

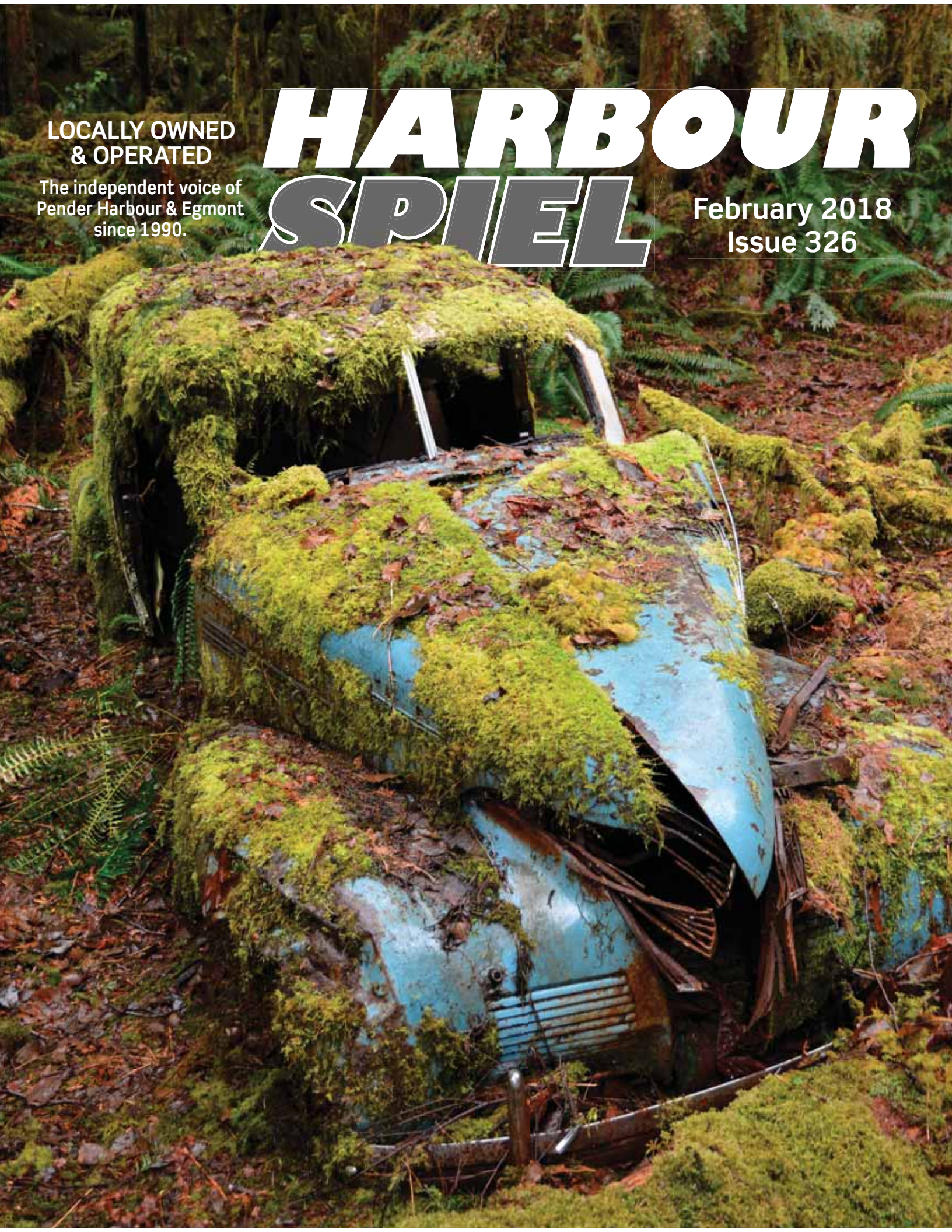
**LOCALLY OWNED
& OPERATED**

The independent voice of
Pender Harbour & Egmont
since 1990.

HARBOUR

SPIEL

February 2018
Issue 326





We stand apart from the rest
by selling the best!

*We offer a wide variety
of fresh flowers!*

Don't forget roses.

We also have a wide selection of carnations
and Valentines bouquets starting from \$10.99.

Stop by and see our great selection of Valentines Day chocolates.



883-9100

OPEN DAILY • 8:30 am - 7 pm



Open until 8 pm Fridays.

**BACK
EDDY**
RESORT & MARINA

Extraordinary Experiences in the Heart of Nature



**Celebrate Valentine's Day
IN THE HEART OF NATURE**

1 night stay in Vintage Cabin
3 course dinner served in pub w/ live music
Sunday in-cabin breakfast*

**Sat. Feb. 10 & Sat. Feb. 17 only
\$150 (plus tax) per couple**

**Accommodation upgrades available*



MAXIMIZE YOUR REFUND WITH H&R BLOCK.

With over 50 years of experience, it's easy to see why Canadians trust H&R Block with their taxes. From a simple return to complex one, our trained Tax Experts can help you get the most back. Make H&R Block your advantage:

- Maximum Refund Guarantee*
- Audit Assistance
- Year-round Service

**For more info, visit an H&R Block location near you.
HRBLOCK.CA | 1-800-HRBLOCK (472-5625)**

5654 Cowrie St.
Sechelt
604-885-4010

#2 - 819 Gibsons Way
Gibsons
778-462-3080



*If you discover an H&R Block error on your return that reduced your refund (or increased your liability), we will amend the return at no additional charge to correct our error. If H&R Block makes an error in the preparation of your tax return that costs you any interest or penalties on additional taxes due, although we do not assume the liability for the additional taxes, we will reimburse for the interest and penalties.



The Independent Voice of Pender Harbour & Egmont since 1990.

The *Harbour Spiel* is 100-per-cent locally owned and operated and published monthly by Paq Press © 2018. Any unauthorized reprint or use of this material is prohibited.

EDITOR

Brian Lee

CIRCULATION (2,300)

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

CONTRIBUTORS

This month we thank: Jennifer Edwards, Joe Harrison, Vanessa Lanteigne, Robert Livingston, Gladys McNutt, Frank Mauro and Shane McCune.

Cover: An Egmont relic.

Photographer: Brian Lee

ADVERTISING

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

SUBSCRIPTIONS

An annual subscription is \$60 (includes GST).

COLLECTIONS



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

CONTACT

Paq Press
4130 Francis Peninsula Rd. -- By appointment only.
Madeira Park, BC
V0N 2H1

(604) 883-0770

editor@harbourspiel.com

NEXT ISSUE: March 1

www.harbourspiel.com

editorial

Cannabis boom a bust for local economy?



Brian Lee

Most will already be aware of the incredible story of the emerging cannabis industry in Canada.

Companies a few years old are worth billions thanks to their stock market popularity.

As they reinvest this capital to expand cultivation facilities, they are also headhunting top scientists and quality control experts from the pharmaceutical and agricultural industries.

With greenhouse capacity measuring in the millions of square feet, the economies of scale alone ensure that black market enterprises will find it challenging to compete.

Organized crime nabs much of the media attention for cultivating marijuana but around here, the industry has long provided a welcome buffer for locals during cyclical downturns in forestry, fishing and construction.

You might not know it but many of your acquaintances have been growing marijuana for years.

The stereotype of the lazy dope grower has been an effective cloak for the clean-cut dad who runs a mortgage helper in his shop or the soccer mom who returns home with a pocketful of cash after a weekend of trimming.

I'm fascinated by what I've seen is a very loose bond of secrecy among those involved in the culture of using and making a profit off the plant.

Its "need to know" ethos means you are either privy to this marijuana kinship or you are not.

Local growers started developing unspoken alliances since before the 1980s when marijuana pioneers were still growing in the bush.

In the 1990s, with a hungry market south of the border, outdoor marijuana sold for over US\$4,000 a pound.

I recall hearing that the wholesale price went up \$1,000 per pound for each state it moved south.

Around here, you could find work shuttling heavy bags of Sunshine mix into remote clearcuts for US\$20 an hour.

Then, in the fall, people made the same for trimming whatever the thieves and cops didn't find.

As the market changed and growers moved indoors, everybody started doing it, resulting in oversupply.

A January 2018 StatsCan report estimated the price for cannabis has dropped 1.7% per year since 1990.

In recent times, growers have found medical licensees to front their operations.

A 2004 report by the Fraser Institute estimated there were approximately 156 illegal grow-ops on the Sunshine Coast in 2000.

If that figure seems low, consider what it must be now with the advent of medical licensing and the grey market of dispensaries.

The media likes to focus on the coming windfall of legalized cannabis but this new market isn't materializing out of thin air, it's replacing an existing economy whose contribution to our community shouldn't be ignored.

Last month's StatsCan report estimated that nearly five million Canadians spent an average of \$1,200 on marijuana last year.

If our area aligned with national averages, that estimate means 350 people in Area A contributed \$425,000 in cash to the local economy in 2017.

And that figure pales compared to the returns from locally grown product that is exported off-Coast.

The predicted chaos of legalization will ensure the black market continues to thrive for a while but, inevitably, it will take a hit.

And when it does, so might we all.

P. H. HEALTH CENTRE COMMUNITY NEEDS ASSESSMENT OPEN HOUSE: Sun. Feb. 4, 2-5 p.m.

The Pender Harbour Health Centre is undertaking a community and health services needs assessment. Its results will help guide the expansion of the health centre onto a newly acquired adjacent property, by identifying opportunities for new and expanded services and amenities. The health centre would like to present findings of research to date and to discuss possible recommendations, and is eagerly soliciting community feedback. An open house will be held Feb. 4 from 2 p.m. to 5 p.m. at the P. H. Community Hall. A short presentation will take place at 2 p.m., 3 p.m. and 4 p.m. If you are interested in attending, please contact Matt Thomson for information — mthomson@urbanmatters.ca.

P. H. MUSIC SOCIETY CONCERT SERIES PRESENTS KATRINA BISHOP: Sunday, Feb. 11, 2 p.m

In a rare appearance by a local musician in the P. H. Music Society concert series, local pianist, guitarist and singer/songwriter Katrina Bishop will perform at the P. H. School of Music on Feb. 11 at 2 p.m. Bishop mixes pop, jazz and musical theatre with a little Celtic and country to create music that is truly her own. She has received airplay on CBC Radio as well as international exposure in Japan, Germany, Australia and the U.K. “Blessed with a clear, strong voice and capable of writing words and music that resonate, Bishop has the complete package,” wrote the *Vancouver Sun*. Her CD *Hopscotch* was recently released.

