshine School, the Elves extend their thanks. Receipts for all cash donations will be mailed out in January.



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Round Boneless STEAK Can. Gr. A	Ib. \$1.49
Sliced SIDE BACON 1 lb. Pkg.	\$1.49
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Whole PORK LOINS Saw cut into Chops or Roast Wrap your own	Ib. \$1.29

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Congratulations To
John Burnside, Ian Corrance,
Manuane Laplante and Lindy Moseley

Best Wishes & Ever y Success
To the Coast News in 1977.

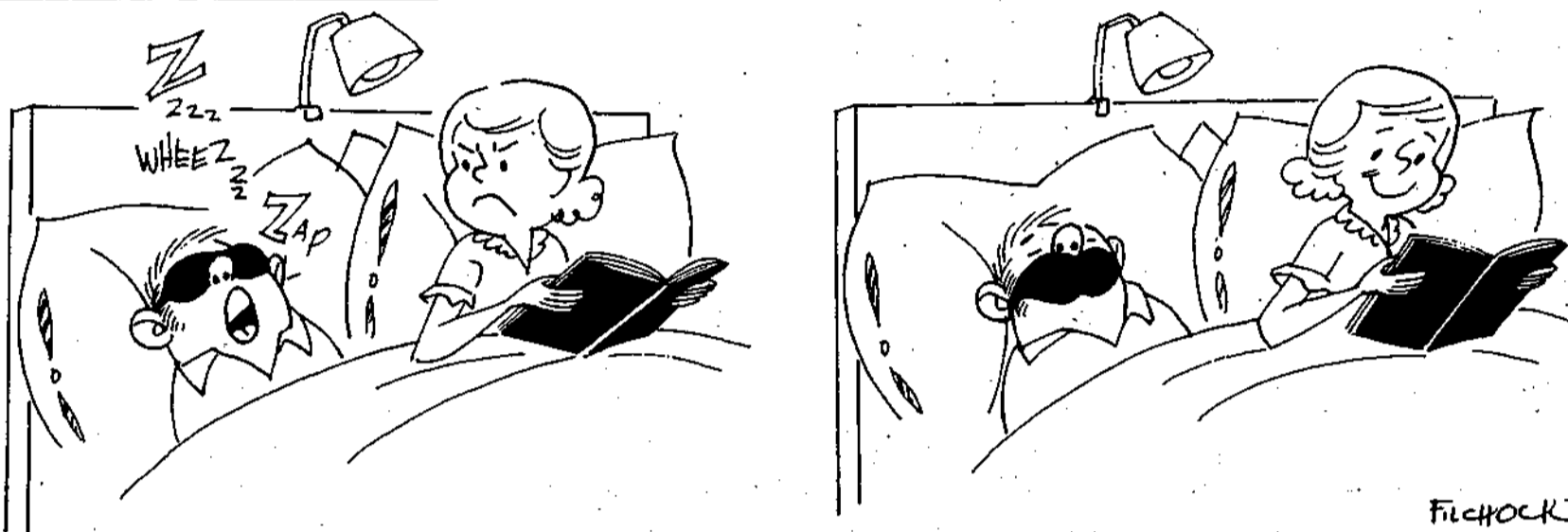
From All At The 'Dogwood'



The picture shows the cause of Fisheries Officer Ray Kraft's concern about Twin Creek, blocked by careless work by a Department of Highways crew clearing a road

allowance. The silting of the gravel beds endangers the spawn of chum salmon which made their way up the creek, in the fall.

LAFF of the WEEK



FILCHOCK

New Horizons Active

continued from Page 7

Perfect weather, dancing, choral music and community singing combined to make a lovely afternoon at the Elphinstone New Horizons annual Christmas Party on December 20th.

The talented students of Mrs. J. Millward's School of Dancing gave individual and group performances of their dancing skills which delighted the audience. This was followed by carol selections by the 'Sunshine Choristers' under the able leadership of Mrs. Jessie Cairns, a musical group the Sunshine Coast can be proud of. By special request, Mr. Walter James sang the Christmas song "Nazareth" by Charles Gounod. It was also a pleasure to have Mrs. Bunny Supe, the choir's pianist, accompanying at the piano. To all those artists we extend our gratitude for their contributions to a happy and successful party.

