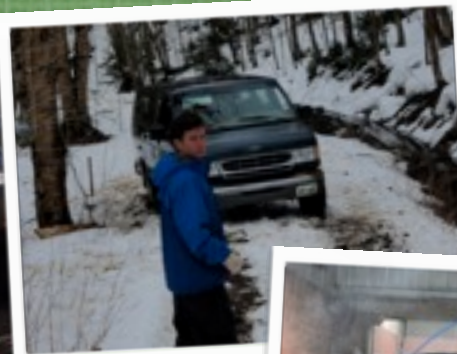


# The Pinehurst Needler

SPRING 2011

ISSUE FOUR



## THE GREEN VAN COMES HOME - by Steve Simpson

"You guys aren't going to try and get up there?" asked a duo of friendly ATV'ers. We were about to embark on a 5km adventure in our Black GMC Savannah, on a wet, snow covered, winding and undulating dirt road. This road led to our Green E350, that had to be abandoned in November, south east of Crown Lake. With confidence that can only be described as a mixture of ego and unawareness, our response; "Yes; and we're going to make it."

The ATV'ers, later introduced as Carl and Dennis, were right to caution us. In our minds we were prepared, and this was Thursday. We had 5 days before our triumphant return was expected.

At first, the going seemed simple; still wary that any minor slip up behind the wheel could cause the Black van (at this point our only means of transportation) to be in need of rescue more so than the Green van. We were up and down the first steady incline of our journey without a hiccup, when we reached a

seemingly slushy low point of the road. We got out of the Van and decided to shovel the loose snow out of our way, so that we could continue up the next minor incline. During the shovelling process, I decided to get back behind the wheel and reverse a bit to allow an easier run at our present hurdle. That was a mistake. The rear passenger tire slipped into a deep section of snow, causing a 2 hour delay as we shovelled, utilized wood planks we had brought, and with Imre now behind the wheel, we rocked the Black Van back on "solid" ground. With a little less than two hours of daylight left, we decided to set up camp for the night, get water, build a fire, eat, and managed to listen to part of the Montreal Canadiens game on the radio – a second low point of the day, as the Habs lost in overtime. With the night upon us, we found our tents and settled in for a warmer than expected sleep.

The morning arrived, the sun overhead, and after a lengthy camp take down, something which all students drastically

improved their timings on in the mornings that followed, we loaded up the Black Van. With Imre at the helm we began Day 2 of "Operation Green Van Rescue". Now with images in our mind, pre-trip, of a road that was free of snow, but filled with mud and sink holes, it was debatable whether the snow conditions were hindering or helping our cause. This day the hard compact snow after low overnight temperatures was definitely beneficial. We made it a fair distance on the road, slowly proceeding onward only by continually exiting the vehicle and walking the ground to ensure no surprises. All the students walked the majority of the road, hiking along the edges of the softer ground allowing the ability to visually align the tires with the more compact terrain. Then a major checkpoint had been successfully completed. Now, those familiar with the happenings of the abandonment of the Green Van were also aware that the following week, we had attempted to rescue it, only to fall to defeat by an intimidating ascent. Back to the present,

with a little momentum, and Imre uttering the words “I’m committing,” we conquered that milestone without slipping into the 6 foot ditch on the right side, and the minor cliff on the left. It wasn’t long after conquering that ascent that another impediment presented itself. A washout had to be crossed, spreading 5 feet long at its shortest point and over 10 feet long at its longest. The students got down to business, gathering thick and sturdy deadfall, and by arranging the mass of logs and fallen trees like a skilled game of Tetris; we managed to fill the void. Conquering the washout, the celebration of getting the Black Van over our makeshift bridge increased as I looked and pointed into the distance, asking one of the students, Max Eastwood, what he saw approximately 100 yards away; “the Green Van”, he proudly replied.