WWW.HALFMOONBAYNURSERY.COM



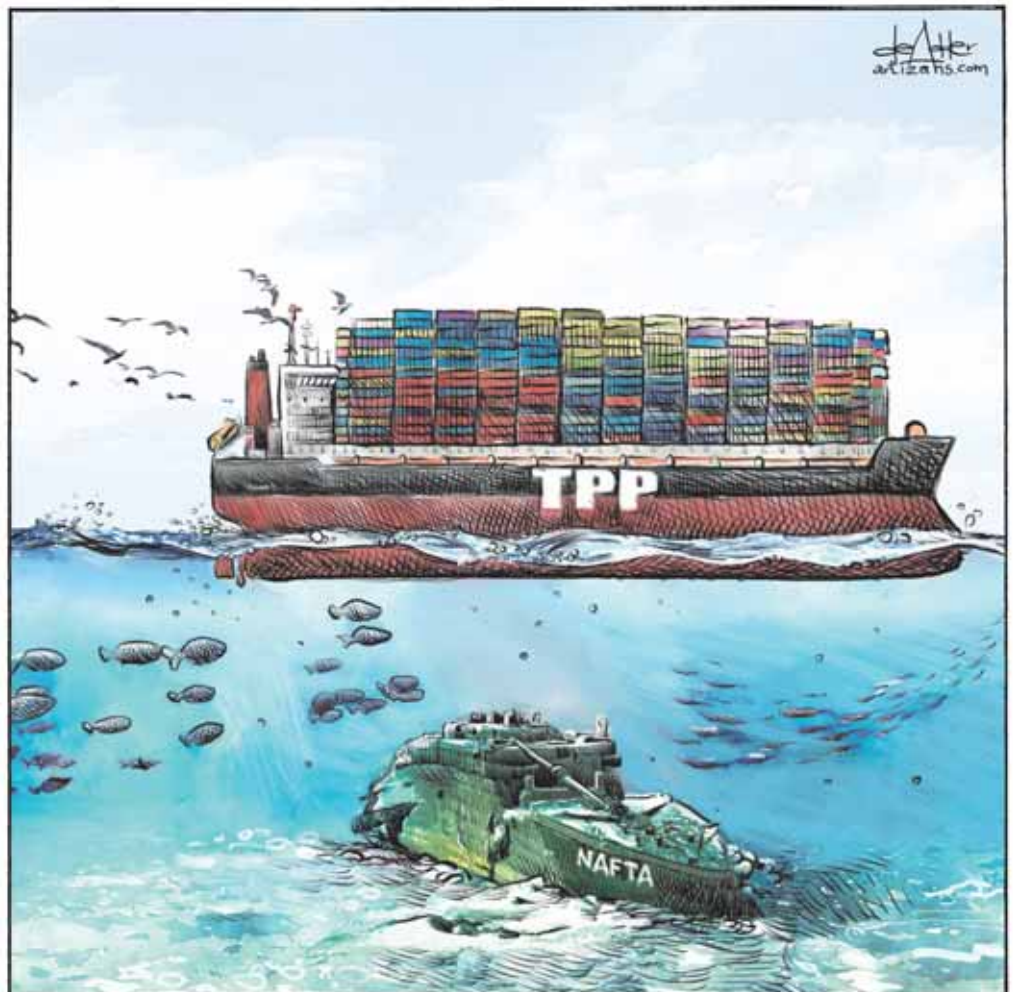
HALFMOON BAY
Nursery

YOUR COMPLETE
GARDEN CENTRE!

7820 FAWN ROAD, HALFMOON BAY
604.885.2760

OPEN 7 DAYS A WEEK, 9AM-6PM

toon



Take some time for YOU.



Many seek
Ortho-Bionomy® for:

- Headaches, back/neck/joint pain
- Frozen shoulder & carpal tunnel
- Muscle strain & whiplash
- Relaxation and prevention

**As the body relaxes, tension
leaves and self-correcting
reflexes engage.**

Scott McQuitty

Registered Ortho-Bionomy® Practitioner

604.741-3233

suncoastbodyworks.ca
gift certificates available

Sunshine Coast Trail Series kicks off in Pender Harbour Feb. 24



submitted

Wolverine Athletics held the Sunshine Coast's first ultramarathon (25 or 50 kilometres) last year — the Puddle Jumper Classic (seen here at the start) — and wanted to expand on its success with the Sunshine Coast Trail Series.

A Coast-wide trail running series kicks off this month with its first race in Pender Harbour.

The Sunshine Coast Trail Series is organized by Wolverine Athletic's Mike Meggiato and Theressa Logan.

The two will challenge trail runners with six races, each featuring a 10-12 kilometre and a 5-6 kilometre distance.

The course for the first race is set around some of the trails around McNeill Lake and will start up the Middlepoint Forest Service Road.

It's a wet and muddy area so It's no surprise this first race is called "Swamp Thing."

"Having just recently brought the first ultramarathon to the Coast, we realized that not everyone wanted to run the longer distances of 50 kilometres and 25 kilometres," said Meggiato.

"We had a lot of feedback from people who would love to run shorter trail race distances. So that's why we

decided to host the Sunshine Coast's first ever trail series with a short-course and a long-course option from the top of the Lower Sunshine Coast to the bottom."

The races are as follows:

- Swamp Thing, Feb. 24 (Pender Harbour);
- Jurassic Parc, March 31 (Half-moon Bay);
- The Matrix, April 28 (Sechelt);
- A Bridge Too Far, May 26 (Da-

vis Bay);

- Cheeky Creaker, July 21 (Roberts Creek), and
- Biter, Aug. 25 (Gibsons).

The 10-kilometre races will set off at 9 a.m. and the 5-kilometre races at 9:30 a.m.

Early bird entry is \$15 and \$25 for latecomers.

To register for individual races or the whole series, visit www.teamwolverineathletics.com.



Sussex



12874 Madeira Park Rd. | 604-883-9525 | royallepagesussex.com



Local businesses nominated for business excellence awards

A record 10 businesses from Pender Harbour and Egmont have been nominated for the 2018 Sunshine Coast Business Excellence Awards.

The SCBEA is an annual program organized by the three chambers of commerce on the Sunshine Coast to celebrate outstanding business success.

Local businesses or organizations were nominated in eight of the 10 categories:

TOURISM AND HOSPITALITY

- Harbour Spiel (Pender Harbour and Egmont Visitor Guide);
- John Henry's Resort and Marina, and
- Westcoast Wilderness Lodge.

SUSTAINABILITY LEADER

- PODS (Ruby Lake Lagoon Society), and
- Westcoast Wilderness Lodge.

BUILDING, CONTRACTORS, TRADES

- Garden Bay Plumbing and Heating, and
- Green Vista Contracting Inc.

COMMUNITY IMPACT AWARD

- Euspiria Cafe;
- Harbour Spiel;
- IGA Marketplace #78 (Madeira Park);
- Pender Harbour Community



Gibsons Chamber of Commerce

Winners of the Sunshine Coast Business Excellence Awards will be announced Feb. 23 at a gala event at the Sunshine Golf & Country Club.

School Society;

- PODS (Ruby Lake Lagoon Society), and
- Westcoast Wilderness Lodge

RIISING STAR AWARD

- PODS (Ruby Lake Lagoon Society).

TECHNOLOGY AND INNOVATION AWARD

- Garden Bay Plumbing and Heating.

CUSTOMER SERVICE AWARD

- Euspiria Cafe;
- Garden Bay Plumbing and Heating;
- IGA Marketplace #78 (Madeira Park), and
- P. H. Community School Society.

FEMALE ENTREPRENEUR

- Euspiria Cafe, and
- Green Vista Contracting Inc.

Winners will be announced Feb. 23 at a gala dinner held at the Sunshine Coast Golf and Country Club.

The evening will also feature entertainment provided by Pender Harbour pianist Kenneth Norman Johnson.

Tickets are available at www.scbusiness-excellence.com.

Tickets cost \$80 for chamber members and \$95 for non-members.

MADEIRA MARINA

(604) 883-2266 madeiramarine@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



Brian Lee

If there is a category in which in which Sechelt bests this end of the Coast, it might be the lower Coast's variety of storm watching locations. Seen here is the beach at the bottom of Norwest Bay Road after one of our recent storms.

news briefs

PRATT NAMED SCHOOL BOARD CHAIR

Lori Pratt, the Area 1 (Halfmoon Bay, Pender Harbour and Egmont) School District 46 trustee, was recently elected chair of the board of education.

According to an SD 46 release, after the election, Pratt thanked the trustees for their support and said,

"I've been a trustee for nine years and I'm looking forward to being in this leadership role and representing the board."

The board of education is made up of Pratt (chair), Pammila Ruth (vice-chair), Betty Baxter, Lori Dixon, Dave Mewhort, Greg Russell and Christine Younghusband.

THEFT FROM RCM SAR

Sometime between July and September 2017, someone stole a pair of night vision goggles from a shed at the government wharf in Pender Harbour.

The goggles, which belong to the Pender Harbour's Royal Canadian Marine Search and Rescue Unit 61,

are described as dark greenish black G3 Night Enforcers and have a serial number of S11560.

A random search on eBay lists the approximate retail value of the item at \$700.

Anyone with any information about this theft is asked to contact RCMP, reference police file 2018-237.

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Meal service has resumed.

For emergency service call Linda (604.883.2819) or Anky (604.883.0033)

It's a small Disney world

Editor,

I live in Chester, U.K. and am researching my Disney family history.

My first cousin, three times removed, William Herbert Disney, emigrated to Vancouver around 1886.

He married in 1910 to Priscilla [Scott] Gray, a widow with two children, and they had four children.

Cyril Herbert Disney (1911–1988), William Karl Joseph Disney (1913–1993), the only one to marry, Priscilla Doris Disney (1915–1982) and Frank Roy Disney (1917–1988).

The family were brought up in Vancouver with their two half-siblings, Gladys Mabel [Gray] McNutt (1903–1968) and Harry Scott Gray (1905–1989).

After the Second World War, Cyril and Frank moved to Egmont

with sister Priscilla.

Gladys was a teacher and was in Egmont with them.

So you can imagine my delight when researching their life I was put onto your magazine.

Every month you put in an extract from local history pieces that Gladys wrote (see p. 32).

Cyril and Frank were fishermen who built boats in the off season.

Three I know of from newspaper extracts are *The 3 D's*, *Drummer Boy* and *the 3 D's II*.

Their brother William was a fisherman in Vancouver and apparently joined them on fishing trips sometimes as did Gladys's husband Fred McNutt, a logger by trade.

For my family history I'd like to find an image of the kind of fishing

vessel the brothers would have built.

There are lots of pictures on the web but I'm not sure which would be similar to the Disney vessels.

Finally, I'd love to know if any residents of Egmont remember the family who lived in Egmont from about 1945 to 1975 (when they retired to Burnaby).

I'd be happy to share information about the Disney family (DNA tests exclude any relationship to Walt Disney).

The lifestyle this small family had compared to their cousins in the lace factories of Nottingham is incredible — what a difference.

Any help you can give me would be much appreciated.

Helen (Disney) Coan
helencoan@btinternet.com



IGA presents the 4th annual

MOUNTAIN GRIND

APRIL 21, 2018

10K CROSS COUNTRY OBSTACLE RACE April 21, 2018

Pender Harbour Lions Park 13776 Sunshine Coast Hwy.



BEER & BURGER FUNDRAISER

Silent auction 50/50 draw

Feb. 6 7-9pm

\$25 tickets:
mountaingrindinfo@gmail.com
604.897.0169



2017 SHIRTS ON SALE \$10

First 30 tickets sold get a \$25 gift certificate to the Rainbow Room in Sechelt.



Register at www.mountaingrind.ca

FACEBOOK: www.facebook.com/mountaingrind.ca • INSTAGRAM: @mountain.grind



submitted

Natasha Mow submitted this photo of her solo entry in the Madeira Park Polar Bear swim on Jan. 1. 'Ummmm, where are all my fellow swimmers?' she asks.

letters

Skinny Jimmy: Environazis want control of everything

Editor,

You know I wouldn't put 25 cents into this PODS bull gas.

Just how crazy are these dreamers anyways; and how stupid would we be to buy into it?

The major thrust of the great scientific community is the melting of the polar ice caps, and very shortly the sea level is going to rise 10, or 20, or 30, or 40 feet.

OK, so we put in this 10 million dollar facility at Irvines Landing and in no time at all . . . it will be underwater.

The sea level is rising isn't it?

Do these dudes understand and believe their own B.S. or don't they?

Is it "scientific" or isn't it?

If there was ever a bigger moronic hoax than the evolution taught in schools and universities, it's this climate rubbish.

Its totally political.

Yes, they want to gain control of everything — they have become known as the "environazis."

All levels of government have been sucked into it.

It costs us billions to have all these four-year university graduates working on all these totally unnecessary projects.

They've found their way into the fisheries and the forestry and every other facet of our lives.

Science is no longer science.

It has become a seance and every six months or so they invent a new emergency that only they can solve.

Yes, the vaccination con-job is all part of it, including the legalization of substances, the immigration nightmare, the chaos in our justice system and the \$3,500 dental implant.

It's gone right nuts ladies and gentlemen.

Right nuts.

Now those three "architectural" wonders that look like the bow sections of three boats that have sunk stern first — they are indeed a marvel.

Its hugely difficult and expensive to build and maintain that kind of junk.