About ninety sat down for refreshments at the tables tastefully decorated for the occasion by Mrs. Gordon and her helpers. Each serviette was marked with a number, and later corresponding numbers were drawn from a tray to determine the prize winners. The 'Swags' were won by Harry Purdie and Grace Banin; and the 'centres' by Wyn. Hornet, Bill Grose, and Loretta Harrison. Last but not least, many thanks to all those members responsible for stage decorations, the kitchen staff under Mrs. Gwen Hicks and all others who pitched in to make the occasion a memorable one.

On Monday, January 10th, the Happy Horizons will resume a new round of activities providing a relaxing diversion from home routines, and a temporary refuge from world tensions. While we look to 1977 with new hopes, we wonder whether the old hymn should be sung to the parody: 'Man moves in a mysterious way, His blunders to perform.'

Another booklet has been added to our library entitled "The Frank Slide" a story relating the tragic events in 1903 when the side of Turtle Mountain slid over the sleeping mining town of Frank, Alberta, and the final escape of seventeen trapped miners to the surface. A fascinating story for the historically minded.

In the afternoon, we repeat yesterday's gig. We come alive in the schools, relax in between. I admire how Bob is with the kids, teasing them, telling them he's going to read them a bear poem ("Mackenzie River: Night-fall" from *The Stone Hammer Poems*) and that he wants some bear stories in return. Again, my Val returns to the dancehall, frames her eyes and the windowpane with her hands and peers into the dancehall for a glimpse of her dream couple waiting. That summer, her girlfriend gets an engagement ring from an older guy. Her parents make her stop seeing him; they tell her boyfriend that, if he's still interested, he should call back in a year. The chapter ends.

"Does he call back?" asks a boy in the back row.

"I don't know."

The teacher interrupts. "Of course the author knows, George, but she wants you to read the story to find out."

"No, I really don't. That episode isn't continued."

"You see. You see," says George, pointing at the teacher.

"What do you think; do you think he'd call back?"

"Naaaaw, he'd go out and look for someone else."

"He's right."

That night we're invited to the English teacher's house for dinner before our evening reading. Her bearded husband teaches biology. They're working this far north partly for the isolation pay and, since they've bought land in the Gulf Islands and are coming west when it's paid for, are hungry for news about the coast. We get talking about Habitat and, still talking about Habitat, we put on our coats and walk over to the school. A few other people join us. (We're competing with the once-yearly Rummage Sale and a parents' emergency meeting concerning some troublesome kids.) I worked at Habitat Forum as a press officer so I decide to bring out some of the pictures and columns I did for the *Strait* and make that rap the evening reading. I feel like an old-time newsbearer travelling from town to town given food and a night's lodging in exchange for stories.

Have some news?

The Sunshine Coast News welcomes social, church, and entertainment news and announcements for clubs, lodges, hospital groups, and service clubs.

Remember the deadline for announcements and press releases is Saturday noon. Mail items to P.O. Box 460, Gibsons.

This is Your Life

Horoscope for the next week
By TRENT VARRO

ARIES - March 21 to April 20
A "calming down" of tensions surrounding the sign of Aries should bring much more peace and serenity to your daily living. There are exciting times ahead; be at your best to enjoy them.

TAURUS - April 21 to May 20
Perons born under this sign, especially those born between May 5th and 20th have the world at their fingertips now. Be careful and considerate of the feelings of those around you, and you can't go wrong.

GEMINI - May 21 to June 20
The planetary aspects to Gemini are not too good at the present time, but you have probably learned by now, how to cope with this problem. In ALL cases, take your time before jumping to conclusions.

CANCER - June 21 to July 21
A tremendous chance of advancement is facing you at this time. It will be a long, long time before the planets line up like this again, in your solar chart. Make the most of getting the things you really want, right now.

LEO - July 22 to August 21
You will probably experience some event this next week that will show you very clearly the benefits that are coming your way soon. If things are good, you can be sure that you've earned them.

VIRGO - August 22 to Sept. 21
Of all the signs in the Zodiac Virgo is right now probably the most fortunate. If you have worked hard for something all your life, now is when you can bask in the sunshine of success.

LIBRA - Sept. 22 to Oct. 22
You should find yourself on the threshold of good fortune where unexpected gifts and the possibility of meeting some exciting people will keep you feeling on top of the world. Don't fight it.

