

This publication was produced with care with regards to transmission of the COVID-19 virus. Details on p. 6.

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HARBOUR SPIEL

April 2020
Issue 352



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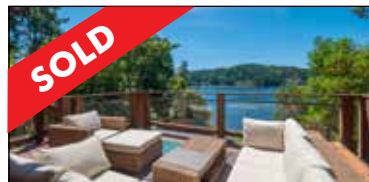


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EDITOR

Brian Lee

CIRCULATION (1,700)

Copies of the *Harbour Spiel* are mailed free to 1,350 homes between Egmont and Middlepoint and are available by paid subscription and free at locations throughout the Sunshine Coast.

Each issue of the *Harbour Spiel* (since Nov. 2006) is also available online as a PDF download at www.harbourspiel.com.

CONTRIBUTORS

This month we thank: Sam Beaton, Leonard Lee, Robert Livingston, Sandra McLean, Shane McCune and Josh Young.

COVER

Vince Burnett clowning around at a 'toilet graveyard' near Pope's Landing off Francis Peninsula March 14. See p. 23 for more local underwater shots. (Sam Beaton photo)

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May issue: April 30

(Ad bookings by April 13.)

editorial

Well, that escalated quickly



Brian Lee

Among other things, 2020 will be the year of the asterisk.

Future statistics for population, sports or finance will all carry an indication of this period's exceptionality.

As I struggled to get this issue out, waves of cancellations swept in, obliterating much of the content planned for its pages.

I observed first-hand the stages of denial experienced by our community as we refused to accept this tragedy had already arrived.

As April's social calendar crashed, no one could speak the unthinkable, could Pender Harbour's 75th May Day be next?

Yes — cancelled March 23.

Ditto with the summer Olympics.

Because this is our World War, potato famine or Spanish flu.

Future historians might tag recently born children "Generation C."

They will be germaphobes and perhaps socially stunted from having spent their formative time equating other people with fear of infection.

Another psychological phenomenon pressing many of us is the despair at friends and relatives who have held firm in their denial of the crisis.

"I'm not showing symptoms."

"Don't worry — hand sanitizer."

"It's just a flu."

The leader of the covidiot, Donald Trump only made things worse.

Instead of a rousing speech from Winston Churchill, history's recorded wisdom from this time will include the U.S. president characterizing the outbreak as the Democrats' "new hoax" (in a late February speech).

On March 20, the *Globe and Mail* published research from SFU that presented scenarios with strong, medium or no intervention.

It suggests the level of interven-

tion greatly affects the infection rate.

With strong intervention (social distancing), the total number of infections may still be relatively high — 50% of the population (versus 70% if no intervention) — but those infections will extend over a longer time period, thereby allowing health services to better handle the triage.

In that scenario, the research suggests that measures may need to be in place well through the fall.

Unless we lockdown.

By "reducing all contacts outside of the household by more than 90 per cent," Canadian infections may only run into the thousands.

However, until a vaccine is available, infection rates may soar again as soon as restrictions are lifted.

What we know is that we're climbing a steep curve and the view at the top is going to be ugly.

So, experts remind us to focus on our mental health:

"This is a marathon, not a sprint."

Luckily, we live in a fortunate place to wait this out.

Consider a friend of mine living alone in an apartment, in a wheel chair with a compromised immune system.

Consider your own coping mechanisms during month two, when it rains for 10 days and your kid spills the last of the Kool-Aid in the Xbox.

Or, consider those without the means to stock up and remain home.

Perhaps coronavirus doesn't even pose the greatest threat in their life.

Regardless, everyone must make a supreme effort to self-isolate — our lives and livelihoods depend on it.

Assume everyone outside of your household has it, and that you do too.

Without a Churchill, we must turn to internet memes for wisdom:

"Your grandparents were called to war; you're being called to sit on your couch.

"You can do this."

covid-19 emergency contact details

IF YOU ARE EXPERIENCING MILD SYMPTOMS

If you are sick with mild symptoms, stay home in self isolation avoiding contact with others and monitor your symptoms. Call 1(888) 268-4319 (1-888-COVID19) for information about COVID 19 or use the online self-assessment tool at <https://bc.thrive.health/>.

IF YOU ARE EXPERIENCING MORE SEVERE SYMPTOMS

If you feel you are sick and may require medical attention, call your primary care provider's office, or 8-1-1.

Also, the Sunshine Coast COVID physician task force and Vancouver Coastal Health are now operating a "respiratory assessment" clinic that runs seven days a week from 8:30 a.m. to 4:30 p.m. until this crisis is over. It will operate on an appointment basis only and will not see walk-in patients. It is intended for those who have cold or flu-like symptoms and feel the symptoms are severe enough to warrant assessment by a physician, but not severe enough to require ambulance transport to the hospital. Call or text (604) 740-1252 or email coastrespclinic@gmail.com.

IF YOU REQUIRE HOSPITALIZATION

If you need to go to the hospital, and are able to travel safely to the hospital, call (604) 885-2224 and let the emergency room staff know you are coming and to receive instructions.

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submitted

An act of vandalism to one of 20 new dual-language signs on Highway 101 occurred only days after crews finished installing it. Photo taken March 21.

Local economy battered by outbreak of COVID-19

Since mid-March, local businesses have scrambled to cope with daily market changes and to comply with health and safety requirements in the wake of the COVID-19 virus.

Local grocery stores have seen an uptick in business as customers stocked up on items to remain in isolation.

The Oak Tree Market's Richard Massullo told the *Harbour Spiel* that though they "have been busier than normal," he has had to lay off three staff, not because of lack of work but out of concern for their compromised immune systems.

"In the 23 years we have been here, we have never had to lay anyone off," said Massullo.

"They would usually quit before that point."

Massullo said they have bumped up their cleaning regimen and now pause several times a day to wipe down and disinfect the store.

Other businesses are not so lucky.

Paul Hansen, owner of the West Coast Wilderness Lodge in Egmont, describes the affect COVID-19 has had on his business as "a complete stop."

Normally, he would be gearing up for the busy summer season, and has some staff working from home, but his outlook for the upcoming season is grim.

"Really, I have no idea what will happen because we are closed for five months and are just getting ready to open," said Hansen.

"The idea of being closed for six months and then another winter would mean that we could be in for a very bad time."

Still optimistic, Hansen said he plans to open "whenever we get the



Richard Massullo

The Oak Tree Market makes light of the rush on toilet paper last month.

green light."

Even Massullo, who said he is fortunate to be deemed an essential service, is making plans on a day-by-day basis.

"As long as the supply chain remains strong, we carry on," he said.

"If my shelves empty, I close.

"It's pretty simple."

For Hansen, long-term planning is impossible.

When asked how he might cope with a lengthy closure, he said, "Eat rice."



HOUSING SURVEY

The Town of Gibsons, District of Sechelt and Sunshine Coast Regional District are developing a Housing Needs Assessment to better plan for the coasts future housing needs. **Tell us about you and your communities housing needs by completing an online survey here:**

<https://gibsons.ca/services/community-development/sc-housing-needs-assessment/>

We know everyone is concerned about COVID-19 and we recognize it is not presently business as usual, but we are carrying on with important community projects. For more information please contact: planning@gibsons.ca



**PENDER HARBOUR
COMMUNITY CLUB**

Pender Harbour Community Club ANNUAL GENERAL MEETING

**Monday, April 27 at 7pm
Pender Harbour Community Hall**

Darcy Murray (P. H. Community School) will speak about youth and family support services. Refreshments will be served.

**www.penderharbourcommunityclub.com
phcommunityclub@gmail.com**



PROTECTIVE PROCEDURES IN PLACE

WE WANT TO PROTECT OUR READERS!

This publication was produced with care regarding transmission of the virus.

Web Express Printing & Mailing is the proud printer of over 100 newspapers and magazines. Publishers facing this crisis need to keep their communities together. Web Express is committed to help them do that by continuing to print your community newspapers. The papers you read and depend on will be there for you for as long as possible.

Web Express is also committed to providing safety for employees, publishers and their readers to prevent the spread of COVID-19. We have undertaken numerous disinfecting measures like crew separation and equipment wipe down. We have also limited entry from delivery people and customers to increase social distance. Currently we understand the virus is NOT easily passed on paper (according to the World Health Organization spokesperson on CNBC they have not issued a warning regarding the passing of the virus on paper) BUT to reassure readers the manufacturing process requires VERY LITTLE TOUCH from our staff. See pictures for further understanding.

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Madeira Park name change proposal comment period closes April 23

Editor's note: A response from the Ministry of Forests, Lands, Natural Resource Operations and Rural Development (the ministry responsible for BC's Geographical Names Office) regarding the proposed name change of Madeira Park missed the deadline to be included in a story in the April issue of the *Harbour Spiel*.)

After news broke in February of a controversial application by the shíshálh First Nation to change the official names of Wilson Creek, Saltery Bay and Madeira Park, many residents in Pender Harbour expressed concerns such as how it might affect local institutions.

The SFN propose to change the name of Madeira Park to "salalus."

According to the BCGNO, "salalus is the she shashishalhem name for Madeira Park (community) and the surrounding areas.

According to *BC's Geographical Naming Principles, Policy and Procedures*:

"First priority shall be given to names with long-standing local usage by the general public.

"Unless there are good reasons to the contrary, this policy should prevail."

In an email, a spokesperson with MFLNRORD told the *Harbour Spiel* that, in accordance with the geographical naming policy, requests for comments have been sent to municipal, regional and Indigenous governments as well as regional organizations like BC Parks and search and rescue organizations.

It is unclear when a decision on the application might be expected as "exact timelines are difficult to predict as extensions to the comment period may be made as needed from municipal, regional and Indigenous governments."

The province indicated that, if successful, the name change would only apply to the geographical feature specified in the application — in this case, the geographical entity currently referred to as Madeira Park.

The ministry said that other features like buildings or streets that carry a similar name are not included in the application and that "any additional name changes for geographical features would require a separate geographical naming proposal."

The naming or re-naming of schools, such as Madeira Park Elementary School, is the responsibility of the local school district.