And on a sunny day, with those solid glass walls, you'll be able to fry eggs on the secretary's kneecaps or whatever.

Three boats that have sunk stern first aren't exactly a good omen as us mariners leave the Harbour.

I'll be practising up that old Johnny Cash classic "How High is the Water Momma."

On second thought, "How High is the Bull Shisholosh Momma."

That's right — the whole thing's awash in bull shisholosh.

Thank you.

(Skinny) Jimmy Dougan
Madeira Park

LETTERS Letters to the editor should be of local interest, exclusive to the *Harbour Spiel* and include your full name, address and daytime phone number for verification. Letters may be edited for length and clarity. editor@harbourspiel.com

Infrastructure: connectivity and hospital expansion



Frank Mauro

HI SPEED INTERNET

I recently attended a joint federal and BC Government “good news” announcement of a \$45.4-million investment to supply new or improved high-speed internet to 154 rural and remote communities.

The investment includes a subsea fibre optic cable that will be a major backbone to connect communities between Prince Rupert, Vancouver, and Vancouver Island.

This is a large project which will take three years to fully complete.

While details were not announced at this stage, one would expect the service would be phased in as the build progresses.

Of the communities identified, many of those up and down the Sunshine Coast which have communications gaps were included and in our area, Earls Cove and Egmont made the list.

Secret Cove is also on the list which may provide opportunities for Middlepoint.

I have been working, and continue to work, with Telus, smaller internet service providers, our MLA and MP and Network BC staff to expedite providing service to these underserved areas.

With the laying of this cable,

hopefully the smaller ISPs that have been trying to provide services for these underserved areas for internet cell phones will be able to access this service.

Those details were not included in the announcement so have not been confirmed yet.

SECHELT HOSPITAL EXPANSION

By the time this is printed there will have been an announcement that the Sechelt Hospital expansion project has been completed.

Started in 2008, the project included a new emergency department, single-patient rooms in the new tower, new medical/surgical beds, more clinical space for ambulatory care and radiology and the

SUNSHINE COAST REGIONAL DISTRICT



UPCOMING MEETINGS

Planning and Community Development

February 8 at 9:30 a.m.

Regular Board

February 8 at 1:30 p.m.

Infrastructure Services Committee

February 15 at 9:30 a.m.

Corporate and Administrative Services Committee

February 22 at 9:30 a.m.

Regular Board

February 22 at 1:30 p.m.

Meetings are held at **1975 Field Road, Sechelt**.
Agendas are available at www.scrd.ca/Agendas-2018.

Pender Harbour Transfer Station

The Pender Harbour Transfer Station is located at 5545 Garden Bay Road. For a list of accepted materials and tipping fees visit: www.scrd.ca/Tip-Fees.

Winter Operating Hours:

Monday 8:30 a.m. to 4:30 p.m.
Tuesday CLOSED
Wednesday to Saturday 8:30 a.m. to 4:30 p.m.
Sunday CLOSED

www.scrd.ca/pender-harbour-transfer-station

Pender Harbour Satellite Office

12828 Lagoon Road, Madeira Park, BC V0N 2H1
604-885-6877 infrastructure@scrd.ca
Monday to Friday 8:30 a.m. to 1:30 p.m.

Subscribe To Our Newsletter at
www.scrd.ca/newsletter-signup

Area A Director: Frank Mauro
frank.mauro@scrd.ca
604-740-1451



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

highest standard of infection control.

The final third phase includes improvements to the ambulatory care department, an updated endoscopy suite and more space for acute care patient beds.

A better level of care and more facilities at the hospital will reduce the requirement for people to go off Coast for some services.

Ambulatory care (or outpatient care) is one of the major services addressed in this final phase of the project and will provide better facilities for both local physicians and visiting specialists.

Ambulatory care includes diagnosis, observation, consultation, treatment, intervention and rehabilitation services which are done on an outpatient basis.

The hospital expansion project has provided Sunshine Coast residents with a level of care that is one of the best when compared to any community of this size.

One of the challenges going forward will be to ensure that the hospital is used for acute care, its intended purpose.

The Sunshine Coast Regional Hospital District encourages Vancouver Coastal Health to continue searching for health delivery solutions, including building long-term care facilities, since they relieve the pressure on the hospital.

Hospital facilities are much more expensive than long-term care facilities.

We shouldn't be paying the high acute care price for residential or long-term care that could be

provided with a more appropriate facility at a lower cost.

BUDGET

Preliminary assessment figures have been released and again overall property assessments for the SCRCD have increased.

The average increase for the entire regional district is 16.08 per cent and the Area A increase was slightly lower at 14.7 per cent which will result in a slightly lower apportionment.

When all factors are considered, if the total SCRCD budget remained the same as 2017, the apportionment would result in increased taxation of 0.22 per cent overall and a decrease of 0.24 per cent for an average residential property tax.

Again there will be budget pressures this year for water services, solid waste, regulatory requirements and stakeholder groups so holding the line will be a challenge.

CONTACT

For answers to your questions or concerns, please contact me at (604) 740-1451 or by email at Frank.Mauro@scrd.ca.



We deliver
GRAVEL • SAND • TOPSOIL
12543 Warnock Rd.
Madeira Park BC, V0N 2H1



Dale Klassen
Phone: 604.883.9771
Cell: 604.741.2665



HEALING TOUCH



- ACUTE and CHRONIC PAIN
- PTSD
- CHILDHOOD ABUSE
- GRIEF & STRESS
- ANXIETY

- EMOTIONAL and PHYSICAL TRAUMA
- ADDICTION
- PRE- and POST-OP
- CHRONIC FATIGUE
- FIBROMYALGIA

29+ years of experience
100% confidential
cfrubin@telus.net
Carole Rubin 604-883-2022

PENDER HARBOUR MUSIC SOCIETY PRESENTS



Katrina Bishop
Sunday • February 11 • 2pm
Playing both piano and guitar, singer/song writer Katrina Bishop mixes pop, jazz and musical theatre with a little Celtic and country to create music that is truly her own.

SCHOOL OF MUSIC, MADEIRA PARK
Sponsored in part by David Pritchard & Jennifer Love

TICKETS \$25 @ www.penderharbourmusic.ca Harbour Insurance Sechelt Visitor Centre



BRYNELSEN O'REILLY

SUNSHINE COAST

Denise Brynelsen 604.740.1219

Joel O'Reilly 604.741.1837

Personal Real Estate Corporations

www.brynelsonoreilly.com

ROYAL LEPAGE

Sussex

Catherine
Ondzik
Buyer's Agent



"We have the tools to market your home and we are willing to invest the time, the money and the resources to do so."



Panoramic views from 13 acre property with new 3 bdrm home + 1 bdrm cabin & large workshop with suite.

Garden Bay

\$1,585,000



Masterfully designed 3 bedroom waterfront home with separate 2 bdrm suite and dock with foreshore. 10/10!

Pender Harbour \$1,748,000



Historic General Store with liquor licence & lotto sales. Includes commercial space & waterfront apartment.

Halfmoon Bay

\$2,895,000



Private moorage! Luxurious & low maintenance living at this 3 bedroom waterfront Farrington Cove townhome.

Garden Bay

\$699,000



Over 3 acres with an ideal building site overlooking a tranquil pond. Property can be subdivided into 3 parcels.

Madeira Park

\$325,000



Stunning West Coast home in the highly desirable "Whittakers at Pender Harbour" complete with private moorage.

Garden Bay

\$1,298,000



Incredible ocean & island views from the top portion of this 4 acre lot which is subdividable with a potential of up to 8 lots.

Madeira Park

\$640,000



SW ocean views from 3 bdrm waterfront rancher w/ gourmet kitchen, 2 car garage & workshop on over 3/4 of an acre.

Halfmoon Bay

\$1,099,000



4 bedroom/2 bathroom cottage on 1.8 acres of waterfront with boathouse & ramp. Summer memories!

Pender Harbour \$1,350,000



Private forested retreat on over 5 acres with 3 bedroom/2 bath home overlooking orchard. Zoned for 2 dwellings.

Pender Harbour \$629,000



Nearly 16 private & subdividable acres with spectacular SW ocean views just 1 block from the ocean.

Pender Harbour \$739,000



5 beautiful acres are yours to enjoy with a custom-built 3 bedroom home & garage with carriage suite.

Garden Bay

\$1,400,000

To view all of our listings, visit www.brynelsonoreilly.com

2017 Polar Express Christmas light tour winners

In only a few short years, the Polar Express Christmas light tour has come to be a staple of the Christmas season in Pender Harbour.

Organized and promoted by the Pender Harbour Seniors Initiative and the P. H. and District Chamber of Commerce, the light tour encourages local businesses and homes to install festive lighting.

Organizers said a record number of homes took part and there were 54 bus tour tickets purchased.

Judges could take part in both the Garden Bay tour on Dec. 9 and then the Madeira Park tour on Dec. 12.

Organizers told the *Harbour*

Spiel that the Garden Bay tour was challenged with fog but participants were still able to judge 17 homes.

The Madeira Park tour received better weather and was able to judge 55 homes.

TOP HOMES (GARDEN BAY)

1. Rose and Brian Everett
2. Len Lee

TOP HOMES (MADEIRA PARK)

1. Virginia Antilla
2. Tanya/Richard Massullo
3. Bruce/Donna Brown
4. Rob Stiglitz/Cindy Schroeder

HONOURABLE MENTION

Joy/Grant Ellert
Sheila Munro/Darren Morton
Patti Soos
David/Mary MacKay
Cheryl/Art Jensen
Shelby/Kyle Leach
Matt/Alana MacDonald
Ian/Jackie Grant

Organizers also recognized two businesses for doing an exceptional job — the Earth Fair Store wrote and sang a song for the Polar Express tour and John Henry's Resort was decorated with festive lights and hosted a Christmas craft fair over two week-ends.

Robert Howe Adkin

JUNE 26, 1921 – DECEMBER 20, 2017



Bob Adkin passed away on Dec. 20 in Sechelt Hospital.

He was the second of five children, all of whom predeceased him.

He often talked of his Second

World War adventures when he spent most of the time in Australia with a radar group monitoring the northern region of the country.

On return to Canada after the war he met, and in 1948, married, his wife Sheila Mary (Wilson) who died in 2007.

They started their life together in Burnaby and upon an early retirement in 1976, moved permanently to acreage near Earls Cove.

Later they relocated to Madeira Park.

Bob was very proud that all four of the houses they lived in he built with his own two hands.

He eventually moved to Lily Lake Village where he was able to live on his own until age 96.

At all locations he loved his veg-

etable gardens.

For many years he was very passionate about the Pender Harbour Aquatic Society as a swimmer, a volunteer and as a board member.

He swam regularly until the age of 91.

Adkin is survived by his daughter Lynne and son Keith (Irene) and two grandsons, Colin Mulherron (Erica) and Keegan Adkin (Dana).

His family would like to thank his friends, neighbours and the staff at the Pender Harbour Health Centre who dropped by for a visit or helped out with his needs over the past few years — especially in his last two months.

A celebration of his life will be held Saturday, Feb. 17 at 2 p.m. in the Lily Lake Village meeting room.

OBITUARIES The *Harbour Spiel* publishes obituaries free (for local residents) as a longstanding effort to recognize those who have lived in Pender Harbour and Egmont. Submissions must be timely and include the date of birth and date of death. The editor will edit for length and to remove first-person and personal messages as required to maintain editorial consistency.

From Canada to Ghana and back again



Vanessa Lanteigne

After a year volunteering in Ghana, fellow volunteers and I call ourselves “Ghanadian.”

It’s the longest I’ve ever been out of the country and I think that Canada and Ghana would get along really well if we weren’t so far apart.

The two countries are very alike in the sense that we have plentiful natural resources and strong manufacturing sectors.

We also are both situated next to a giant in terms of population size.

I found Ghanaian jokes about Nigerians very similar to Canadian jokes about Americans.

Africaphiles call Ghana “Africa 101.”