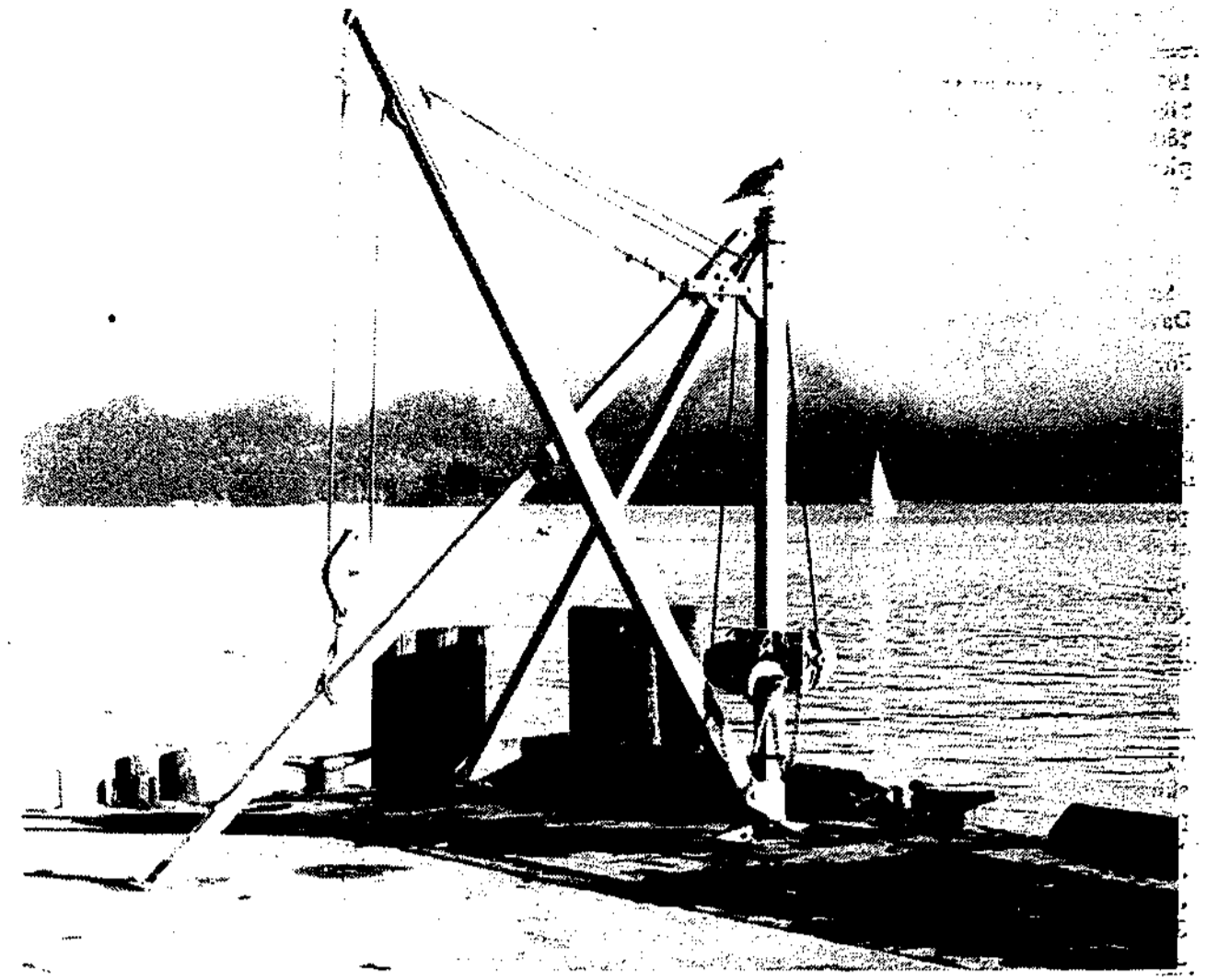
SCORPIO - Oct. 23 to Nov. 21
The aspects for your sign are basically good at this time. There is however, a slight storm brewing on the horizon dealing mostly with romantic interest. It would be wise not to "fly off the handle" with a loved one.