Similarly, the ministry said that the name change wouldn't automatically apply to other institutions like the Madeira Park Post Office but "Canada Post is notified of any official community name changes."

Excerpted from a March 11 letter from the Pender Harbour and Area Residents Association to the SCRD chair, and copied to Warren Paull, SFN Chief, Leonard Lee, SCRD Area A director, Area A Advisory Planning Commission and Carla Jack, Geographical Names Office:

"Madeira Park was named after a well-known family led by Joe Gonsalves who was originally from Madeira, Portugal.

"Gonsalves, who married Susan

Harris, an Indigenous woman, was one of the first Europeans to settle in the area in 1904 and became a very well-respected business owner.

"He purchased most of what is now called Madeira Park.

"Changing the name of a long-established community is not a simple matter.

"If adopted in its current form it would subject its residents and government to enormous hardship, loss of identity (branding) and cost.

"The name Madeira Park will no longer appear on maps.

"Businesses and residents would be forced to change their address and personal identification, banking information, credit cards and government documentation including passports.

"The federal post office names would have to be changed.

"All of this would be costly to the federal, provincial and local governments as well as each individual resident.

The current deadline to submit comments to BC Geographical Names Office is April 23, 2020 — email geographical.names@gov.bc.ca.

The MFLNRORD told the *Harbour Spiel* that after a comment period for a geographical naming proposal closes, all comments received are evaluated by the BCGNO in order to make a decision.



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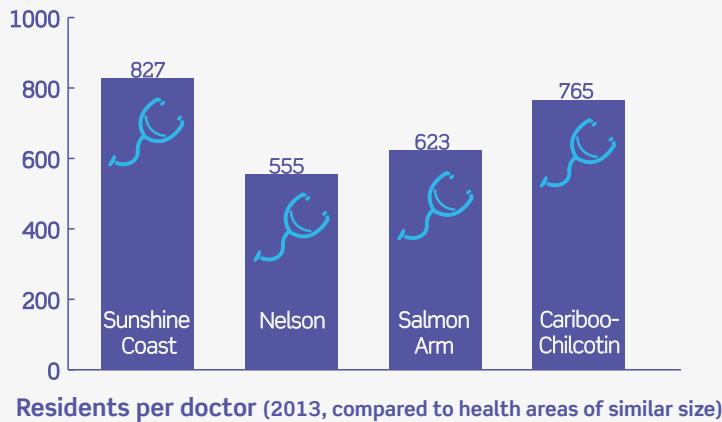
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3. HEALTH AND SAFETY



The Sunshine Coast continues to be a safe place to live.

Crime rates remain low but mental health related files are a significant portion of RCMP files.



557
The Sunshine Coast RCMP reported, on average, 557 mental health files per year from 2015 to 2018.



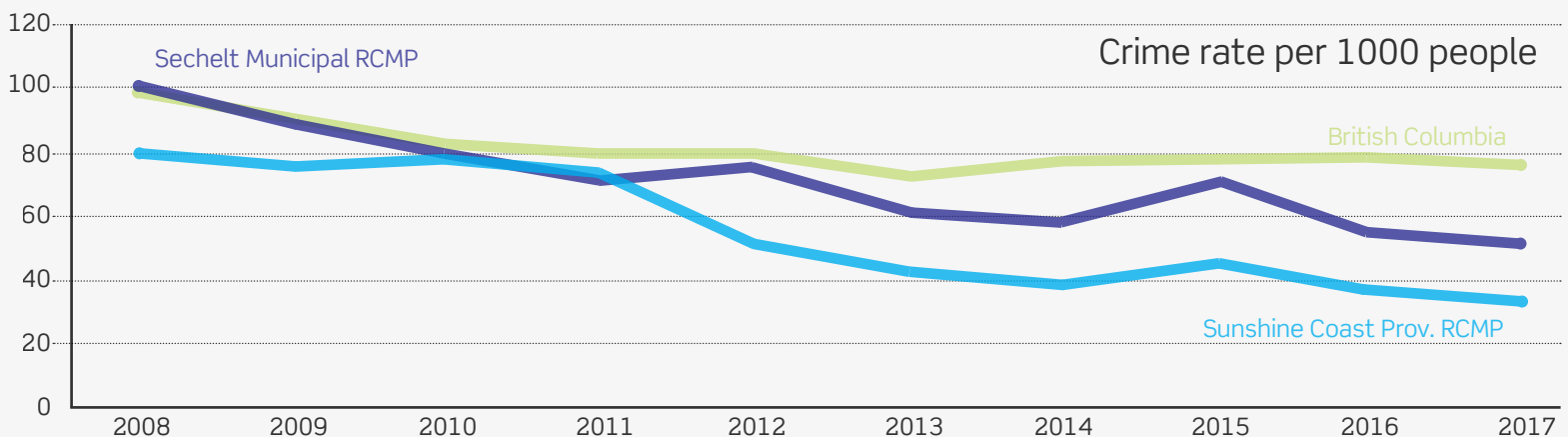
Despite a growing population, most types of crime declined from 2009-2011 to 2015-2018.

An increase was seen in spousal assaults, fatal collisions and frauds.

A 2018 survey of Coast high school students:



56% said they had tried alcohol.
37% said they had tried marijuana.
22% said they had tried smoking.
8% of smokers reported smoking cigarettes.
35% of smokers reported using vape pens with nicotine in the last month.
6% of students reported having an alcohol or drug addiction.



The Sunshine Coast Community Foundation is a charitable organization that brings together people who care about the Sunshine Coast community. Community foundations across Canada prepare Vital Signs reports, reporting on key areas of local life which are measurable, accountable and of interest to their communities. This information is from their 2019 "Vital Brief" which updates previously published full Vital Signs reports in 2009, 2001 and 2014. More detailed data is available at www.sccfoundation.com (Graphic: Brian Lee)

PRESCRIPTION REFILLS NOW PROVIDED BY PHARMACISTS

On March 18, in response to the continuing COVID-19 global health pandemic, Adrian Dix, B.C.'s Minister of Health, and Dr. Bonnie Henry, B.C. provincial health officer, announced that patients will be able to obtain refills of their regular prescriptions at pharmacies in an effort to avoid non-essential physician visits and free doctors to treat COVID-19 cases.

In a statement, Dix said, "We have worked with the College of Pharmacists to advise pharmacies to provide patients with a prescription refill or an emergency supply of their medications if needed.

"British Columbians are asked to respect this temporary arrangement and are reminded that there is no need to stockpile medication."

Patients who require a refill of their regular medications do not need to visit a doctor or nurse practitioner for an updated prescription.

Instead, a pharmacist can provide patients with a refill or emergency supply of their medications.

This also includes controlled drugs and substances such as opioid agonist therapy.

PENDER HARBOUR GOLF CLUB MEMBER PROTOCOLS DURING COVID-19 CRISIS

Jamie Tufford, president of the Pender Harbour Golf Club, issued a statement on March 18 urging members who have recently returned to Canada to take seriously recent Canadian government protocols for self-isolation:

"It has come to my attention that some of our members are not trying to keep the club safe for all of us," wrote Tufford.

Tufford reminded members that the Canadian government has asked

people to self-isolate under certain circumstances for very valid and important reasons.

If ignored, Tufford hinted that the next step will be forced lockdowns.

"For the benefit of all, we need to try and avoid this."

As of press time, government protocol is for all returning Canadians, from outside Canada, to go into self-isolation for a minimum of 14 days.

"If returnees continue to ignore what is their duty to the rest of us, I will ask staff at the club to enforce the government's protocol by not allowing that certain member or guest to golf," wrote Tufford.

"This epidemic is real, and the dangers are very real, especially for seniors."

KIM DARWIN ANNOUNCES CANDIDACY FOR LEADER OF BC GREEN PARTY

On March 17, former BC Green Party vice-chair Kim Darwin announced she is running for the position of party leader.

Darwin operates a mortgage consultancy business in Sechelt and ran for the Green Party seat in the riding of Powell River—Sunshine Coast in the May 9, 2017 provincial election.

In that election, Darwin doubled the previous election vote count for the Greens.

From her March 17 statement:

"Even though I've built a highly successful, award-winning business, I am setting it aside so I can dedicate 100 per cent of my time to the leadership race and the leadership role when elected," said Darwin.

Darwin said she will work closely with the sitting BC Green Party MLAs, party members and staff to create a shared policy platform built around the core principles of the party to transition BC into a decarbonized

economy "that works for all families, and all communities."

"The clean tech, climate conscious economy of the future starts today in BC," she said.

"When we prepare to elect a provincial BC Green government to pass progressive, thoughtful and balanced legislation to transition our economy for the decarbonized era, and establish BC as a global leader in clean tech."

Darwin said she is preparing to do the hard work to get the party ready for the next election, so sitting BC Green MLAs can focus on their work in the legislature and in their ridings.

"The quality and quantity of candidates that I am already working on to bring to the next BC election will be an absolute game-changer for BC politics," said Darwin said.

HARBOUR PUBLISHING AND DOUGLAS & MCINTYRE NOMINATED FOR BC BOOK PRIZES

Michael Nicoll Yagulanaas' *Carpe Fin: A Haida Manga* (Douglas & McIntyre) has been shortlisted for the Roderick Haig-Brown Regional Prize awarded by the BC Book Prizes.

This prize is awarded to the author of the book that contributes the most to the enjoyment and understanding of the province of BC.

From Harbour Publishing, *Voices from the Skeena: An Illustrated Oral History* by Robert Budd and Roy Henry Vickers, has been shortlisted for the Bill Duthie booksellers' choice award, the "best book in terms of public appeal, initiative, design, production and content."

The awards gala is normally held in May but is postponed to Sept. 19 due to COVID-19 precautions and will take place at the Pan Pacific Hotel in Vancouver.