Arriving at the Green Van quenched a thirst, that had developed and brewed in me since November. That moment was amplified when I unlocked the vehicle, put the key in the ignition, turned it, and to all of our surprise the vehicle started up, without any hesitation. Shockingly great news. About an hour passed as we emptied the Green Van of its contents; tents, gear and equipment, mouse ravened food, but thankfully no mice. Carl and Dennis showed up on their ATV’s, stunned and astonished that we did in fact make it to our first destination. At this point of the day, it was decided that the ground was becoming more and more slushy, and that we would anticipate a cold night and harder ground in the morning. We set up camp, went on an unhurried afternoon hike to avoid restlessness, and hoped that the next day would be stress-free.

Throughout the night we were all awoken by sounds of rain plummeting on our respective tents. Needless to say, the morning was damp and unappealing. When camp was taken down and the vans packed, we hit an annoying speed bump. The key that awoke the Green Van with ease the day before, now would not even budge in the ignition. After toiling for two hours with the locked or jammed or obstructed ignition switch, out of frustration we tapped it with a hammer and miraculously it turned over. Now behind schedule, and dealing with unfavourable road conditions, we set out; Imre and three students in the Black Van, myself and three students in the Green Van. We passed the make shift bridge after pausing for a few minor amendments, down the aforementioned cruel slope, and then came to a standstill on a slight but very slushy stretch of incline. The Green Van’s rear passenger tire had slipped into a dangerous spot. The students were put to work shovelling out the rear tire and shovelling dirt (found under snow or on the high spots of the creeks running parallel to the road) onto the road for traction. It took about an hour to shovel the loose snow away and cover a 50 yard stretch of road

with dirt. We continued onward only by reversing the Black Van and utilizing its power and pulling the Green Van with a tow rope. We may have only made it another half a kilometre before we found ourselves in a very similar position. Knowing what to do, the students grabbed the shovels and began finding dirt for traction, only at this obstacle, reversing the Black Van was out of the question. It was too slippery and too thin of a section of road to risk bringing the Black Van back over a section it had already passed. This is when we met our saviours, Bernell and Brad. These two friendly strangers were trekking through the backcountry on their ATV’s, and did not hesitate to offer their assistance. An extremely kind gesture that one cannot place into words how much help they were to our progress. We attached the tow ropes to the ATV’s, and with the students pushing from the rear, we generated enough power to get the Green Van out of harm’s way and onto flat, stable ground. With about 2 hours of daylight left, and now staring at a steep and slick slope, which we attempted to get the Black Van up (to no avail), we called it for the night and set up camp. Before Bernell and Brad departed they honoured us with a very generous offer; they would return in the a.m.

The night went smoothly. The sun broke just before the darkness fell, as we heard heavy winds throughout the night, but no rain. We awoke early the next morning to ensure our preparedness for our rescuers. Camp was taken down, a fire was made and a hot breakfast was had by all. With the sun shining, Imre got behind the wheel of the Black Van and successfully climbed the gradient, that seemed so demoralizing only half a day earlier. Even though this was a great occurrence, we knew that the rear wheel drive Green Van would not be so victorious. Then the rumble of two motorized vehicles could be heard in the distance. Again we were privileged. Brad had returned on his ATV, and Bernell had returned on a powerful tractor with chains on the tires. Ecstatic to see the pair, we got to work. We hooked up the green van with tow ropes to the tractor, but even that sturdy machine was having trouble maintaining grip and hauling a one ton vehicle on the poor road conditions. We unlatched the tow ropes and remained optimistic while Bernell ploughed the entire hill side before reattempting. It proved successful. We climbed that hill side barrier, a feat only made possible by the noblest of good Samaritans; Bernell and Brad. The duo lead us the rest of the way out to the main road, only having to pull the Green Van out one last time from deep slush.

We camped that night in a sand pit just off the main road, and made our triumphant return to Pinehurst the next day.

The Green Van was abandoned on November 28<sup>th</sup> 2010.