If you have never been to Africa, Ghana is considered the best introduction to the continent.

Accra, the capital city, has pretty much everything you could want as a westerner including malls, movie theatres, Uber and Thai, Indian, Lebanese

cuisine as well as the delicious local food.

Ghana is English-speaking and the people are very polite, friendly and happy.

I lived in Accra for a year work-

ing with a Canadian project created from two Canadian non-governmental organizations, Canada World Youth and Youth Challenge International who came together to create EQWiP HUBs.



Vanessa Lanteigne

Vanessa Lanteigne recently arrived home from Ghana after a year spent volunteering with an NGO program called EQWiP HUBs.

EQWiP HUBs operates in six countries with a goal to propel 100,000 “youth forward” by 2020.

For a five-year project, it is a very hefty goal.

My job title during my one-year contract was a “facilitation and training assistant” but, as is usual with development work, there were significantly more and different responsibilities than that.

During my term, we created an alumni network of hundreds of youth who had come through the training program.

They now have regular meetings, plan and carry out independent activities connected through EQWiP including an upcoming cleanup.

I helped to train approximately 1,000 youth who attended anywhere from a couple of hours on a Saturday to four hours a day, three times a week for six to 15 weeks.

Training was on a variety of topics including personal development, leadership, digital literacy or entrepreneurship-focused topics such as identifying target customers, community mapping and many others.

I got to know many Ghanaian youth and it was the best part of the job.

I offered one-on-one support services for resumé-writing, business plans, mock interviews, enrolling in online courses, creating a blog, and the like.

I also facilitated youth and gender-responsive events based on what participants had communicated was missing — like a women’s website building workshop and a Microsoft Word training session open to everyone.

The aspect that really got me interested in applying at EQWiP HUBs



Vanessa Lanteigne

On a continent often lacking startup capital, part of Lanteigne’s work with EQWiP HUBs was to help identify worthy entrepreneurs to receive funding for innovative projects.

was that they were awarding young entrepreneurs money to get their businesses off the ground.

Capital is obviously one of the biggest hurdles that entrepreneurs face in Africa and it’s something that I find organizations don’t often give freely.

I was lucky enough to be the lead volunteer during the initial round of the “Innovation Fund” where we sourced selection team members who assessed our youth’s applications and put on workshops.

EQWiP was looking for Ghanaian entrepreneurs were businesses that were environmentally friendly (either harmed the environment least, or were built around an environmental issue), gender-balanced (had an analysis and did not impair either gender’s life outcomes) and that were viable within the business environment and fiscally feasible.

The ultimate benefits of a pro-

gram like this are threefold (at least):

- Canadian youth gain experience working in international development;
- Ghanaian youth receive free training and resources towards becoming more employable, getting their business off the ground or jumpstarting their freshly started business into higher production, and
- Local like-minded organizations and people receive collaborators and free capacity-building and employment opportunities.

While I can’t express everything I learned, saw and experienced in this article, feel free to contact me on Facebook (at Vanessa Lanteigne) if you want to know more about the work I was doing with EQWiP HUBs.

I’d be especially happy to guide you through the process of how you can become involved in sustainable development.



HARBOUR SPIEL

trivia

1. Owners of the Pender Harbour Restaurant in Madeira Park during the 1970s and 1980s?

- ☐ a. Kim and Bill
- ☐ b. Jean and Bob
- ☐ c. Sue and Jim
- ☐ d. Sissy and Bobby

2. Which species of salmon is generally the largest?

- ☐ a. Pink
- ☐ b. Sockeye
- ☐ c. Chinook
- ☐ d. Coho

3. Pender Harbour Secondary School . . .

- ☐ a. Eagles
- ☐ b. Vipers
- ☐ c. Sakinaws
- ☐ d. Cougars

4. In which local park sits a longhouse structure installed by the Shíshálh Nation?

- ☐ a. Skookumchuck Narrows Provincial Park
- ☐ b. Francis Point Provincial Park
- ☐ c. John Daly Regional Park
- ☐ d. Garden Bay Marine Provincial Park

5. Which is a former name of the Oak Tree Market in Madeira Park?

- ☐ a. Good Times Grocer
- ☐ b. Holiday Market
- ☐ c. Madeira Park Co-op
- ☐ d. Hassan's Store

6. Road circling "Garden Bay Estates."

- ☐ a. Hotel Lake Road
- ☐ b. Panorama Drive
- ☐ c. Sinclair Bay Road
- ☐ d. Sakinaw Drive

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Conquering Lyme disease: Science bridges the great divide

Joe Harrison

As spring unfolds, local folks need to be aware of the health risks of being bitten by blacklegged ticks (*Ixodes scapularis*), carriers of Lyme disease and several other troublesome bacteria and viruses.

To avoid infection it is critical that any tick be removed with tweezers straight out as soon as possible and no later than 24 to 36 hours after becoming attached.

After removal, most but not all people will have a prominent red bull's eye rash which may be followed by flu-like symptoms.

The authors urge those with tick bites and summer flu to see a doctor immediately for treatment which usually includes antibiotics.

Untreated, Lyme disease typically causes arthritic symptoms as well as long term heart, brain and nervous system irregularities.

Reliable diagnosis is difficult and often requires sophisticated and expensive assessments of circulating antibodies since the bacteria are seldom directly detectable in blood tests which are more often than not, negative for Lyme disease.

This pricey book, although technical, is a must-read for health care providers and the 20 per cent of patients with a recurrent or relapsing form of Lyme disease.

Fallon and Sotsky present the latest science-based treatments that are the most effective.

They also provide essential advice about prevention and treatment for gardeners, hikers and residents who may be at risk.

The two-year life cycle of the 2000-2500 eggs hidden in leaf litter around your yard last fall will soon

hatch into larvae and begin searching for their first of three blood meals.

The parasitic tick larvae (approximately 0.78 mm) usually attach to white-footed mice which are the main reservoir for bacteria which cause Lyme disease — *Borrelia burgdorferi*.

These microbes are spiral-shaped and similar to syphilis.

B. burgdorferi can be transmitted to people and often evade the human immune system, making both medical diagnosis and treatment problematic.

White-footed mice often enter homes and bring their parasites with them.

The larvae spend four days feeding on the host mouse and become engorged before dropping off and slowly doubling in size.

In the late second spring, the now 1.5 mm sesame seed-sized nymphs search for deer as the preferred host for the second blood meal, where the male and female nymphs mate.

Failing that, they obtain their second blood meal from a human, bird, cat, dog, raccoon, lizard, etc. where they cannot mate.

Deer are not reservoirs for Lyme disease bacteria but the ticks continue to carry the bacteria once infected by mice.

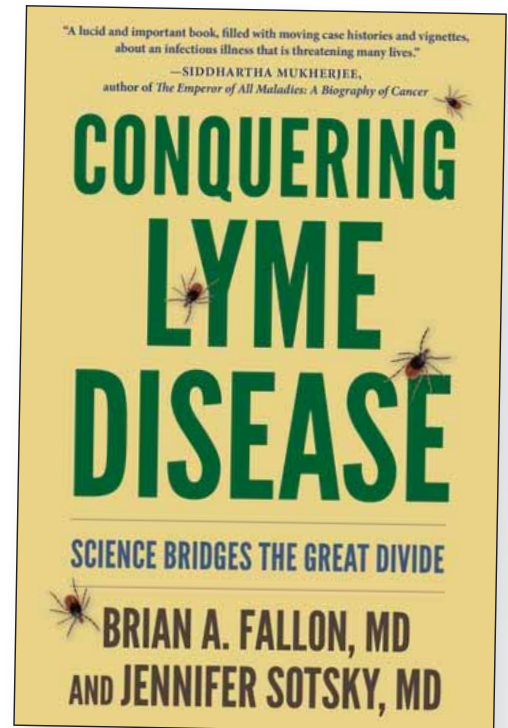
Later that second summer, as 3- to 6 mm adults, they find the third blood meal on the same animals or humans before laying eggs in the fall.

Note that Lyme disease infected ticks continue to be a risk for two years.

Controlling for mice and deer is obviously an important preventive.

The book is clear on the risks of recommended antibiotics and anti-inflammatory medicines including steroids.

Wearing light-coloured clothing



tucked in at ankle and wrist, hats and using Deet-based insect sprays as well as extensive body checks after being outside are recommended to avoid this chronic disease.

Conquering Lyme disease: Science bridges the great divide

By Brian A. Fallon and Jennifer Sotsky
Columbia University Press
0231183844
Hardcover, 6" x 9", 420 pages
\$39

Brian A. Fallon, MD, is director of the Lyme and Tick-Borne Diseases Research Center at the Columbia University Medical Center.

Jennifer Sotsky, MD, is a physician with a specialty in narrative medicine. She is a resident at Columbia University Medical Center.



REMEDY
WELLNESS CENTRE
Monday to Saturday, 10:30am-4:30pm

**MASSAGE
THERAPY
DISPENSARY**
Vintage
JEWELLERY

In The HARBOUR SPIRIT CENTRE
778-487-2030 • 12808 Madeira Park Road
www.hmremedy.com • info@hmremedy.com



Lori Pratt
604.740.2370

The Pratt Team ... me & you.

ROYAL LEPAGE **Sussex**

5561 Wharf Road, Box 979, Sechelt, BC V0N 3A0
Bus: 604.885.3295
Email: loripratt@royallepage.ca

Not intended to solicit already listed properties.



FOR ALL YOUR INSURANCE NEEDS.

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

Call today for a quote:
883-2794

BK Global Sales

Countertops, cabinets and more at wholesale prices

- GRANITE • QUARTZ
- MARBLE • TILE

and MORE!

bkglobalsales.inc@gmail.com
www.bkglobalsales.com

Tyler Forsyth
604-989-6653



TRACY D. PARKER
NOTARY PUBLIC
Certified Senior Adviser
604-885-5017
tparker@sunshinecoastnotary.ca

5772 Cowrie Street
Sechelt, BC V0N 3A0

WEDNESDAYS
IN THE HARBOUR
BY APPOINTMENT

A SERVICE YOU CAN TRUST

business directory

Look here first.

The Harbour Spiel Business Directory is your best bet for services from longtime and trusted community members.

A.....

ACCOUNTING & BOOKKEEPING

- TCG Chartered Professional Accountants.....(604) 885-2254

AUTO REPAIRS & SERVICE

- Pender Harbour Automotive and Tire.....(604) 883-3646
- Pender Harbour Diesel.....(604) 883-2616

B.....

BACKHOE

- Glenn's Backhoe Services.....(604) 883-2840

BEAUTY SALONS

- Miss Sunny's Hair Boutique.....(604) 883-2715
- Steph's The Beauty Boutique.....(604) 883-0511

BUILDING SUPPLIES

- Coast Builders RONA Madeira Park.....(604) 883-9551
- Coast Builders RONA Sechelt.....(604) 885-5818
- Gibsons Building Supplies.....(604) 885-7121

C.....

COMPUTER SALES AND SERVICE

- Wet-Coast Computer/Roxanne Jerema.....(604) 883-1331



SWANSON'S
READY-MIX LTD.

READY-MIX CONCRETE & AGGREGATE
AVAILABLE FROM OUR KLEINDALE PIT

Serving Pender Harbour and
the Sunshine Coast for over 50 years!

(604) 885-9666

Call our office for service and information.

business directory

CONCRETE

- Nicholson Concrete Finishing.....(604) 989-2565
- Swanson's Ready-Mix Ltd.....(604) 885-9666

D.....

DINING

- The Cove Restaurant.....(604) 883-9414
- Harbour Pizza.....(604) 883-2543
- Triple B's Burger Stand.....(604) 883-9655

DOCK & RAMP CONSTRUCTION

- Garden Bay Marine Services.....(604) 883-2722

DOOR AND GATE SYSTEMS

- Doormaster.....(604) 741-5231

E.....

ELECTRICIANS

- L.A. Electric.....(604) 883-9188
- Reid Electric.....(604) 883-9309

F.....