1. Which of the following is not a former name of the building supply store in Madeira Park?

- ☐ a. Dick's Lumber
- ☐ b. Rona
- ☐ c. AC Building Supplies
- ☐ d. Curtis Lumber

2. Where is the Madeira Park Veterinary Hospital located?

- ☐ a. Madeira Park
- ☐ b. Garden Bay
- ☐ c. Kleindale
- ☐ d. Middlepoint

3. The shìshàh name for Earls Cove.

- ☐ a. xwilkway
- ☐ b. skelh
- ☐ c. salalus
- ☐ d. xwesam

4. What is the brand of the real estate office located in Madeira Park?

- ☐ a. Re/Max
- ☐ b. Century 21
- ☐ c. Sotheby's
- ☐ d. Royal LePage Sussex

5. Which hole has the big hill on the Pender Harbour Golf Course?

- ☐ a. 3
- ☐ b. 4
- ☐ c. 5
- ☐ d. 6

6. Name of the Earls Cove ferry.

- ☐ a. MV Island Sky
- ☐ b. Powell River Queen
- ☐ c. MV Malaspina Sky
- ☐ d. Quadra Queen II

Answers: p. 34

Four-plus: Local

Two-plus: Newbie

Less than two: Townie

COLLISION

On Feb. 18, police attended a single vehicle accident on Highway 101 near Mercer Road, Halfmoon Bay, after a vehicle was reported to have landed in a ditch.

The lone driver, who had managed to exit the vehicle on his own, was assessed by emergency health services and said that he'd lost control on an icy patch on the road, affected by the strong glare off the surface.

The vehicle was towed from the scene and the matter has been referred to ICBC.

GAS THEFT

Sometime between Feb. 11 and 20, a suspect drilled a gas tank and stole an unknown amount of gasoline from a vehicle parked in the 16600 block of Backeddy Road, Egmont.

TRAFFIC OFFENCE

On March 9 at 2:45 p.m., a school bus driver reported that he had stopped at Redroofs and O'Brian Road in Halfmoon Bay to drop off school children.

The bus had its emergency lights flashing and the stop sign out but a white BMW X3 drove around the school bus narrowly missing a child about to cross the street.

Drivers are reminded they must not pass a school bus with lights and

stop sign out or they will face a \$368 fine plus lose three points on their drivers license as per section 149 of the Motor Vehicle Act regulations.

MISCHIEF

Police received several mischief complaints that occurred overnight on Feb. 27, where a suspect smashed the windows of vehicles parked in the 7900 block of Southwood Road, 8100 block of Frances Road, and the 8000 block of Northwood Road, all in Halfmoon Bay.

Anyone with any information about these incidents is asked to contact RCMP.

SUNSHINE COAST RCMP AND COVID-19

In order to protect the public, volunteers and employees, the Sunshine Coast RCMP has temporarily closed the Sechelt detachment to the public in response to COVID-19.

All front counter services including civilian fingerprinting services, criminal record or police information checks and found property will not be conducted until further notice.

These changes do not affect 911 service or calls to our non-emergency police line (604) 885-2266.

Both of those services continue to be offered 24-hours a day, seven days a week.



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Dave Milligan
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Alan Stewart
604-740-2353

What's in a name?



*Leonard Lee
Area A director, SCRD*

LAND-USE PLANNING

The Shishálh Nation-BC foundation agreement goals imply that governments and residents would have a role in the process, but the province has neglected to involve us in many initiatives.

However, a recent BC caribou recovery project update changed that First Nations-BC agreement by adding, “promote reconciliation by providing for participation of local governments in caribou recovery initiatives; may agree to invite representatives from... local government and First Nations, to attend parts of the

meeting; and ... consult with and seek input from local government about issues (that may affect the interests of local government).”

With this, we see a glimmer of hope for our SCRD-Union of BC Municipalities request that the province involve local government in planning decisions about crown land and First Nations agreements.

WILL MADEIRA PARK BE RENAMED?

The BC Geographical Names Office is considering the shishálh Nation proposal to rename Madeira Park to “salalus.”

The BCGNO asked the SCRD if there are other traditional names for the area, if salalus reflects the heritage of the area, and if there is reason why

salalus would be inappropriate.

To begin the consultation process, a senior representative from the Ministry of Forests, Lands, Natural Resource Operations and Rural Development will give a presentation to outline what is expected of the SCRD, explain options available to residents, and answer questions from directors.

We hoped for the presentation as early as March 26, but the COVID-19 emergency resulted in FLNRORD requesting deferment and an extension our response date.

New dates will be set when appropriate and, with significant public interest, the timeframe could be extended by months or even years.

A change of name demands strong community support, and provincial policy requires recognition of



SUNSHINE COAST REGIONAL DISTRICT Upcoming meetings

Agendas are available at www.scrd.ca/Agendas-2020.

Planning and Community Development

April 9 at 9:30 a.m.

Regular Board

April 9 at 1:30 p.m.

Infrastructure Services Committee

April 16 at 9:30 a.m.

Policing and Public Safety Committee

April 16 at 1:30 p.m.

Transportation Advisory Committee

April 16 at 3:00 p.m.

Regional Hospital District

April 23 at 9:00 a.m.

Corporate and Administrative Services Committee

April 23 at 9:30 a.m.

Regular Board

April 23 at 1:30 p.m.

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Area A Director:
Leonard Lee
leonard.lee@scrd.ca
604-212-0406



www.scrd.ca
604-885-6800
info@scrd.ca



Pender Harbour Satellite Office
12828 Lagoon Road, Madeira Park
604-885-6877 infrastructure@scrd.ca
Monday to Friday 8:30 a.m. to 1:30 p.m.

navigational, mapping and safety connections, so I urge you to express your views to the SCRD so that our position can accurately represent yours.

DUAL LANGUAGE HIGHWAY SIGNS

Dual-language distance signs have been installed and are similar to those on Hwy. 20 with Tsilhqot'in first and English in brackets.

The signs are intended as public recognition of symbolic significance, acknowledgement of local history, a show of respect for ancestors, and an indication of positive steps taken towards reconciliation.

Unfortunately, the lack of provincial consultation with local government and community members resulted in controversy, confusion and a feeling of alienation from this reconciliation process.

The shíshálh Nation expressed disappointment in this lack of community involvement, and they are working to ensure effective, appropriate consultation in future projects.

Chief Warren Paull, who will assume the additional role of SCRD director, said, "I think one of the things we've lacked in, given all the other things that have taken place, was a steady presence at that table.

"The foundation agreement has changed fundamentally how we interact with the local governing bodies and we have to have a conversation around that with all of them and I look forward to that discussion."

SHORT TERM RENTAL ACCOMMODATIONS

In 2012, because of complaints about nightly or short-term rental accommodations, the SCRD considered April 2020

options to address them.

Last year, staff recommended the current by-law enforcement process remain reactive or complaint-based, with temporary use permits used to assist bylaw compliance staff tackle the off-site operation problem and encourage compliance.

The planning and community development committee received a report Feb. 13 on the implications of implementing TUPs for STRAs and other by-law amendments, including the impacts on enforcement.

One option for the board was to accept TUP's, STRA's, and off-site operators and proceed to third reading.

Unexpectedly, the board favoured the concept of residential use with resident or on-site operators.

They directed that current by-law enforcement continue, but with increased fines for violations to deter infractions and support cost recovery.

STRAs managed by off-site operators will be allowed with approved rezoning applications.

Because this changes the use specified by the initially proposed by-law, a second public hearing must be held for further public input, and I urge you to make your wishes known.

This public hearing, 7 p.m. on April 21 at the Seaside Centre in Sechelt, may be rescheduled as the

Covid-19 pandemic develops, so check the SCRD website for updates.

SCRD RESPONSE TO COVID-19

With implementation of a work-from-home policy, the SCRD offices are closed to the public, but basic services, including building permits and inspections, continue.

The P. H. landfill remains open, but the Share Shed is closed.

Check scrd.ca/covid-19-updates for current information.

You can also contact me at leonard.lee@scrd.ca or (604) 212-0406.

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The Madeira Park Shopping Centre saw a steady flow of traffic on the morning of March 20 despite a province-wide state of



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1

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warm water



2

Apply soap



3

For at least 20
seconds, make
sure to wash:



4

Rinse well



5

Dry hands well
with paper towel



6

Turn off tap using
paper towel



palm and back
of each hand



between fingers



under nails



thumbs

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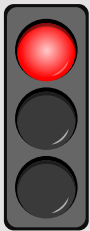


Brian Lee

emergency being declared two days before and increasingly urgent pleas for people to stay home unless absolutely necessary.

S - O - C - I - A - L D - I - S - T - A - N - C - I - N - G

Social distancing means reducing close contact between people to slow the spread of the coronavirus. If followed, fewer people will die, the burden on our health services will be reduced and the duration and severity of economic and social hardship will be lessened.



AVOID

- play dates
- playgrounds
- house parties or bars
- non-essential travel
- museums and malls
- church services
- one night stands
- sleep overs
- events and weddings
- gyms
- taxes



CAUTION OR LIMIT

Wash hands and use hand sanitizer after and maintain a distance of 2 metres apart from others.

- grocery stores
- take out food
- pick up medications
- public washrooms
- public doors
- ATM buttons
- children
- public washrooms



SAFE TO DO

Do these things alone or with members of your household.

- watch TV
- read a book
- game night
- go hiking
- yard work
- masturbate
- cook
- video chat
- day drink



Alice Haddock photo

In 1946, the Pender Harbour Community Hall was built almost entirely with volunteer labour and donated material.

Logs were felled nearby and milled at Reg Spicer's mill on Spicer Road. It has undergone many renovations over the years and recent refurbishments have it looking as good as ever. It is still administered by the the not-for-profit Pender Harbour Community Club.

This photo was taken from what is now Madeira Park Road, roughly near where the Bargain Barn sits. The Madeira Park Elementary School is missing from the hill in the background – it was built in 1952.

Herring fisherman reflects on 2020 fishery

Editor,

As I finish my thirtieth-year herring fishing, I can't help but reflect on all the good times we've had with local boys from Pender.

Commercial fisherman from the Harbour have endured many challenging times because of support from within and our involvement in various fisheries.

Take this fishery away and we are less viable in the future.

I'm all for a closure if the science warrants it but not for political or emotional reasons.