It made its way home on April 25<sup>th</sup> 2011.

## ActivityPeriod

by Jaclynn Duncan  
Co-op Student, Niagara College



I am a co-op student from Niagara College. I have been at Pinehurst for four months now. It has been an amazing experience, with amazing students and staff. I had the opportunity to do my own activity period with some students this month. Going with the theme of Easter, I decided that egg dyeing would be a fun activity to do with them. It took two activity periods, a lot of dyed hands, and a lot of active discussion to complete the coloured egg masterpieces. It was an enjoyable experience for both the students and I. I am looking forward to completing my co-op with these students at Pinehurst School.



## Healthy Active Living

By: Michelle Lewis

Inadequate physical activity in Canadian adolescents is of great concern. Health Canada suggests that physical activity improves health and well-being, reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

The Grade 12 Healthy Active Living class has dedicated a significant amount of time towards improving their level of physical activity with the goal of seeing improvements in muscular strength and endurance, flexibility and cardio respiratory health. In order to achieve this the students created their own Personal Fitness Plans, which began by setting personal goals, selecting activities that they enjoy and putting it all together using the F.I.T.T. principle of fitness program design (Frequency, Intensity, Time and Type). In order to monitor progress and goal achievement, the students performed a series of fitness tests in February and April and recorded where they have improved, along with what areas require more attention. The students will perform the fitness test again in June as a final test of their goal accomplishments.



## Important Dates

### **VICTORIA DAY BREAK**

Students will be dismissed at 1:00 pm on Thursday, May 19th. The school will be closed at that time. Students should return on Monday, May 23rd, by 8:00 pm. Doors open at 7:30 pm.

### **END OF ACADEMIC YEAR**

All eligible students will be dismissed after the Graduation/Year End Ceremonies at approximately 3:00 pm on Friday, June 17th. The school will remain open until Thursday, June 30th at 4:00pm. for those students who have incomplete academics or outstanding consequences. Details on Year End Ceremonies will be forwarded to all families, separately.



# Pine Trees On Our Menu

By Jessie Kirkwood

The Hospitality and Tourism class has been hard at work trying new recipes and learning new things. Recently we made Pine Needle Tea. We made use of the fallen pine tree to make a delicious and healthy drink that Mr. Bird suggested to us. Since there have been a lot of birthdays lately, we have been learning to bake cakes and to ice them beautifully. We learned to make different kinds of icing to fit each kind of cake. We hope the school continues to enjoy the new dishes we are learning to make.



On Thursday, April 28th, our last tall pine tree fell after succumbing to the windstorm that hit the area. The tree fell in our front driveway. No one was injured. We lost power, due to the windstorm, for over 12 hours.

## Pine Needle Tea:

1 oz (28 g) baby Pine Needles (select the newest needles, those that are at the end of a branch and light green in colour)

Make a decoction - Put the herbs into an enamel, glass or stainless steel pan (do not use aluminum). Bring to a boil and simmer for 10 minutes or until the liquid is reduced by one third.

Place the water and needles in a thermos. Let sit over-night for 12 hours. Strain and remove the needles. Return the water to the thermos and drink the warm decoction throughout the day.

Continue to drink 1 pint (500ml) of Pine Needle Tea every day for one month.

You can never get a cup of tea large enough or a book long enough to suit me.  
~C.S. Lewis

Never trust a man who, when left alone in a room with a tea cozy, doesn't try it on.  
~Billy Connolly



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## Contact Information

### Our Mission

Pinehurst School's mission is

- to motivate our Pinehurst community members to achieve their potential in intellectual, emotional, social, physical and moral development;
- to exercise a positive and pro-active role in addressing contemporary societal issues and in resolving social conflicts; and
- to provide a stimulating, engaging, and highly structured learning environment, focused upon preparing for college/university success.

email - [explore@pinehurst.on.ca](mailto:explore@pinehurst.on.ca)