FINANCIAL INSTITUTIONS

- S.C. Credit Union, Pender Harbour.....(604) 883-9531

FIREPLACE SALES/CHIMNEY SERVICE

- Clean Sweep Chimney Service.....(604) 885-3583

G.....

GARAGE DOORS AND GATES

- Doormaster.....(604) 741-5231

GENERAL CONTRACTOR

- Andrew Curtiss Contracting.....(604) 883-2221

GENERAL STORE

- Bathgate General Store, Resort & Marina.....(604) 883-2222
- Oak Tree Market.....(604) 883-2411

H.....

HAIR

- Miss Sunny's Hair Boutique.....(604) 883-2715
- Steph's The Beauty Boutique.....(604) 883-0511
- Sweet Pea's Hair Studio.....(604) 883-9888

HARDWARE

- Rona Sunshine Coast.....(604) 883-9551

HOT TUBS

- SunCoast Waterworks.....(604) 885-6127

I.....

INSURANCE

- Wouter Zanen/MyInsuranceBroker.ca.....(604) 996-7866

REID ELECTRIC

Residential and
Renovation Specialist

BILL REID

reg. #7598

Telephone 883-9309

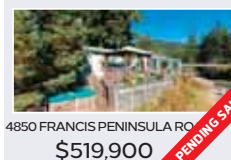
Cell phone 885-8200



The only **RE/MAX** agents
who Live and Work
in Pender Harbour!

RE/MAX
Oceanview Realty
Independently Owned and Operated

Bev & John Thompson
604.740.2669 604.740.2668
mrsbevthompson@gmail.com
www.realestatesunshine.ca



L.....

LAWYER

- Coastal Law Corporation.....(604) 883-2029

LOGGING

- Sladey Timber.....(604) 883-2435

M.....

MOBILE HOMES

- Glenbrook Homes.....(604) 883-0234

MOBILE MECHANIC

- Mobile Mechanic Auto and Marine (Dave).....(604) 741-2286

P.....

PRINTING

- Coast Copy Centre (Sechelt).....(604) 885-5212

PROPANE

- Superior Propane.....877-873-7467
- Tyee Pacific Marine Operations.....(604) 399-8688

R.....

REAL ESTATE

- Alan Stewart, Royal LePage Sussex.....(604) 740-2353
- Bev & John Thompson, Re/Max Oceanview..(604) 740-2668
- Dave Milligan, Sunshine Coast Homes.....(604) 883-9212
- Julie M. Hegyi, Sotheby's International Realty..(604) 740-2164
- Lori Pratt, Royal LePage Sussex.....(604) 740-2370
- Royal LePage Sussex Pender Harbour.....(604) 883-9525

S.....

SEPTIC SERVICES

- AAA Peninsula Septic Tank Pumping Service..(604) 885-7710
- SunCoast Waterworks.....(604) 885-6127

STORAGE

- Squirrel Storage.....(604) 883-2040

T.....

TREE SERVICE

- Pender Harbour Tree Service.....(604) 883-9166

TRUCKING SERVICES

- Double D Trucking.....(604) 883-9771

BUTCHER
PRODUCE
SEAFOOD
LOTTO
GROCERY

NOBODY BEATS OUR MEAT.



Oak Tree Market

YOUR FIRST STOP IN MADEIRA PARK 604.883.2411

- Cleaning & chimney deglazing
- Installations and relinings
- Insurance inspections
- Insured and WETT Certified



Serving the entire Sunshine Coast.

604-885-3583

Visit our Harbour Spirit Centre showroom.
(Madeira Park Road and Hwy 101)

V.....

VETERINARIAN

- Madeira Park Veterinary Hospital Ltd.....(604) 883-2488

W.....

WELDING

- Jim's Welding.....(604) 883-1337

WELLS AND WATER PURIFICATION

- AJ Pumps & Water Management.....(604) 885-7867
- SunCoast Waterworks.....(604) 885-6127

WINDOW COVERINGS

- Coastal Draperies.....(604) 883-9450

<PONDER>

ON A FIRST DATE, YOU
SHOULD ALWAYS ASK
“WHAT WAS THE NAME
OF YOUR CHILDHOOD PET”
IN CASE IT
DOESN'T
GO WELL
AND YOU NEED
TO HACK
THEIR EMAIL.



AAA PENINSULA SEPTIC TANK SERVICE

Serving the Entire
Sunshine Coast
For over 45 Years!



9835 Mackenzie Road
Halfmoon Bay, BC
V0N 1Y2

Greg Dew885-7710

SunCoast
Pool & Spa Centre

- Hot Tubs
- Pools
- Saunas

604.885-6127

- Wells
- Water Purification
- Sewage Pumps

SunCoast
Waterworks

suncoastwaterworks@dccnet.com


Nicholson
**CONCRETE
FINISHING**
Call *Paul* **604-989-2565**
pauly.nicholson@gmail.com



Madeira Park Veterinary Hospital
Dr. Rick Smalley, DVM

604-883-2488

DAY AND
EMERGENCY

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

Full service veterinary medicine in Pender Harbour
Medicine • Dentistry • Surgery • Laboratory • X-ray
Madeira Landing #101 - 12890 Madeira Park Road
www.madeiraparkvethospital.com


SunshineCoastHomes.com
Buying... selling... sold.



Dave
Milligan

ROYAL LEPAGE **Sussex**

604.883.9212
info@sunshinecoasthomes.com

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. Blues Society	(604) 741-1186
• P. H. Choir (7 p.m., Tuesday)	(604) 883-0681
• 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) 883-0744
• 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 SHROOM	(604) 883-3678
• Wildlife Society (3rd Tues. PHSS)	(604) 883-9853
• Women's Connection (2nd & 4th Tue.)	(604) 883-3663
• Women's Outreach Services	(604) 741-5246

organizations

P. H. WOMEN'S CONNECTION

In 2018 Women's Connection is celebrating its 19th anniversary by holding a Valentine Party. Please join us at our Feb. 13 meeting (doors open at 9:30 a.m.) for chat, games with prizes and special refreshments.

The program for the Feb. 27 meeting is still yet to be decided.

SUPPORT GROUP FOR CHRONICALLY ILL WOMEN

A new support group for chronically ill women is starting this month at the Pender Harbour Health Centre. The group is organized and hosted by Carol MacArthur, a wellness coach, who has learned to live well with chronic illness and hopes to support other women in their quest for a more enjoyable life.

This meetup is for you if you experience chronic fatigue, persistent pain, brain fog, disordered sleep or other symptoms related to chronic illness. The purpose of the group is to help women find and share strategies that help them, in a safe, confidential and supportive environment.

The first meeting is on Wednesday, Feb. 7 in the P. H. Health Centre board room at 1:30 p.m. The meetings will be held on the first and third Wednesday of each month. If you would like more information please contact Carol at (778) 960-1384 or search for "wellness support for chronically ill women" at www.meetup.com.

SOM COFFEEHOUSE

The Feb. 9 School of Music Coffee House will feature Devon Hanley (singer/songwriter, recording artist from Powell River), Edmund Arceo (local tenor, with piano accompaniment) and Nancy and Joanne (vocal harmonies with guitar). The shows starts at 7:30 p.m.

SUNSHINE COAST HEALTHCARE AUXILIARY

The Sunshine Coast Healthcare Auxiliary is again offering program funding through their granting program to enhance health care on the Sunshine Coast. In its first year of operation, the SCHA were able to provide small grants to five community programs. The budget has been increased for 2018 and the SCHA hopes to support more services.

Requests in writing must include the auxiliary's application format and mailed to Sunshine Coast Healthcare Auxiliary, Granting Program, Box 917, Sechelt, BC. V0N 3A0. An application is available on the SCHA website (under "granting program") at www.sunshinecoasthealthcareauxiliary.com.



Two convenient office locations
in Madeira Park and Sechelt.



**Coastal
Law Corporation**

Lisa C. Rae

(604) 883-2029

info@coastal-law.ca

Great blue herons: Conservation of an iconic bird of the BC coast

submitted

With their striking presence either as statues along the shoreline or flying overhead, there is no doubt that great blue herons are iconic birds of our coastline.

The Pender Harbour Wildlife Society is hosting a presentation on the natural history of these birds, why they are considered to be “at risk” and what is being done to help.

Ross Vennesland began studying herons through his graduate studies at Simon Fraser University.

He is currently a species conservation specialist for Parks Canada and an active member of the BC Heron working group.

On Tuesday Feb. 20, the Pender Harbour Wildlife Society hosts Vennesland who will present “Great Blue Herons: Conservation of an Iconic Bird of BC’s South Coast.”

Vennesland’s presentation will



submitted

A great blue heron takes flight.

begin at 7 p.m. in the Pender Harbour Secondary School.

This presentation is open to everyone and will be followed by the

society’s annual general meeting.

Refreshments will be served. For updates, please email info@pender-harbourwildlife.com.

harbour seals



Note your approval or **disapproval**.

Send to: editor@harbourspiel.com. Include full name and telephone number. (Editor will edit for length.)

An ocean bay full of Harbour Seals of Approval to **Jan Verwey** and **John van Tongren** of Oyster Bay for fixing the plugged up culvert on Porters Road so quickly and efficiently on Dec. 23.

You are two of the best neighbours anyone could have.

Vera Kristiansen & Haida Bolton

A huge thank you to **everybody who volunteers, buys, donates and supports** the Bargain Barn making this a record breaking year.

Linda Pearson

P. H. Health Centre Auxiliary

A huge Harbour Seal of Approval to **Cindy, Rob** and **all the P. H. Lions** along with **Darci, Francine, Patti, Paola from our community school** for their caring, dedication and hard work in support of our thankful community with heartfelt gratitude.

Lyn & Bill Charlton

Harbour Seals of Approval to the helpers who kept the bag full of stuffed toys — **Shelly from Java Docks, Ron the other Santa** and **Cindy Schroeder**.

Bob James

AKA Santa Claus

Harbour Seals of Approval to **all the wonderful folks of Madeira Park** for your Christmas cards, chocolates, homemade goodies, flowers.

We appreciate your support during the busy Christmas season and all year long.

Happy New Year.

Erin McKibbon

Madeira Park Post Office

Harbour Seals of Disapproval to **local restaurants** that don’t offer ham and pineapple pizza.

This isn’t Russia, you know.

Alan Shercliffe

SKOOKUMCHUCK VIEWING TIMES

FEBRUARY

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

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

1. 10:07 AM -S, 2:09 PM +S
2. 10:54 AM -M, 3:01 PM +S
3. 11:35 AM -M, 3:46 PM +S
4. 12:10 PM -M, 4:28 PM +M
5. 12:39 PM -M
6. 1:00 PM -M
7. 1:20 PM -L
- 8. 6:48 AM +XL, 1:46 PM -M**
9. 7:20 AM +L, 2:17 PM -M
10. 7:59 AM +L, 2:53 PM -M
11. 8:42 AM +M, 3:33 PM -M
12. 9:32 AM +M, 4:21 PM -M
13. 10:30 AM +M
14. 11:35 AM +M
15. 8:27 AM -S, 12:49 PM +M
16. 9:35 AM -S, 1:47 PM +M
17. 10:27 AM -M, 2:47 PM +M
18. 11:13 AM -M, 3:44 PM +M
19. 11:56 AM -M, 4:38 PM +M
20. 12:38 PM -L
21. 1:19 PM -L
22. 2:01 PM -L
23. 2:45 PM -L
24. 7:49 AM +L, 3:35 PM -L
25. 8:35 AM +M, 4:38 PM -L
26. 9:29 AM +M
27. 10:35 AM +S
28. 7:45 AM -S, 11:58 PM +S

These are estimates only and not intended for navigation.

harbour almanac



DATING & RELATIONSHIPS

88%

Percentage of Americans who cited love as a very important reason to get married.

60%

In one of many polls on the subject, 60% of married American men say they've been unfaithful (compared to 40% of American women).