It's hard to believe public sentiment of this fishery has gone from sustainable and economically viable to a so-called environmental atrocity in just a few years.

Herring fishing has brought millions of dollars of economic benefit to my home town.

This year has brought substantial herring returns and lengthy spawn deposition, yet the environmental movement has us in their sights and protesting has become trendier and much more profitable than resource extraction.

Our fishery is in peril not for scientific reasons or the status of herring stocks but because of anti-fishing propaganda that use drones and expensive photography equipment to demonize our livelihood.

Local media has yet to report any good press regarding the current stocks of herring in the Strait of Georgia but was right there on Sunday as a handful of protestors staged their opposition to the way we make a living. Global news declined when industry asked to counter the claims made by Pacific Wild.

Pacific Wild won't stop as long as huge donations keep rolling in and

urban dwellers want to stop a way of life they know nothing about.

It becomes emotionally draining to endure paid protesters following you as you fish herring only to get that perfect shot that makes us look like ruthless killers of nature.

Their simplified attack: the orcas are starving from lack of spring salmon in the strait because we've decimated the population is simply false.

A simplistic theory that appeals to the politically correct voters in cities.

A hypocritical population that develops the banks of the Fraser to Hope and likes to point solely at commercial fisherman for the Fraser salmon crisis.

The 75,000 ton biomass assessed this year is done by three boats from Ladysmith to the Comox ferry.

Lack of research funding means all the other herring populations in the gulf are not quantified.

Herring have spawned already in Pender and all throughout the east side of the gulf.

This 75,000 ton biomass is

grossly understated while environmental groups will have you believe the ocean is void of life.

Go out on the water during herring season and look at a video sounder rather than Facebook and Instagram for unchecked facts.

The quota our own operation caught this year will bring a gross economic benefit to B.C. of close to a half million dollars.

This includes trucking, processing, freezing and shipping our kazu-noko to foreign markets.

This year, fishermen out of Pender Harbour caught 1,140 tons of the 7,215 ton gillnet quota.

That's 16 per cent of the harvest which, at last year's prices, would be valued over \$3 million.

This industry needs your support to overcome this environmental persecution.

If you rely on resource extraction for your livelihood, you could be Ian McAllister's next victim.

Josh Young
Kleindale



Bennett Rothenberger

Local herring fishermen Bennett Rothenberger, Josh Young and Tanner Haase in a herring punt gillnetting off Denman Island.



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pender harbour tides ~ april 2020

Wed 01	13.9	13.8	13.4	12.8	12.1	11.7	11.6	11.8	12.1	12.4	12.3	11.7	10.7	9.3	7.8	6.4	5.3	4.7	4.7	5.4	6.7	8.4	10.3	12.0
Thu 02	13.4	14.1	14.1	13.7	13.1	12.3	11.7	11.4	11.5	11.8	12.0	12.1	11.7	10.8	9.4	7.9	6.4	5.3	4.6	4.5	5.2	6.5	8.3	10.4
Fri 03	12.2	13.7	14.4	14.5	13.9	13.1	12.1	11.3	10.9	10.9	11.3	11.8	12.1	12.0	11.3	10.0	8.4	6.7	5.3	4.4	4.3	5.0	6.5	8.5
Sat 04	10.7	12.7	14.2	14.8	14.6	13.8	12.6	11.3	10.4	9.9	10.2	10.8	11.6	12.3	12.5	12.0	10.7	8.9	7.0	5.4	4.4	4.2	5.0	6.7
Sun 05	9.0	11.4	13.4	14.7	15.1	14.5	13.3	11.7	10.1	9.0	8.8	9.3	10.3	11.6	12.7	13.1	12.7	11.4	9.5	7.4	5.6	4.6	4.5	5.5
Mon 06	7.4	9.8	12.3	14.2	15.2	15.1	14.0	12.2	10.2	8.5	7.5	7.5	8.4	10.0	11.7	13.1	13.8	13.4	12.1	10.1	7.9	6.1	5.1	5.1
Tue 07	6.4	8.5	11.0	13.3	14.9	15.4	14.8	13.1	10.8	8.5	6.8	6.0	6.3	7.7	9.7	11.8	13.5	14.3	14.0	12.7	10.6	8.5	6.7	5.9
Wed 08	6.2	7.6	9.8	12.2	14.3	15.4	15.3	14.0	11.8	9.2	6.8	5.1	4.6	5.3	7.1	9.6	12.0	13.9	14.8	14.5	13.1	11.2	9.2	7.6
Thu 09	7.0	7.5	9.0	11.2	13.3	14.9	15.5	14.8	13.0	10.4	7.6	5.2	3.8	3.6	4.7	6.8	9.5	12.1	14.1	15.0	14.8	13.5	11.8	9.9
Fri 10	8.7	8.3	8.9	10.4	12.3	14.1	15.1	15.2	14.0	11.7	9.0	6.2	4.1	3.0	3.2	4.5	6.8	9.6	12.2	14.2	15.1	14.9	13.8	12.3
Sat 11	10.7	9.7	9.5	10.2	11.5	13.1	14.4	14.9	14.5	12.9	10.5	7.8	5.3	3.5	2.7	3.2	4.7	7.0	9.7	12.3	14.2	15.0	14.9	14.0
Sun 12	12.7	11.5	10.7	10.5	11.1	12.2	13.4	14.2	14.4	13.5	11.8	9.5	7.1	4.9	3.5	3.0	3.6	5.1	7.3	9.8	12.2	13.9	14.9	14.8
Mon 13	14.2	13.1	12.1	11.4	11.3	11.7	12.4	13.2	13.6	13.5	12.6	10.9	8.9	6.8	5.0	3.9	3.6	4.2	5.7	7.7	9.9	12.0	13.7	14.7
Tue 14	14.8	14.3	13.5	12.6	11.9	11.6	11.7	12.2	12.6	12.9	12.7	11.8	10.4	8.7	6.9	5.5	4.6	4.4	4.9	6.2	7.9	10.0	11.9	13.5
Wed 15	14.5	14.7	14.4	13.7	12.8	12.0	11.5	11.4	11.6	11.9	12.1	12.0	11.4	10.2	8.8	7.4	6.1	5.3	5.1	5.6	6.7	8.3	10.2	12.0
Thu 16	13.5	14.5	14.7	14.4	13.7	12.8	11.8	11.1	10.7	10.8	11.1	11.5	11.6	11.3	10.5	9.3	8.0	6.8	6.0	5.7	6.1	7.1	8.7	10.5
Fri 17	12.2	13.7	14.5	14.7	14.2	13.3	12.1	11.0	10.2	9.8	10.0	10.6	11.2	11.6	11.5	10.9	9.8	8.5	7.3	6.4	6.1	6.5	7.5	9.1
Sat 18	10.9	12.6	13.9	14.6	14.5	13.7	12.5	11.1	9.9	9.1	9.0	9.4	10.3	11.2	11.8	11.9	11.4	10.3	9.0	7.7	6.8	6.5	7.0	8.1
Sun 19	9.8	11.6	13.2	14.2	14.4	13.9	12.8	11.3	9.7	8.6	8.1	8.3	9.1	10.3	11.5	12.3	12.4	11.9	10.7	9.3	8.0	7.1	7.0	7.6
Mon 20	8.9	10.6	12.3	13.6	14.2	14.0	13.0	11.4	9.7	8.2	7.3	7.2	7.9	9.1	10.7	12.0	12.8	12.9	12.2	10.9	9.5	8.2	7.5	7.6
Tue 21	8.4	9.9	11.6	13.1	13.9	14.0	13.2	11.7	9.8	8.0	6.7	6.2	6.6	7.8	9.5	11.3	12.7	13.4	13.3	12.4	11.0	9.6	8.5	8.0
Wed 22	8.4	9.5	11.0	12.5	13.6	13.9	13.4	12.0	10.1	8.1	6.5	5.5	5.5	6.4	8.1	10.1	12.0	13.4	13.9	13.5	12.5	11.1	9.7	8.8
Thu 23	8.6	9.3	10.5	11.9	13.1	13.7	13.5	12.4	10.6	8.5	6.5	5.2	4.7	5.2	6.6	8.6	10.8	12.7	14.0	14.2	13.7	12.5	11.1	9.9
Fri 24	9.3	9.4	10.2	11.4	12.6	13.4	13.5	12.7	11.1	9.1	6.9	5.2	4.2	4.2	5.2	7.1	9.4	11.6	13.4	14.4	14.4	13.7	12.5	11.2
Sat 25	10.2	9.8	10.1	11.0	12.1	13.0	13.4	13.0	11.7	9.8	7.6	5.6	4.2	3.7	4.2	5.6	7.7	10.1	12.3	14.0	14.7	14.5	13.7	12.5
Sun 26	11.3	10.5	10.3	10.8	11.6	12.5	13.1	13.0	12.1	10.5	8.4	6.4	4.7	3.7	3.6	4.5	6.2	8.4	10.8	12.9	14.4	14.8	14.5	13.7
Mon 27	12.6	11.5	10.9	10.9	11.3	12.1	12.7	12.9	12.4	11.1	9.3	7.4	5.5	4.2	3.5	3.8	4.9	6.8	9.0	11.3	13.3	14.5	14.9	14.5
Tue 28	13.7	12.7	11.8	11.2	11.3	11.7	12.2	12.6	12.5	11.6	10.2	8.5	6.7	5.1	4.1	3.7	4.1	5.4	7.3	9.5	11.7	13.5	14.6	14.9
Wed 29	14.5	13.8	12.8	12.0	11.5	11.4	11.7	12.1	12.3	11.9	11.0	9.6	8.0	6.4	5.1	4.2	4.0	4.5	5.8	7.6	9.8	11.9	13.6	14.6
Thu 30	14.9	14.6	13.8	12.9	12.0	11.4	11.2	11.4	11.7	11.8	11.6	10.7	9.5	8.1	6.6	5.4	4.6	4.4	4.9	6.1	8.0	10.1	12.1	13.8

Robert Livingston (with data provided at www.tbone.biol.sc.edu/tide)

Cooler colour codes indicate lower tides. For kayaks and small boats accessing Canoe Pass (Beaver Island), these colour codes (right) indicate what should usually provide sufficient depth for passage. Note: variability occurs due to barometric pressure, wind conditions, etc.