SAGITTARIUS - Nov 22 Dec 20
Life isn't always a "bed of roses" and astrology points this up pretty clearly for the sign of Sagittarius. To be perfectly honest about it, those born in this sign may be in for a rather hectic time.

CAPRICORN - Dec. 21 Jan. 19
The outlook for Capricorn is GOOD and getting better all the time. Some pleasant surprises are coming your way. In a "long-range" forecast, the month of May next year should see you achieve the "dream of a lifetime."

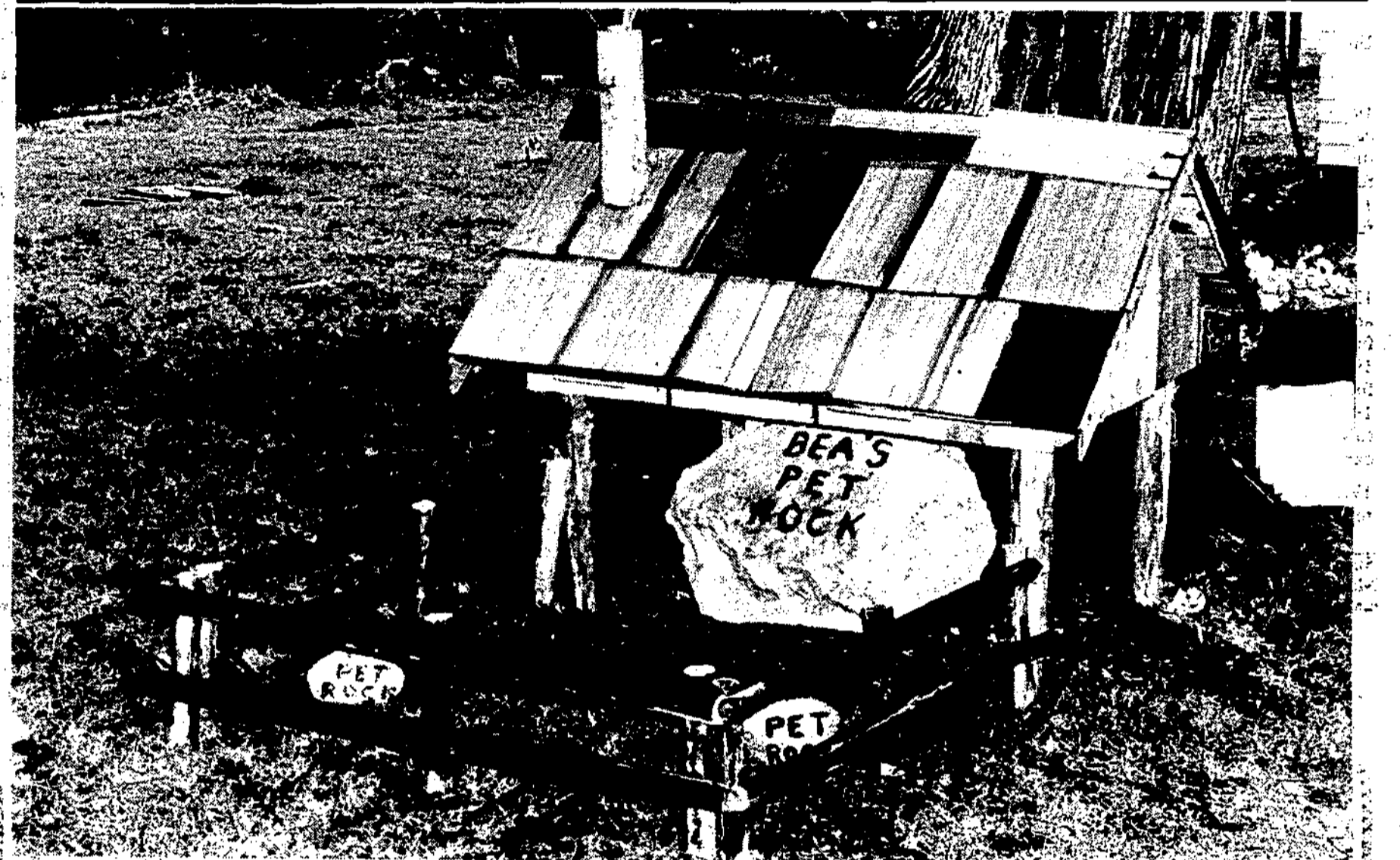
AQUARIUS - Jan. 20 to Feb. 18
"Batten down the hatches" and get ready for a stormy session coming up in your chart soon. This won't hurt you very much, if you're ready for it. It's best to "be prepared and not get swept off your feet."