900%

In the last 50 years, the increase in the number of people living together without being married.

23%

Percentage of U.S. married people (in a 2013 survey) who had been married before. This compares to 13% in 1960.

60%

Chance that you'll divorce or break up if you get married or move in with someone at the age of 18.

30%

Chance that you'll divorce or break up if you get married or move in with someone at the age of 23.

2%

Percentage of men surveyed who have formed a relationship with someone they met at a bar.

9%

Percentage of women surveyed who have formed a relationship with someone they met at a bar.

~ various internet

FEBRUARY WEATHER

TEMPERATURES, MERRY ISLAND

Our average February daily high temperature is 7.5 C; average low is 3.4 C, giving us a mean daily temperature of 5.5 C. The highest February temperature recorded is 14.3 C (Feb. 27, 1986); the lowest is -10.1 C (Feb. 13, 1990).

PRECIPITATION, MERRY ISLAND

February should have about 85.7 hours of bright sunshine (the most since October), 16 days with measurable rainfall and one day with measurable snowfall. February should have a total rainfall of 97.9 mm and a total snowfall of 6.7 cm. The highest February daily rainfall recorded is 49 mm (Feb. 11, 1983); the highest February daily snowfall recorded is 22.9 cm (Feb. 15, 1983).

FEBRUARY ASTROLOGY



AQUARIUS: JAN. 20 - FEB. 18

Aquarians are original, independent humanitarians who shy away from emotional expression. This often makes them seem uncompromising and aloof. Aquarians are thoughtful listeners but rarely tolerate someone they disagree with. Mars will pass through your sign this spring. Mars' visit will amplify the ebb and flow of your moods. Go with your feelings — as with any current, it's better to swim with it than against it. Rest when needed and avoid alcohol entirely until June 15.



PISCES: FEB. 19 - MAR. 20

Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Saturn's longterm stay through 2017 made for a downer year but Pisceans should expect work and personal relationships to be much more manageable — and even enjoyable — in 2018. This will be especially true for Pisceans born around March 8. Don't be afraid to experiment — with encouragement, business or investment plans find new avenues of growth in the coming year. Be bold.

BC BESTSELLERS

For the week ending Jan. 20

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. **Whitewater Cooks: More Beautiful Food** by Shelley Adams (Alicon Holdings Ltd)
2. **The Inner Life of Animals: Love, Grief, and Compassion - Surprising Observations of a Hidden World** by Peter Wohlleben (Greystone Books)
3. **Opportunity Knox: Twenty Years of Award-Losing Humour Writing** by Jack Knox (Heritage House)
4. **Hello Humpback!** by Roy Henry Vickers & Robert Budd (Harbour Publishing)
5. **Chasing Smoke: A Wildfire Memoir** by Aaron Williams (Harbour Publishing)
6. **The Spitfire Luck of Skeets Ogilvie: From the Battle of Britain to the Great Escape** by Keith C. Ogilvie (Heritage House Publishers)
7. **On Island: Life Among the Coast Dwellers** by Pat Carney (TouchWood Editions)
8. **Harry: A Wilderness Dog Saga** by Chris Czajkowski (Harbour Publishing)
9. **White Angel** by John MacLachlan Gray (Douglas & McIntyre)
10. **You Hold Me Up** by Monique Gray Smith (Orca Book Publishers)

~ Association of Book Publishers of BC

FEBRUARY BIRTHDAYS

- Feb. 1 ~ **Randy Rayment and Earl Stewart.**
 Feb. 2 ~ **Mary Cochet, Jennifer Jones and Paola Stewart.**
 Feb. 3 ~ **Chloe Campbell and Lorna Rousseau.**
 Feb. 4 ~ **Susan Hardie.**
 Feb. 5 ~ **Rick Hartley and Roland Fritz**
 Feb. 6 ~ **Lachlin Rand.**
 Feb. 9 ~ **Joyce Garbers and Jackie Crowell.**
 Feb. 10 ~ **Eddie Smith.**
 Feb. 11 ~ **Cody Pantages, Scott Smith and Chris Garbers.**
 Feb. 12 ~ **Ab Haddock and Tony Rabachuk.**
 Feb. 13 ~ **Kim McCanse.**
 Feb. 14 ~ **Dolly Clayton, Steve Morton, Christine Fenn and Elsie Rennie.**
 Feb. 15 ~ **Shawna Lee Edwardson.**
 Feb. 16 ~ **Carly Bloch and Irene Boyd.**
 Feb. 17 ~ **Dot Farrell, Daniel Dore and Jessica Munro.**
 Feb. 18 ~ **Rick Smalley.**
 Feb. 19 ~ **Don and Joan McDougall.**
 Feb. 21 ~ **Ryan Phillips, Helen LeBlanc and Cathy Silvey.**
 Feb. 22 ~ **Chelsea Scoular.**
 Feb. 23 ~ **Tony Botticelli, Evelyn Cumming and Donna Campbell.**
 Feb. 24 ~ **Debbie Rand.**
 Feb. 25 ~ **Bruce Haines.**
 Feb. 27 ~ **Neale Smith and Rick Jones.**
 Feb. 28 ~ **Nolan Percival, Trevor Morin, Bob Walsh, Erin Fraser and Sharlene Gamble.**

pendor harbour tides ~february 2018

February	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Thu 01	2.7	5.0	8.0	11.2	14.0	15.8	16.4	15.9	14.5	12.7	11.2	10.2	10.2	11.0	12.2	13.5	14.3	14.2	13.0	10.8	8.0	5.4	3.3	2.2
Fri 02	2.3	3.8	6.3	9.4	12.4	14.9	16.3	16.4	15.5	13.8	11.9	10.3	9.4	9.6	10.5	11.8	13.2	13.9	13.8	12.6	10.5	8.0	5.6	3.9
Sat 03	3.1	3.6	5.3	7.9	10.9	13.6	15.6	16.5	16.1	14.8	12.9	11.0	9.4	8.7	9.0	10.0	11.4	12.7	13.4	13.3	12.3	10.4	8.2	6.2
Sun 04	4.9	4.5	5.2	7.1	9.5	12.2	14.5	15.9	16.3	15.5	14.0	12.0	10.1	8.6	8.1	8.4	9.5	10.8	12.1	12.9	12.8	12.0	10.5	8.7
Mon 05	7.1	6.2	6.1	7.1	8.8	11.0	13.3	15.0	15.9	15.8	14.8	13.1	11.1	9.2	7.9	7.5	7.9	8.9	10.3	11.5	12.3	12.4	11.8	10.7
Tue 06	9.4	8.3	7.7	7.9	8.8	10.4	12.2	13.9	15.1	15.5	15.1	13.9	12.1	10.2	8.5	7.3	7.0	7.4	8.4	9.7	11.0	11.9	12.2	11.9
Wed 07	11.3	10.4	9.6	9.2	9.4	10.3	11.5	12.9	14.1	14.9	14.9	14.2	12.9	11.2	9.3	7.8	6.7	6.5	6.9	7.8	9.1	10.4	11.5	12.2
Thu 08	12.3	12.0	11.4	10.9	10.6	10.7	11.3	12.2	13.2	14.0	14.4	14.3	13.4	12.0	10.3	8.5	7.1	6.2	6.0	6.4	7.3	8.6	10.0	11.4
Fri 09	12.4	12.9	12.8	12.4	11.9	11.5	11.5	11.8	12.4	13.1	13.7	13.9	13.6	12.7	11.2	9.5	7.8	6.4	5.6	5.4	5.9	7.0	8.5	10.1
Sat 10	11.6	12.8	13.5	13.5	13.2	12.6	12.0	11.8	11.9	12.4	12.9	13.4	13.5	13.1	12.0	10.5	8.7	7.0	5.7	5.0	5.0	5.7	7.0	8.7
Sun 11	10.5	12.2	13.4	14.1	14.0	13.5	12.8	12.1	11.7	11.7	12.2	12.7	13.2	13.3	12.7	11.5	9.8	8.0	6.3	5.0	4.4	4.6	5.6	7.2
Mon 12	9.1	11.2	12.9	14.0	14.5	14.2	13.5	12.5	11.7	11.4	11.5	12.0	12.7	13.1	13.2	12.5	11.1	9.2	7.3	5.5	4.4	4.0	4.5	5.8
Tue 13	7.7	9.9	12.0	13.6	14.5	14.6	14.0	13.0	11.9	11.2	10.9	11.3	12.0	12.7	13.2	13.1	12.2	10.6	8.6	6.5	4.9	3.9	3.9	4.7
Wed 14	6.4	8.6	11.0	13.0	14.3	14.8	14.4	13.5	12.2	11.1	10.5	10.5	11.1	12.0	12.9	13.3	13.0	11.8	10.0	7.8	5.8	4.3	3.7	4.0
Thu 15	5.4	7.4	9.8	12.1	13.9	14.8	14.8	13.9	12.6	11.3	10.3	9.9	10.3	11.1	12.2	13.0	13.3	12.8	11.3	9.3	7.1	5.3	4.1	3.8
Fri 16	4.6	6.4	8.7	11.2	13.3	14.7	15.0	14.4	13.2	11.7	10.3	9.5	9.4	10.1	11.2	12.4	13.2	13.3	12.5	10.8	8.7	6.6	4.9	4.1
Sat 17	4.3	5.6	7.7	10.2	12.5	14.3	15.1	14.9	13.8	12.3	10.6	9.3	8.8	9.0	10.0	11.3	12.5	13.2	13.2	12.1	10.3	8.3	6.3	5.0
Sun 18	4.6	5.3	6.9	9.2	11.6	13.7	14.9	15.2	14.4	13.0	11.2	9.5	8.4	8.2	8.8	10.0	11.4	12.6	13.2	12.9	11.8	10.0	8.1	6.5
Mon 19	5.5	5.5	6.6	8.4	10.7	12.9	14.5	15.2	14.9	13.7	11.9	10.0	8.4	7.6	7.6	8.5	9.9	11.4	12.6	13.1	12.7	11.6	10.0	8.3
Tue 20	7.0	6.4	6.8	8.1	10.0	12.0	13.8	14.9	15.1	14.3	12.7	10.8	8.9	7.5	6.8	7.1	8.2	9.7	11.2	12.4	12.9	12.6	11.6	10.3
Wed 21	8.9	7.9	7.7	8.3	9.6	11.3	13.1	14.4	14.9	14.6	13.4	11.7	9.6	7.8	6.6	6.2	6.6	7.7	9.3	10.9	12.2	12.8	12.6	11.9
Thu 22	10.8	9.8	9.1	9.1	9.7	10.9	12.3	13.7	14.5	14.7	14.0	12.6	10.7	8.7	6.9	5.8	5.5	6.0	7.2	8.8	10.4	11.9	12.7	12.8
Fri 23	12.4	11.7	10.9	10.4	10.3	10.8	11.8	12.9	13.9	14.4	14.3	13.4	11.8	9.9	7.9	6.2	5.1	4.8	5.3	6.5	8.1	9.9	11.6	12.7
Sat 24	13.2	13.1	12.5	11.9	11.4	11.2	11.5	12.2	13.1	13.8	14.2	14.0	12.9	11.3	9.3	7.2	5.5	4.4	4.1	4.6	5.8	7.6	9.5	11.4
Sun 25	12.9	13.8	13.8	13.4	12.7	12.0	11.6	11.7	12.2	13.0	13.6	14.0	13.8	12.7	11.0	8.9	6.8	5.0	3.8	3.4	4.0	5.3	7.3	9.5
Mon 26	11.7	13.4	14.4	14.5	14.0	13.1	12.2	11.6	11.5	11.9	12.6	13.4	13.9	13.8	12.8	11.0	8.8	6.5	4.6	3.3	2.9	3.6	5.1	7.4
Tue 27	9.9	12.3	14.1	15.0	15.0	14.3	13.1	11.9	11.1	10.9	11.4	12.3	13.3	13.9	13.9	12.9	11.1	8.8	6.3	4.3	3.0	2.7	3.5	5.4
Wed 28	7.9	10.6	13.1	14.8	15.5	15.2	14.1	12.6	11.1	10.2	10.1	10.8	11.9	13.1	14.0	14.0	13.1	11.2	8.7	6.2	4.1	2.9	2.8	3.9

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 and wind conditions etc.