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MADEIRA MARINA

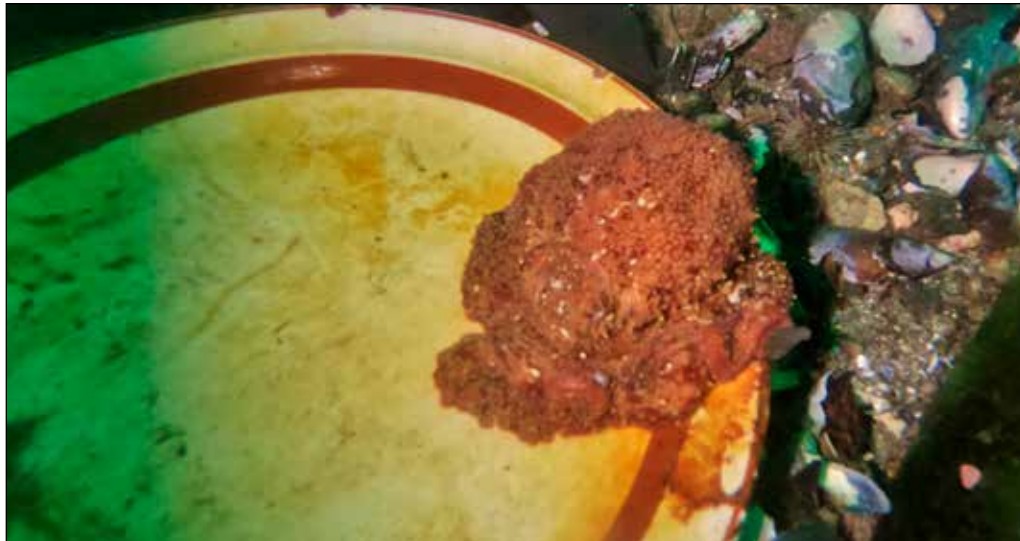
(604) 883-2266 madeiramarina@telus.net 12930 Madeira Park Rd.

- Service of most makes
- Bottom painting
- 40-tonne marine ways
- Trailer haul-out to 30 ft
- International Paints
- Marine charts
- Dry storage
- Well-stocked marine store
- Fishing tackle



Sam Beaton photos

Local diver/photographer Sam Beaton snapped a close up shot of this lingcod guarding its eggs (inset).



Sam Beaton

'Late in the dive, I found a plate laying on the bottom amongst a pile of junk. When I turned it over, I found a lump stuck to the under side. Experience has shown us that not all lumps are just lumps. This lump woke up and turned into a tiny octopus.'

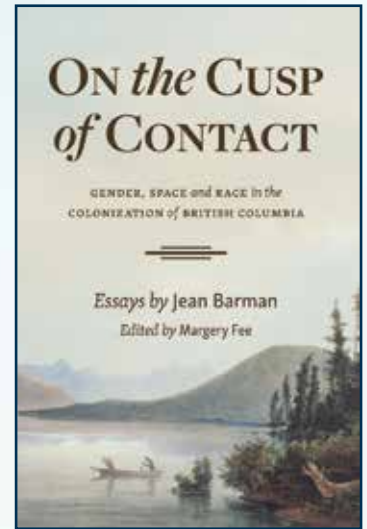


Sam Beaton

The Northern abalone is a rare sight in local waters and is forbidden to harvest. This one was photographed recently at an undisclosed local location

April 2020

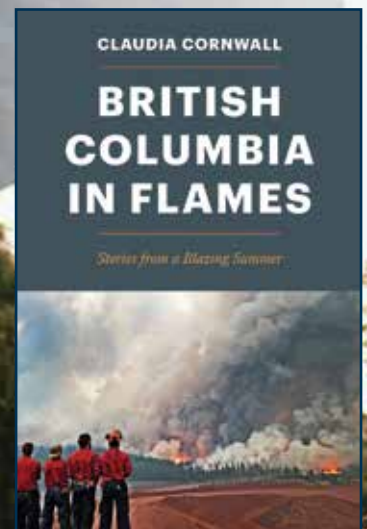
STORIES OF BC PAST AND PRESENT



ON THE CUSP OF CONTACT *Gender, Space and Race in the Colonization of British Columbia*

MARGERY FEE has edited and introduced a collection of essays by award-winning JEAN BARMAN.

\$34.95 PB



BRITISH COLUMBIA IN FLAMES

Stories from a Blazing Summer

CLAUDIA CORNWALL's moving personal and journalistic account of a disastrous wildfire season. \$26.95 PB

 **HARBOUR
PUBLISHING**

www.harbourpublishing.com

AVAILABLE AT YOUR LOCAL BOOKSTORE

ORGANIZATIONS DIRECTORY

• Chamber of Commerce, P. H. & Egmont	(604) 883-2561
• Coast Guard Auxiliary, Unit 61	(604) 883-2572
• Community Policing.....	(604) 883-2026
• Egmont Community Club	(604) 883-1379
• Egmont & District Volunteer Fire Department	(604) 883-2555
• FLAIR Cancer Support Group.....	(604) 883-0660
• FOKUS (10:30 a.m., Fridays @ PHHC).....	(604) 740-1151
• GRIPS (Recycling Society)	(604) 883-1165
• Garden Bay Sailing Club.....	(604) 883-2689
• Guides, Brownies, etc.	(604) 883-2819
• Harbour Artists	(604) 883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	(604) 883-9900
• Health Centre Society	(604) 883-2764
• Health Centre Auxiliary.....	(604) 741-2646
• InStitches (last Thursday of month, 10 a.m.).....	(604) 740-1151
• Lions Club, Egmont.....	(604) 883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.).....	(604) 883-1361
• Men's Cancer Support Group.....	(604) 883-2393
• P. H. Aquatic Centre Society.....	(604) 885-6866
• P. H. and Area Residents Association.....	(604) 883-9205
• P. H. Blues Society.....	(604) 741-1186
• P. H. Choir (7 p.m., Tuesday).....	(778) 227-8430
• P. H. Community Club.....	(604) 883-9900
• P. H. Community School Society	(604) 883-2826
• P. H. Garden Club	(604) 883-9798
• P. H. Golf Club	(604) 883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	(604) 883-2274
• P. H. Living Heritage Society.....	(604) 883-0748
• P. H. Music Society (bookings)	(604) 883-9749
• P. H. Paddling Society (dragon boating)	(604) 399-9596
• P. H. Piecemakers (quilters).....	(604) 883-2573
• P. H. Pipe Band.....	(604) 883-0053
• P. H. Power & Sail Squadron	(604) 883-2086
• P. H. Ramblers (hikers, every Tues. a.m.).....	(604) 883-1191
• P. H. Volunteer Fire Dept (Wed. evening).....	(604) 883-9270
• P. H. Reading Room (library)	(604) 883-2983
• Rotary Club (noon Fri. RC Legion No.112)	(604) 883-2843
• Royal Canadian Legion No. 112	(604) 883-2235
• Ruby Lake Lagoon Society	(604) 883-9201
• Skookumchuck Heritage Society.....	(604) 883-9994
• S. C. Health Care Auxiliary (2nd Wed., 1:30 p.m.).....	(604) 741-8413
• Seniors' Housing Society	(604) 883-2819
• Serendipity Child Care Centre.....	(604) 883-2316
• Sunshine Coast Better At Home.....	(604) 989-6171
• Sunshine Coast Women's Outreach Services	(604) 741-5246
• Wildlife Society (3rd Tues. PHSS).....	(604) 883-9853
• Women's Connection (2nd & 4th Tue.)	(604) 883-0444

organizations

PENDER HARBOUR WOMEN'S CONNECTION

The Women's Connection's April 14 speaker will be Sunshine Coast beekeeper, Steve Clifford who markets his product under the brand name "Halfmoon Honey." Clifford will give an informative talk about his 40-year career as a commercial beekeeper in the U.S. and Saskatchewan before bringing his talents here. For this meeting, men will be welcome to come and hear Steve's interesting presentation.

On April 28, the Women's Connection welcomes pastry chief Meriem Driss, originally from Tunisia and owner of Nougatine, the source of fine handcrafted cakes and pastries.

For both, the P. H. Music School opens at 9:45 a.m. with presentations beginning at 10 a.m. Please note the new drop-in fee, which covers refreshments, is \$3.

WELCOME WAGON

Welcome Wagon is celebrating 90 years of service across Canada and here on the Coast from Langdale to Earl's Cove for over 30 years. Throughout that time, our programs remain active and vital, positively impacting all involved. Why not celebrate with us by arranging delivery of a free and fantastic "Community Welcome" or "New Baby Welcome" basket? Both are full of information, resources, gifts and gift cards from many generous Coast businesses. After that, our representative will act as a resource to you indefinitely.

Please call Laurie at (604) 741-1557 or email sunshinecoastwelcomewagon@gmail.com. Or message through Facebook to request more information.

Gun owners watching non-gun owners stock pile supplies for them.





Brian Lee

Self-isolation 'has been real swell,' said Norman, the *Harbour Spiel* cat, seen here on her desk working from home last month.

seals



Note your seal of approval or **disapproval**.

By email only: editor@harbourspiel.com. Include full name and telephone number. (Editor will edit for length.)

A grateful Harbour Seal of Approval to **Josh**, who while on his way to fix his boat at the end of Lee Road, was flagged down by the Pender Harbour Hikers with an injured hiker.

Josh kindly transported our injured hiker and companion back to their car.

Kathie Tweedie
Pender Harbour Hikers

A sled full of Harbour Seals of Approval to **Team Irene Downhill Longboard team** for donating \$500 to the Sunshine Coast Sledders Club.

Doug Saunders
Sunshine Coast Sledders

Harbour Seals to **everyone who came out to help celebrate** my birthday and my retirement. Big thanks to **Amanda Peterson** and **Robyn Kelly** for all your organizing and to all those who helped them put it all together.