PISCES - Feb. 19 to Mar. 20
Some great changes are due in the lives of most persons born in this sign. This does not mean that they will be either good or bad. They'll be just exactly what you make them. Be careful!



Christmas sailing

Even the seagull looks incredulous but, yes folks, that's a sailboat out there and the date of the photograph is December 31st. Happy New Year.



Bea's pet rock is obviously well cared for and apparently has a couple of little relatives. My God, do they breed? It's all to be found at Bea Smith's place in the Gower Point Road area, house built courtesy of Kelly Knudson

and Bob Reid. Bea says "It doesn't matter what mood people are in when they come to the house. On the way in they have to pass the rock and they always arrive smiling."



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Happy New Year

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<p>UNITED CHURCH Rev. Annette M. Reinhardt 9:30 a.m. - St. John's Davis Bay 11:15 a.m. - Gibsons 886-2333</p>	<p>Salvation Army Camp Sunrise Hopkins Landing Sunday 2 p.m. In the Chapel 886-9432 Everyone is Welcome</p>
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<p>SEVENTH-DAY ADVENTIST CHURCH Sabbath School Sat. 3:00 p.m. Hour of Worship Sat., 4 p.m. St. John's United Church, Davis Bay Pastor C. Dreiberg Everyone Welcome For information phone 885-9750 883-2736</p>	<p>GLAD TIDINGS TABERNACLE Gower Point Road Phone 886-2660 Sunday School 10:00 a.m. Worship Service 11:00 a.m. Revival 7:00 p.m. Bible Study Wed. 7:30 p.m. Pastor Nancy Dykes</p>

The Staff of Life by Donna Gaulin

An apropos New Year's resolution after Christmas feasting is to go on a diet. What an assortment of diets there are to choose from! Besides the aesthetic problems of overweight, obesity can also be a health hazard. It is generally and sadly agreed that being fat affects social relationships and unfortunately can be a factor against landing a job.

I have spoken to women's weight reducing groups and inevitably find former hospitalized patients and nods of assent when I list these medical problems: high blood pressure, heart attacks, diabetes, strokes, digestive diseases and kidney involvements. And fat people who require surgery are certain to have extra problems.

Far too many people desperately resort to what are called dietetics "fad diets" and diet pills to lose weight. They also take diuretics or water pills which influence the water balance mechanism of the kidney. Diet aids depress the appetite and far too often are in appealing candy or cookie forms. And the effects are only temporary.

The simple truth is that food makes you fat especially certain

types of foods. Basically, if more calories (or potential energy) are ingested than are needed for everyday body processes then the excess is stored-as fat. If less calories are eaten than are required, then body fat is used for the deficit of energy.

Obviously, exercise or activity is crucial in a weight loss routine not only to firm tissue which is losing it's fatty framework but to burn potential calories which would be stored as fat.

Needless to say, a sensible eating pattern combined with proper activity will trim off the pounds. Fad diets do not have lasting effects and can, in fact, be very dangerous.

The best way to lose weight is by a slow progress. Keep in mind that those extra pounds arrived slowly (except the few that still lurk from Christmas).

Nourishment from all the food groups need still to be eaten since all the nutrients in moderation are needed for various functions. Fruits, vegetables, low-fat milk products, protein foods and whole grains should be in balance. Obvious culprits such as sweets and alcohol (which has twice as many calories as star-