Canoe Pass:



Sotheby's
INTERNATIONAL REALTY
Canada



JULIE HEGYI
PERSONAL REAL ESTATE CORPORATION
604.740.2164
jhegyi@sothebysrealty.ca

When its time to list your home or property, choose the local Realtor with International reach.

Julie Hegyi & Sothebys International Realty Canada.
Local Service with Global Strategies — a winning combination!



www.MYINSURANCEBROKER.ca
Home • Boat • Business • Cottage • Life • Group



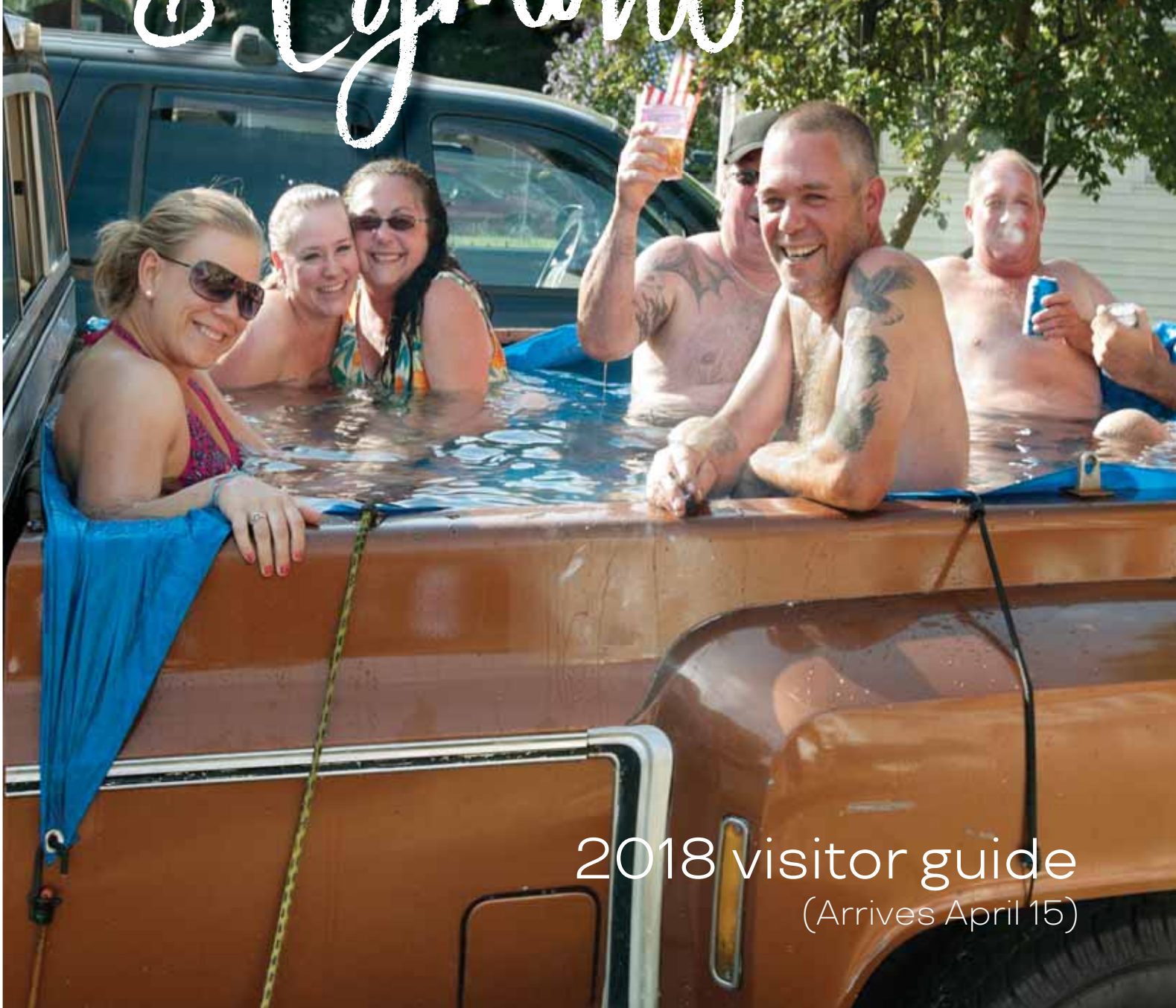
For a quote, call
WOUTER ZANEN, CAIB
604.996.7866
info@myinsurancebroker.ca

Broker for Central Agencies and Global Pacific

REJECTED COVER #14

Pender Harbour & Egmont

including
Secret Cove



2018 visitor guide
(Arrives April 15)



PENDER HARBOUR HEALTH CENTRE



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 Care/Palliative care • Dressings

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

Tim Hayward – Adult Mental Health – (604) 883-2764

REGISTERED MASSAGE THERAPY

Brigit Garrett, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSIOTHERAPY – (604) 989-4828

Jeanette LeBlanc

Book online at backstream.janeapp.com

PHYSICIANS – (604) 883-2344

Drs. Forgie, McDowell, Robinson & Smith

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.

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

Dementia: A quick peek

Jennifer Edwards, RN

The Oxford Dictionary defines dementia as, “a chronic or persistent disorder of the mental processes caused by brain disease or injury and marked by memory disorders, personality changes and impaired reasoning.”

This progressive worsening of brain cells steals an individual’s ability to reason, remember and see the world logically.

Supporting individuals and their caregivers challenged with managing dementia is essential.

It’s important to connect, empathize and not stigmatize the challenges and loss of control that dementia causes families.

Understanding the root of difficult behaviours will help individuals, families and caregivers manage the symptoms of dementia.

Anger and agitation are often symptoms of dementia and are not deliberate responses.

CAUSES

There are many possible causes for these spontaneous behaviours including physiological and medical factors.

Environmental causes could be sensory overload, unfamiliar people places or sounds, sudden movements or startling noises and difficulty adjusting to darkness.

Other causes that may trigger an outburst would be being asked to respond to several questions, being scolded, confronted or contradicted.

BEHAVIOUR

There are many difficult behaviours associated with dementia including paranoia, delusions and hallucina-

tions.

Paranoia is unrealistic, blaming beliefs which have resulted from the damage to the brain.

Paranoia makes it difficult to make judgments and separate facts from fiction.

Delusions are beliefs that run contrary to real-world facts.

Hallucinations are sensory experiences that can’t be verified by anyone other than the person experiencing them.

Any of your senses could be involved in hallucinations but seeing or hearing things are most common.

COPING

Paranoia, delusions, or hallucinations may be harmless and perhaps are best acknowledged but ignored, especially if they do not upset the person who is experiencing them.

This eliminates the need for an intervention.

It is paramount for families, friends and caregivers not to take these behaviours personally; the personality changes are a result of the dementia and its progression.

An individual with dementia is unable to control their behaviour due to damage to their brain cells.

Distraction and diverting the person’s attention to other activities — like going for a walk — is one strategy to help cope with dementia.

As the ability to be rational or logical becomes more difficult for a person with dementia, it is best not to argue with them.

Reducing distractions, gaining attention and de-escalating difficult moments are keys to manage dementia.

Encouraging humor and laughter, respecting sadness and loss, help sup-



port people dealing with dementia.

Social interactions, physical activity and mental stimulation are strategies to help individuals keep their brain healthy and engaged.

HOW DO WE HELP?

Understanding the foundations of dementia, education and avoiding stigmas associated with its progressive brain damage will help keep people connected and supported.

If you are interested in learning more about dementia and how to manage its many challenges, the Alzheimer’s Society of British Columbia will be presenting two workshops about dementia at the Lily Lake Village senior community meeting room.

The first workshop takes place Feb. 16 from 10 a.m. to 3 p.m.

This event is sponsored by the Pender Harbour Seniors Initiative with a free lunch provided.

There is limited space so attendees are urged to call Marlene Cymbalist at (604) 883-9900 to reserve a spot.

Family, friends and caregivers are welcome.

Thank you!

Lyn & Bill Charlton

For the effort and passion you bring to the Pender Harbour community.

We applaud your hard work and the inspiring dedication that went into producing a successful Christmas in Pender Harbour campaign, the Adopt-a-Youth fundraiser and donations to the Elves Club Christmas Hampers. Countless individuals and many organizations participated because of the passion you shared.



**COMMUNITY
PROFILE**



**PENDER HARBOUR
COMMUNITY
SCHOOL**

**HARBOUR LEARNING
CENTRE HOURS:
Tuesday to Friday
9am to 4pm**

Box 232
Madeira Park
VON 2H0

604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

DROP IN SPORTS @ PHSS

Pickleball Tues & Thurs, 5:30-7:30pm ~ \$7 drop in, all ages
Floor Hockey Tues, 7:30-9:30pm ~ \$3 drop in, grade 10+ Boys
Soccer Wed, 7-9pm ~ \$3 drop in, grade 10 boys and older
Basketball Fri 7-9pm ~ \$3 drop in, ages 12+

KIDS COOKING CLASS at EUSPIRIA

Fri Feb 2, 3-4pm Grades 3&4 ~ Free, limited group size, registration required

CIRCLE OF SECURITY

7 Thursdays Feb 1 to Mar 15 @ MPES 5:30-7:30pm, no charge but registration is required. For parents with children newborn to age 3. Child care available. Call the Community School for more info. Register: CCRR 604.885.5657

INDIAN COOKING with SUSHMA: @ PHSS Foods Room

Mondays from 6:30-8:30pm ~ \$55 per class or 3 for \$150
Feb 5 ~ Pakora, Butter Chicken & Basmati
Feb 26 ~ Curry Chicken/Curry Chick Peas, Rice and Roti
March 12 ~ Tiki, Curry Cauliflower/Potatoes & Curry Lentil

OPEN DOOR GROUP

Wed Feb 14 and Feb 28, 10am-2pm in the Harbour Learning Centre ~ employment services, job board, call to book appointment 604.885.3351, www.opendoorgroup.org

COMING UP...

Foodsafe Course (TBA), Canadian Red Cross Stay Safe (Monday, May 14), Canadian Red Cross Babysitters (Monday, April 16). If interested, please call us at 604.883.2826.

Seniors Helping Seniors

PENDER HARBOUR SENIORS INITIATIVE

Sponsored by:

Smart Fund



HARBOURSIDE FRIENDSHIP PROGRAM

Sponsored by:

P. H. Health Centre &
P. H. Health Auxiliary

FOR INFORMATION
OR TRANSPORTATION,
CALL MARLENE:
(604) 883-9900

WALKING GROUP: Tuesdays Feb. 6, 13, 20 & 27

At the P. H. Community Hall from 10:30-11am. Wear runners and join us in an easy-pace special exercise program with walking-based moves. Instructor Heidi Kozlof. Drop-in \$3.

CARPET BOWLING: Wednesday Feb. 7, 14, 21 & 28

At the P. H. Community Hall 1-3pm Drop-in \$3. Join us for a fun game!

CHAIR YOGA CLASSES: Fridays Feb. 2, 9, 16 & 23

With Judy Gideon at the P. H. Community Hall. 10:30 to 11:30am. Drop-In \$3.

FREE! DEMENTIA WORKSHOP: Feb 16, 10am-3pm

At the Lily Lake Village meeting room. With the expertise of an education coordinator for Alzheimers, we will explore two topics "Dementia Friends" and "Heads Up: An introduction to Brain Health." Lunch will be included. Limited seating ~ please call Marlene to sign up.

HARBOURSIDE FRIENDSHIPS: Thursdays

At the P. H. Community Hall at 10:30. Lunch served at noon. \$10 drop-in.

Feb. 1 – No morning session, will start at 1pm (lunch included).