Deb Cole

Harbour Seals to my **Pender Harbour Aquatic and Fitness Centre family**, I can't say enough about how wonderful you all are and I am excited to step into the next phase of life. Thank you.

Deb Cole

*Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program*



Meal service has resumed.

please call Linda, 604.883.2819 or Anky, 604.883.0033

SKOOKUMCHUCK VIEWING TIMES

APRIL

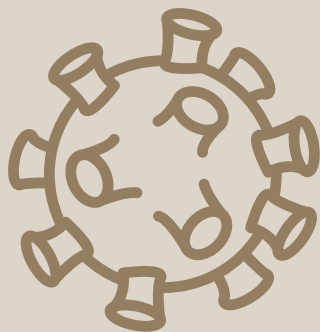
DATE-TIME-SIZE (small, medium, large, extra large)

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

1. 9:53 AM +S, 4:33 PM -L
2. 11:39 AM +S, 6:03 PM -L
3. 1:13 PM +S, 7:18 PM -L
4. 9:10 AM -M, 2:15 PM +M
5. 9:55 AM -L, 3:09 PM +L
6. 10:36 AM -L, 4:09 PM +L
7. 11:14 AM -L, **5:04 PM +XL**
8. 11:51 AM -XL, **5:59 PM +XL**
9. **12:28 AM -XL, 6:54 PM +XL**
10. **1:05 PM -XL**
11. **1:42 PM -XL**
12. 7:34 AM +M, **2:31 PM -XL**
13. 8:27 AM +M, 3:24 PM -L
14. 9:37 AM +S, 4:19 PM -L
15. 5:18 PM -L
16. 12:33 PM +S, 6:21 PM -M
17. 1:38 PM +S, 7:24 PM -M
18. 9:32 AM -L, 2:31 PM +M
19. 10:10 AM -L, 3:29 PM +M
20. 10:43 AM -L, 4:14 PM +L
21. 11:10 AM -L, 4:57 PM +L
22. 11:35 AM -L, **5:40 PM +XL**
23. 11:41 AM -L, **6:21 PM +XL**
24. **11:50 AM -XL, 7:03 PM +XL**
25. **11:53 AM -XL, 7:45 PM +XL**
26. **12:08 PM -XL**
27. 6:51 AM +M, **12:42 PM +XL**
28. 7:37 AM +M, **1:34 PM -XL**
29. 8:30 AM +S, 2:59 PM -L
30. 9:43 AM +S, 4:26 PM -L

These are estimates only and not intended for navigation.

harbour almanac



COVID-19

Dec. 31, 2019

The date the World Health Organization was alerted to several cases of pneumonia in Wuhan, China. The virus did not match any other known virus.

March 11

The date the World Health Organization officially updated COVID 19 threat to a "pandemic."

73

Number of confirmed cases of COVID 19 in BC by March 14.

103

Number of confirmed cases of COVID-19 in BC by March 16.

348

Number of confirmed cases of COVID 19 in BC by March 20.

2.59%

The mortality rate in BC from COVID-19 as of March 20.

13

The number of deaths in BC attributed to COVID-19 by March 23.

472

Number of confirmed cases of COVID 19 in BC by March 23.

394,828

Number of confirmed cases globally by March 24.

17,226

Number of deaths globally attributed to COVID-19 by March 24.

~ US Center for disease Control and Prevention, BC Provincial Health Officer

APRIL WEATHER

TEMPERATURES, MERRY ISLAND

Our average daily high temperature in April is 12.1 C and our average daily low is 6.5 C, giving us a mean daily temperature of 9.3 C. The highest April temperature recorded is 20.7 C (April 27, 1972); the lowest is -1.1 C (April 3, 1975).

PRECIPITATION, MERRY ISLAND

April has an average of 190.8 hours of bright sunshine and 13 days with measurable rainfall. April averages a total monthly rainfall of 66 mm and a total monthly snowfall of 0.3 cm. The highest April daily rainfall on record is 31.8 mm (April 27, 1962); the highest April daily snowfall on record is 5.1 cm (April 3, 1975).

APRIL ASTROLOGY



ARIES: MARCH 21 - APRIL 19

The sign of the ram gives Arians loyalty, generosity, high energy and courage.

They love adventure and often fiercely defend the underdog. This month, he

majority of the planets are in the southern part of the chart. While they are out, act on impulse like no one's watching. It's time to go all in. More than ever, your important numbers are 4, 9 and 15. Chances for romance in April look promising but personal hygiene issues will continue to limit your success when presented with opportunities.



TAURUS: APRIL 19 - MAY 20

Taureans are seekers of peace and stability. Although unambitious, they are happy to be the powerhouse behind the

scenes. They are usually sensible and blessed with a healthy dose of cynicism. Because of Saturn's exit, April will be a test for relationships. Now is not the time to ignore your marriage in favour of career concerns. Single Taureans will befriend an eccentric by late July. Friends and family do not approve of this friendship. They must be cast aside to grow.

BC BESTSELLERS

For the week ending March 21, 2020

The BC bestseller list uses sales data from over 80 independent bookstores in BC representing sales of BC published books released within the calendar year.

1. **One Drum: Stories and Ceremonies for a Planet** by Richard Wagamese (Douglas & McIntyre)
2. **E. J. Hughes Paints British Columbia** by Robert Amos (TouchWood Editions)
3. **Vancouver After Dark: The Wild History of a City's Night-life** by Aaron Chapman (Arsenal Pulp Press)
4. **From Where I Stand: Rebuilding Indigenous Nations for a Stronger Canada** by Jody Wilson-Raybould (UBC Press)
5. **I Saw Three Ships: West End Stories** by Bill Richardson (Talonbooks)
6. **Can You Hear the Trees Talking?** by Peter Wohlleben (Greystone Books)
7. **Magical Beings of Haida Gwaii** by Terri-Lynn Williams-Davidson & Sara Florence Davidson (Heritage House Publishing)
8. **Mountain Man** by Hiram Cody Tegart & Andrew Bruce Richards (Caitlin Press)
9. **Sockeye Silver, Saltchuck Blue** by Robert Budd, illus. by Roy Henry Vickers (Harbour Publishing)
10. **Service on the Skeena: Horace Wrinch, Frontier Physician** by Geoff Mynett (Ronsdale Press)

~ Association of Book Publishers of BC

APRIL BIRTHDAYS

- April 2 ~ Marty Lowe, Elizabeth Buhlert and Desiree Leech.
- April 3 ~ Jamison Warner and Sandi Whelan
- April 4 ~ Frank Roosen Jr., Mike Legge and Bev Thompson.
- April 5 ~ Doug Silvey and Breanna Clay.
- April 6 ~ Mike Bathgate and Ursula Dornbierer.
- April 8 ~ Andrea Clerx and Gloria Fritz.
- April 9 ~ Laurie Saunders.
- April 10 ~ April Charlton.
- April 11 ~ Mackenzie Sutherland.
- April 12 ~ Irene Doerksen, Matthew Phillips and Tilley Dougan.
- April 13 ~ Bonnie Lindsay, Geoff Warner, Billy Petraschuk and Don Priest.
- April 14 ~ Dan Leech and Ann Landry.
- April 15 ~ Teresa Sladey and Cathy Collins.
- April 17 ~ Sheila McCann and Carly Campbell.
- April 18 ~ Russ Foster, Talon Mclean, Howard White, David Brimacombe, Kalen Zayshley and Ron Calvert.
- April 19 ~ John Field.
- April 20 ~ Sue Kammerle and Katie Tenbroek.
- April 22 ~ Dan Choquette.
- April 23 ~ Kathy Morant, Sue Richardson, Heidi Vaughan and Jordan Kammerle.
- April 24 ~ Len Silvey and Alex Dore.
- April 25 ~ Zena Lanteigne, Samantha Stewart and Dietta Edwardson.
- April 26 ~ Teyjah Xaveress and Blake Campbell.
- April 28 ~ Jeanette Penson.
- April 29 ~ Ruth Langton.
- April 30 ~ Cathy Gudbranson, Kasey & Kelly Smith, Marie Reid, Hazel Higgins, "Prawntrap" Patty Jackson, Bill Sutherland, Jeff Wilbee and Ava Young.



Please check the website for current hours and information: www.penderharbourhealth.com

NURSING SERVICES – (604) 883-2764

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

- Blood tests • ECGs • Injections • Blood pressure
- Home/Palliative care • Dressings • Holter Monitors

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

Monika Miller – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Lyn Rondeau – Adult Mental Health

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 883-2344

Drs. Forgie, McDowell & Robinson

Monday to Friday 9 a.m. – 5 p.m., by appointment only

CHIROPRACTORS – (604) 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 741-8972

Dr. Terry Dickson, DC, BSc, ART provider

- Second to third Saturdays and Mondays of the month, 8 a.m. – noon, by appointment.
- Please call North Shore Wellness Centre, (604) 980-4538 or email: info@nswellness.ca



THE SUNSHINE COAST HOSPICE SOCIETY: Compassionate, respectful end-of-life and bereavement care. Whether you want to talk with one person or to join a bereavement group, trained volunteers are available. Call (604) 883-2764.

ALCOHOLICS ANONYMOUS: Meets Wednesdays at 7 p.m. – everyone welcome.

TEENS' DROP IN CLINIC: Offered every Tuesday between 3 and 5 p.m.

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

DIABETES & DIETICIAN MANAGEMENT PROGRAM: Weekly on Thursdays ~ call to book an appointment

CHRONIC DISEASE MANAGEMENT PROGRAM: Weekly on Wednesdays ~ call to book an appointment.

SOCIAL WORKER: Weekly on Tuesdays ~ call to book an appointment.

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

Hand hygiene saves lives

By Sandra McLean, RN

Imagine it's Vienna in 1847 and a young woman has given birth.

She knows a strange disease, "child bed fever," has produced a mortality rate for childbearing of 10 to 18 per cent.