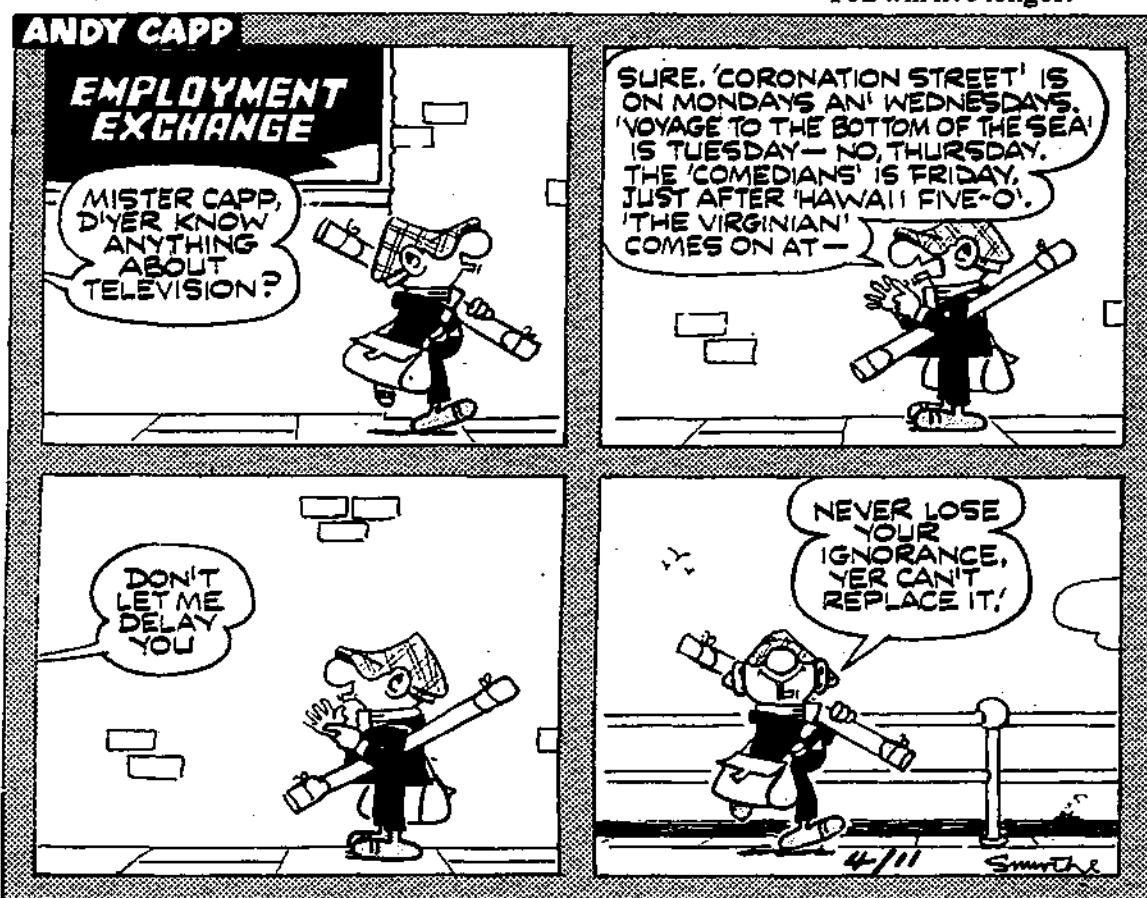
ches) should be curtailed.

There are many, many ways of arranging 1000 calories into a days eating. How does this sound? For breakfast: (which will keep you from nibbling less nourishing food later) 1/2 cup unsweetened fruit juice, one slice of whole wheat toast with diet jam and one egg. Lunch could be 1/4 cup of 2 percent milk, 2 ounces of turkey, a vegetable, a salad and an apple. Supper could be 2 ounces of corned beef, cabbage, sliced tomato and shetbet with milk if desired. And there is still room left for fruit in the evening. Hardly a starvation diet.

So how are you going to slim down? If you have seriously resolved to lose pounds permanently, your goal should be two pounds a week. Eat sensibly, take care to have plenty of bulk for good elimination and forget those magazine quick loss diets.

It has been my counselling experience that most overweight people have already tried too many of those diets without lasting satisfactory results.

Take it slow and easy. And do not tell anybody that you are on a diet. Your new way of eating should become a forever thing. You will live longer.



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4 Roll Pack Asstd/White **\$1.09**

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99¢

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JUICE

Fancy 'Pure' 48 fl. oz. Tin **63¢**

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4 14 fl. oz. Tins **98¢**

Fruit Sunrype Asstd.

JUICES

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19 fl. oz. Tin **53¢**

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20 lb. Bag **\$2.29**

Tomato Heinz

KETCHUP

20 fl. oz. Btl. **89¢**

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SAUCE

14 fl. oz. Tins 2 For **49¢**

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