But a doctor by the name of Ignaz Semmelweis instructs birth attendants to use chlorine/lime hand-wash in between cadaver exams and deliveries.

The mortality rate drops to zero within just a few months.

Medicine has come far from the late 19th century when Louis Pasteur espoused his germ theory.

In 2014 an estimated two million people will die from infectious diseases like diarrhea, norovirus, influenza, dysentery, cholera and salmonella, to name but a few.

If infectious disease is a warring opponent, the most lethal weapon to combat it is hand-washing.

According to the Centers for Disease Control, it is estimated that about 80 per cent of infectious disease is spread from hand to hand contact.

WHEN TO WASH YOUR HANDS

Washing hands regularly before and after key activities will reduce chances of contracting and spreading disease.

Here is a reminder of the most critical times to wash your hands:

- Before and after eating, preparing or serving food;
- After using the restroom;

- After coming in contact with public places;
- Blowing your nose or sneezing;
- Shaking hands, and
- Social gatherings.

HAND WASHING BASICS

To effectively wash your hands it is important to use soap and water, rubbing suds all over for about 20 seconds (or the time it takes to sing "Happy Birthday" twice).

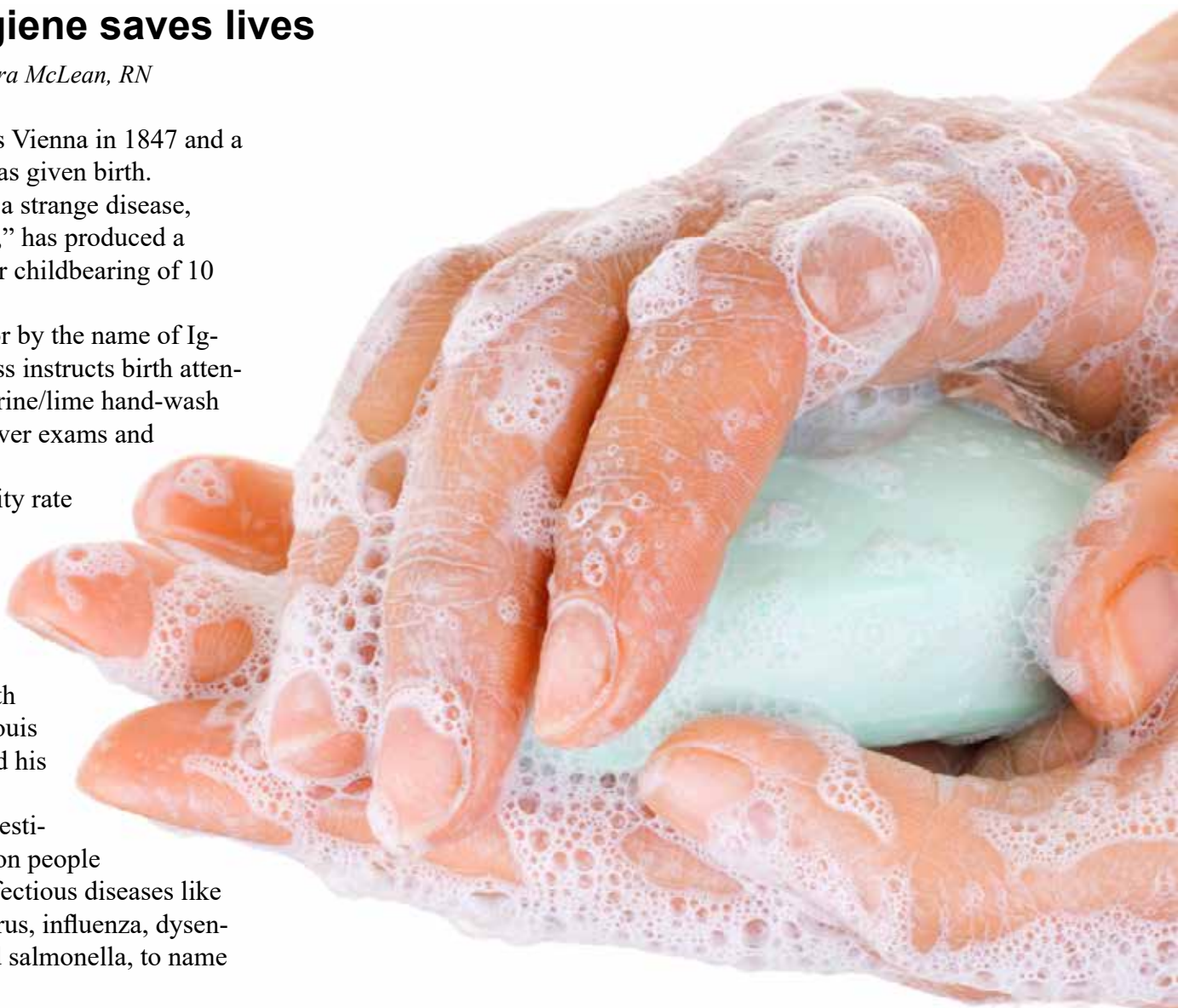
Don't forget to scrub in between fingers as well as your finger-tips, under nails and then thumbs, your palms and around your wrists.

Rinse well under running water and don't touch the tap with your clean hands.

Dry hands thoroughly with a clean towel or air dryer and repeat often.

When there is no access to running water, use alcohol-based hand sanitizer, rubbing over hands until dry.

Regardless of a personal theories on flu shots, immunizations or modern medicine versus alternative health practices, there is one illness prevention tactic that has withstood the test of time and is here to stay — hand hygiene saves lives.



This month in recreation

PHAFC

PHSI

PHCS

Happy Easter
from your community recreation team!



It's time to get creative!



While our after-school and our regular community programs are currently on hold, we are exploring new, safe and innovative ways to bring programs and activities to you. Look forward to things like online cooking classes, art demos and more. We welcome your ideas for staying connected, keeping active and orienting towards the positive.

The Harbour Learning Centre will be closed until we know more, but you can always contact us:
leave a message at 604.883.2826

We'd love to hear from you ~ send us a note phcs@dccnet.com



Check out our website
or LIKE US on Facebook for ongoing updates

Take care everyone ~ think creatively

Pender Harbour Community School
www.pendercommunity.ca





**PENDER HARBOUR
AQUATIC & FITNESS
CENTRE**

**20m, 4-lane pool
hot tub & sauna
gym & weight room**

On lower level of
PH Secondary School:

13639 S. C. Hwy.

604 885-6866

phaquatic@scrd.ca

www.scrd.ca/Recreation

COVID 19: Please check with our facility, the SCRD website or the PHAFC Facebook page for updates on openings.

EASTER FAMILY FUN: Sunday April 12, 1-4pm

\$5 family admission.

Facility closed for Easter: Friday, April 10 & Monday, April 13

***YOGA CONDITIONING: Mondays 6-7pm, Mar 30-May 4**

Mondays 6-7pm, Mar 30-May 4. \$60/5 classes. Instructor Carol Logtenberg

***LADIES WHO LIFT**

Mondays 1:30-2:30pm, Apr 20-Jun 1 or Fridays 8:30-9:30am, Apr 24-May 29.
\$120/6 classes. Instructor Amanda Peterson

***TOTAL BODY & CORE**

Tuesdays (12-1:15pm) and Thursdays (1-2:15 pm) Apr 21-May 14. \$160/8 classes.
Instructor Amanda Peterson.

***Pre-registration required**

MYPASS HATHA FLOW YOGA: Returns March 13-May 29

Friday 9:45-11am. Instructor Brigit Cogrossi.

NEW! You can now purchase your MYPASS online at www.scrd.ca/activities!

Swim lessons begin week of March 30.

View full details and register online at www.scrd.ca/Recreation-Guide

TIMES OF CONCERN

During this difficult time, one might wonder what can I do to help? The Pender Harbour Health Centre would like the community to know that we are here to help.

A registry has been implemented to help those who are self-isolating for various reasons from poor health or returning from travel. Your community has banded together and volunteered to drop off groceries, pharmacy items or perhaps a phone call to check in and see how you are.

Isolation can be a trying time and a friendly voice can make all the difference. Human connection is very important for our health and wellbeing. If you are in need of some help please reach out and call us.

Call the Health Centre Monday and Tuesday at (604) 883-2764 and Wednesday to Friday at (604) 251-7488, and ask for Kym Harris. We will match you up with a volunteer in your area and do our best to meet your needs.

I would like to extend a heartfelt thank you to all of our community members who have courageously come forward to extend a helping hand.

Kym Harris

P. H. Health Centre Program Coordinator

The Shíshálh Nation's 'Strategic Land Use Plan'

Completed by the Sechelt Indian Band in 2007, the 110-page *Strategic Land Use Plan* intends to be "a living document for the land use planning within the Shíshálh Nation territory."

Chapters of interest from the SLUP document will be excerpted in upcoming issues of the *Harbour Spiel*. To download the full document, visit www.shishalh.com/docuploads/forms-and-applications/A-Strategic-Land-Use-Plan-for-the-sh--sh--lh-Nation-1416417270-1.pdf.

*Excerpted from the Sechelt Indian Band's
"A Strategic Land Use Plan for the
Shíshálh Nation."*

6.3. MANAGEMENT DIRECTION FOR SHÍSHÁLH CULTURAL EMPHASIS AREAS

6.3.3 VANCOUVER RIVER CULTURAL EMPHASIS AREA

The skwákwiáyám kw'enit sim alap (Vancouver River cultural emphasis area) comprises an approximate 16,530-hectare area including the lower river and cultural landscapes and sites to the north, including Moorsam Bluffs, and the east shoreline of lékw'émin (Jervis Inlet).

It is an important shíshálh community use area containing extremely

high cultural, fisheries and wildlife values.

KEY VALUES

Extremely high cultural and spiritual values, including:

- Cultural and spiritual use sites;
- Cultural infrastructure (shíshálh lodge/healing centre);
- Plant gathering/teaching, and
- Spirit dancers/regalia interment location

High wildlife/biodiversity values, including:

- S-chélchálilhten (salmon) spawning and rearing habitat, in addition to other fish species;
- máyukw (grizzly bear), k'éyich (elk), and
- shellfish habitat.

Key Management issues, including:

- Shellfish heavily degraded by sedimentation;
- Invasive Pacific oysters present, and
- Potential hydroelectric development.

6.3.4 SESHAL – SMAMIT – MC- CONNELL CREEKS CULTURAL EMPHASIS AREA

The kelkálaxay – sténpút kw'enit sim alap (Seshal – Smamit – McConnell Creek cultural emphasis area) comprises approximately 14,354 hectares on the west side of upper lékw'émin (Jervis Inlet), north east of slhílhem (Brittain River).

The foreshore area includes a

number of shíshálh cultural use sites and is an area used to access hunting areas in the adjacent watersheds as well as marine harvesting in lékw'émin (Jervis Inlet).

KEY VALUES, INCLUDING:

Extremely high cultural and spiritual values, including:

- Legend and sites;
- Numerous shíshálh cultural resource and use sites;
- Trails and transportation routes, and
- Spiritual and ceremonial areas.

High wildlife/biodiversity values, including:

- Intact old growth around lakes;
- S-xwítl'ay (mountain goat) hunting, significant s-xwítl'ay (mountain goat) habitat at upper elevations.

No roads have been constructed (except Smamit).

Key management issues, include:

- Encroachment of logging and road building impacts on shíshálh harvest sites and resource.

6.3.5 CLOWHOM LAKE CULTURAL EMPHASIS AREA

The ?iy ch'ách'tl-am kw'enit sim alap (Clowhom Lake cultural emphasis area) comprises approximately 12,784 hectares encompassing ?iy ch'ách'tl-am (Clowhom Lake) and adjacent upland forest, to the east of ?álhtulich (Sechelt Inlet).

A popular hunting and food gathering area, the ?iy ch'ách'tl-am (Clowhom Lake) region has been heavily impacted by intensive logging

Harbour Spiel



By Donation:
weekend of April 25 & 26

Open from 10am until 2pm

Drop off your items:
April 21-24

No books, clothes or
old electronics, please.

ROYAL CANADIAN LEGION

*Everyone
welcome!*



(604) 883-2235

rcl112@telus.net

and flooding for hydroelectric power generation.

KEY VALUES

Extremely high cultural and spiritual values, including:

- Extensive plant gathering area used for medicinal and ceremonial purposes, and
- Oldest registered archaeological sites recorded in the territory.

High wildlife/biodiversity values, including:

- Productive fishing area for rainbow trout, dolly varden, and s-kikewix (cutthroat trout), and
- Productive area for hunting húpit (deer), s-xwítl'ay (mountain goat), s-chétxwen (black bear), and trapping for kayx (mink), sp'ilus (marten), súspit (rabbit) and p'ípk-alhcháyash (weasel).

Key management issues including:

- Severely impacted by industrial logging and roads, and
- Severely impacted by flooding for Clowhom dam and reservoir.

6.3.6 BRITTAIN RIVER CULTURAL EMPHASIS AREA

The shíhíhem kw'enit sim alap (Brittain River cultural emphasis area) comprises approximately 12,100 hectares and includes the entire watershed of the Brittain River in lékw'émin (Jervis Inlet).

The watershed is considered a good candidate for rehabilitation for fisheries and wildlife values.

KEY VALUES

Extremely high cultural and spiritual values, including:

- Shishálh oral history location, and
- Traditional trade and travel

route to Powell River

High value wildlife/biodiversity values:

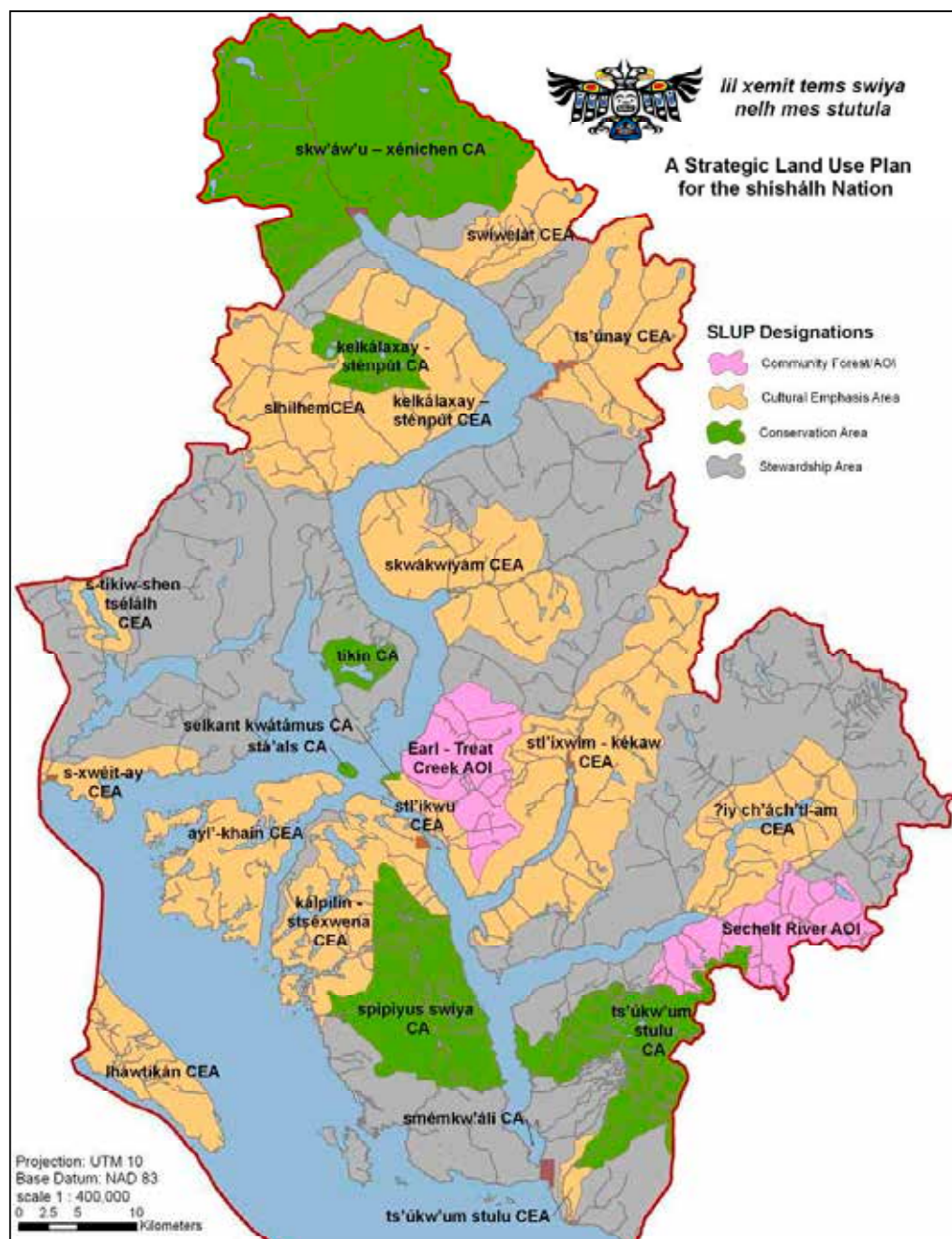
- Has fairly high wildlife values, including máyukw (grizzly), spipiys (marbled murrelet), s-xwítl'ay (mountain goat), húpit (deer);
- Fisheries values along lower watershed (below natural barrier);
- Dolly varden above natural bar-

rier, and

- High quality shellfish harvesting, particularly tl'éxwtl'exw (oysters).

Key management issues include:

- Impacts on cultural harvest resources from proposed commercial fish farm, and
- Rehabilitation of fish and wildlife values.



Shishálh Nation

Shishálh Nation 'cultural emphasis areas' (in beige).

APRIL

Check with organizers for updates on postponements or cancellations of the following events:

Sun. April 12.....Easter

Sun. April 12.....P. H. Lions Easter pancake breakfast - P. H. Lions Park, 9-1 p.m. (Easter egg hunt @ noon)

Tues. April 14.....P. H. Women's Connection presents Steve Clifford - P. H. School of Music, 10 a.m.

Wed. April 15.....Green Recycling in Pender Society annual general meeting - GRIPS depot, 2 p.m.

Mon. April 20.....Pender Harbour food bank pickup - P. H. Community Church, noon

Wed. April 22.....Earth Day

Thurs. April 23.....Ramadan begins (ends May 23)

Sat. April 25.....Royal Canadian Legion Giant Garage sale - RCL No. 112, 10 a.m. - 2 p.m.

Sun. April 26.....Royal Canadian Legion Giant Garage sale - RCL No. 112, 10 a.m. - 2 p.m.

Mon. April 27.....P. H. Community Club annual general meeting - P. H. Community Hall, 7 p.m.

Tues. April 28.....P. H. Women's Connection presents Meriem Driss - P. H. School of Music, 10 a.m.

Harbour Spiel Trivia Answers: 1.a 2.a 3.b 4.d 5.b 6.c



FERRY DEPARTURES

Check www.bcferries.com for service updates due to COVID-19

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

7:30 am - Daily
9:45 am - Daily
11:55 am - Daily
2:10 pm - Daily
4:20 pm - Daily
5:30 pm - Daily
7:50 pm - Daily
10:55 pm - Daily

LANGDALE

6:20 am - Daily
8:40 am - Daily
10:50 am - Daily
1:05 pm - Daily
3:15 pm - Daily
5:25 pm - Daily
6:40 pm - Daily
8:55 pm - Daily

EARLS COVE

6:35 am - Daily except Sun
8:25 am - Daily
10:25 am - Daily
12:25 pm - Daily
4:55 pm - Daily
7:00 pm - Daily
8:50 pm - Daily
10:40 pm - Daily

SALTERTY BAY

5:40 am - Daily except Sun
7:30 am - Daily
9:25 am - Daily
11:20 am - Daily
3:50 pm - Daily
6:00 pm - Daily
7:55 pm - Daily
9:45 pm - Daily

I intend to live forever. So far, so good.

~ Steven Wright

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