Feb. 8 – Jen Edwards, RN will speak on diabetes.

Feb 15 – Music by Skinny Jimmy and Andrew

Feb 22 – Bus tour to Sechelt Library for a tour of the facilities and services followed by lunch. Limited seating please - call Marlene (604) 883-9900 to sign up.

Cost is \$10 for the bus and your lunch order.

Seniors Programs for February



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

NEW! THE SUNSHINE COAST TRAIL CHALLENGE!

First we had the 25km swim challenge, then the cycle across Canada challenge and now.... The Sunshine Coast Trail Challenge! Cycle, run, walk, swim, elliptical the distances of the Suncoaster Trail and Dakota Ridge trails with the comfort of being indoors. For each section of the trail you complete, enter into a prize draw!

MAT PILATES

Tuesdays 10:45-11:45am, February 20-March 27

Wednesdays 5:45-6:45, February 21-March 28

\$72/6 Classes. Pre-registration is required.

NEW! ADAPTIVE YOGA

A yoga class for those who live with mobility issues such as partial or total paralysis, Muscular dystrophy, multiple sclerosis or anyone who uses a cane, walker or wheelchair.

Saturdays 11 am-12 pm, Feb. 17 - March 24. \$76.65/ 6 classes. Pre-registration is required.

FAMILY SWIM SUNDAYS & TUESDAY TOONIE SWIMS

Bring your family to the pool for some fun — every Sunday is \$5 Family Swim, 1-4 pm.

And, every Tuesday evening is a Toonie Swim from 5 – 8:30 pm

GYM, POOL AND PLAY: Sundays 1:30-3:30pm

Parents and tots can enjoy positive play experiences in both the gym and pool. The gym will be set up with activities and the pool will have lots of toys available.

WE WILL BE OPEN ON FAMILY DAY FROM 1-4 PM.

The Egmont Story

In the 1920s, Gladys Disney married Egmont logger Fred McNutt and moved to Egmont. She had previously taught school in Roberts Creek and Wilson Creek and would later teach at the Egmont School. McNutt wrote a series of articles about the history of Egmont that appeared in the Coast News in 1955. McNutt died in 1968.



Gladys McNutt

*This article appeared in the
Coast News, March 22, 1956.*

(Continued from Jan. 2017 issue)

The Japanese were mostly interested in buying fish, which they took to Vancouver in their own packers.

They made regular trips.

The return loads were for ice and supplies for the stores.

Hatshita's packer was the *Matsu* and Taki and Maeda's, the

Kiku.

In later years they each acquired a second boat — the *Matsu II* and the *Kuku II* respectively.

And it can be said that many a person in a hurry or short of funds got a free ride to town on the packers.

They were always willing to bring up special orders and were liberal with their donations to any worthy cause.

The store owners' families lived for the most part in Vancou-

ver and they themselves ran the packers, hiring someone else to run the stores but as members of the families grew older they were often put in charge.

My first acquaintance with these stores was in the fall of 1934.

We were at Green Bay and had to go to town on business and wanted to call in at Wilson Creek on the way so we decided to take the *Lady Peggy*.

This was a small open speed



RECYCLING & BOTTLE DEPOT
883-1165

ONE-STOP CONVENIENCE

Closed Wednesdays and statutory holidays. Multi-material Recycling Beverage Container Refund Centre Hwy. 101 & Menacher Rd.

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

GRIPS will also be closed Sundays starting Nov. 5 until May 20.



EarthFair bookstore
www.earthfair.ca

LOVE A NEW BOOK!

ADVENTURES ♥ PEOPLE
PLACES ♥ NATURE

open wednesdays thru saturday this month

Lagoon Society's Charity-Owned, Madeira Park Plaza Store: (604) 883-9006

local history

boat.

The weather was clear, the sea calm and the moon would be shining brightly that night.

We started out at 7 o'clock that evening, having decided to go down the outside.

We hadn't gone far when we saw the sea of lights that indicated the gillnet fishermen were out in full force after the dog salmon.

The nets stretched from shore to shore and there was no way of telling which lights were on the boats and which on the ends of the nets.

We noticed a long low ground swell had started to run up Agamemnon Channel.

This meant an easterly out in the gulf.

Rather than chance that, we decided to go up the channel through Egmont and down through the Chuck to Porpoise Bay.

We called in at camp and told them of the change in plans and then headed up the channel.

By the time we got to the store, it was nearly 11 p.m.

We had already consulted the tide book to the effect that it

would be slack tide around midnight.

So, there was nothing to do but wait.

We consulted our watches and discovered that they didn't quite agree and what was that about not always being able to rely on the tide book to figure out the Chuck?

So we decided to inquire.

A knock on the door at the store brought Kathleen Maeda to answer it.

When we explained who we were and why we were there, she invited us in for a cup of coffee.

She said she was nervous because the men were all away packing fish and there was a story to the effect that some character was going around in a boat holding up people on Nelson Island. (When the police caught up with him he said he was doing it to get material for a book.)

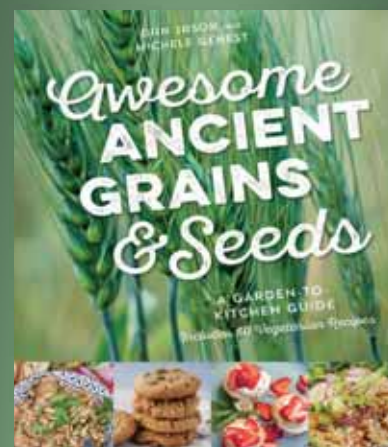
We asked Kathleen how long she had been there and she said, "Six long years."

We learned she had a boyfriend but her parents did not approve as they already had a husband picked out in Japan.

(Continued next month.)

Cultivate and Cook with Douglas & McIntyre

• • • • •

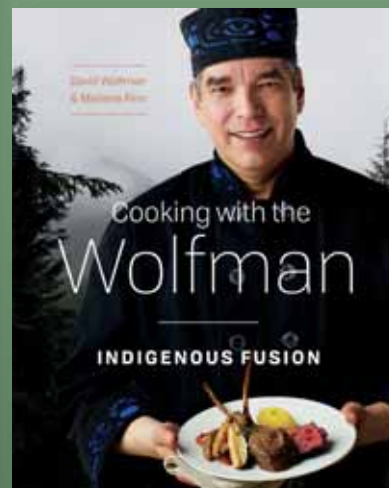


Awesome Ancient Grains and Seeds A Garden-to-Kitchen Guide with 50 Vegetarian Recipes BY DAN JASON & MICHELE GENEST



Paperback | \$24.95

• • • • •



Cooking with the Wolfman Indigenous Fusion BY DAVID WOLFMAN & MARLENE FINN



Paperback | \$29.95

• • • • •



Douglas & McIntyre

WWW.DOUGLAS-MCINTYRE.COM

K•E•R ENTERPRISES Trucking & Excavating



KERRY RAND 883-2154

EXCAVATION • PROPERTY DEVELOPMENT • SEPTIC FIELDS • GRAVEL & TOPSOIL

community calendar

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

FEBRUARY

Fri. Feb. 2.....Kids Cooking class - Euspiria Cafe, 3 p.m.

Sun. Feb. 4.....Community and health services "needs assessment" open house - P. H. Community Hall, 2-5 p.m.

Mon. Feb. 5.....Pender Harbour food bank pickup - P. H. Community Church, noon

Tues. Feb. 6.....Beer and Burger fundraiser for the Mountain Grind - Grasshopper Pub, 7 p.m.

Wed. Feb. 7.....Wellness support for chronically ill women meeting - P. H. Health Centre, 1:30-3 p.m.

Fri. Feb. 9.....SoM Coffeehouse - P. H. School of Music, 7:30 p.m.

Sun. Feb. 11.....P. H. Music Society presents Katrina Bishop - P. H. School of Music, 2 p.m.

Tues. Feb. 13.....P. H. Women's Connection gathering - P. H. School of Music, 9:30 a.m.

Wed. Feb. 14.....Valentine's Day

Fri. Feb. 16.....Alzheimer's Society of BC presents a free dementia workshop - Lily Lake Village, 10 a.m.

Mon. Feb. 19.....Pender Harbour food bank pick up - P. H. Community Church, noon

Tues. Feb. 20.....P. H. Wildlife Society presents Ross Vennesland - PHSS, 7 p.m.

Wed. Feb. 21.....Wellness support for chronically ill women meeting - P. H. Health Centre, 1:30-3 p.m.

Sat. Feb. 24....."Swamp Thing," race one of the Sunshine Coast Trail Series - @ McNeill Lake, 9 a.m.

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

FERRY DEPARTURES

Effective Jan. 2 to March 31

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

HORSESHOE BAY

7:30 am - Daily
9:10 am - March 30 only
9:45 am - Daily
11:55 am - Daily
2:10 pm - Daily
3:40 pm - March 29 only
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
10:15 am - March 30 only
10:50 am - Daily
1:05 pm - Daily
3:15 pm - Daily
4:50 pm - March 29 only
5:25 pm - Daily
6:40 pm - Daily
8:55 pm - Daily

EARLS COVE

6:30 am - Daily except Sun
8:25 am - Daily
10:25 am - Daily
12:40 pm - Daily
2:40 pm - Feb 6-Mar 17 only
5:05 pm - Daily
7:30 pm - Daily
10:30 pm - Daily

SALTERY BAY

5:35 am - Daily except Sun
7:25 am - Daily
9:25 am - Daily
11:20 am - Daily
1:40 pm - Feb 6-Mar 17 only
3:40 pm - Daily
6:05 pm - Daily
9:30 pm - Daily

The essence of all art is to have pleasure in giving pleasure.

~ Dale Carnegie

— INDIAN ISLE — CONSTRUCTION



Serving for over 25 years!



- SAND & GRAVEL
- EXCAVATING
- ROCK BREAKING
- ROCK WALLS
- BRUSH MOWING
- DISPOSAL SERVICES
- LAND CLEARING
- ROAD BUILDING
- ROAD GRADING
- DEMOLITION
- SEPTIC SYSTEMS
- WATER LINES



donwhite@indianisleconstruction.ca
www.indianisleconstruction.ca

604-883-2747

COAST EQUIPMENT RENTAL



Excavators • Track Loaders • Dump trailers
MACHINE AVAILABLE WITH OR WITHOUT OPERATOR



coastequipment@hotmail.com
www.coastequipmentrental.ca

604-883-2747

Why not work here?

The West Coast Wilderness Lodge is hiring for the summer and we are looking for locals.

If you are interested in a long term position with above average wages and incentives, contact us at the Lodge:

(778) 280-8610

lodge@wcwl.com



**WEST COAST
WILDERNESS LODGE**
oceanfront resort
& restaurant
Egmont, BC



Something to squirrel away?

SELF-STORAGE (Up to 5' x 10')

- Secure
- Heated
- Boats and RV storage

DOWNTOWN MADEIRA PARK

Squirrel Storage

Larry & Linda Curtiss (604) 883-2040

Land clearing to landscaping.

Specializing in excavation & Bobcat services.

**ANDREW CURTISS
CONTRACTING**
(604) 740-7775

A few miles away — a whole new world.

ONLY
15 MINUTES
SOUTH OF
MADEIRA
PARK

VALENTINES DINNER ~ FEB. 14

2 seating options:

5:00pm*

3 course meal ~ **\$68**

w/ optional 3 course

wine pairing ~ **\$89**

7:30pm*

5 course meal & live

music ~ **\$88**

with optional wine

pairing **\$119**

*Reservations recommended

Open seven days a week
for breakfast, lunch & dinner.



2018 WINTER PROMOTIONS:

valid until March 31

THREE COURSE DINNER (Mention promo code RW36)

\$36 locals only ~ Thursday & Friday nights.

KARAOKE PARTY

Friday nights, live.

DINNER AND DANCE

Live music selected Saturdays (call for info).

HAPPY HOUR, 3-5PM

Cheer up! It's Thursday to Sunday.

VALENTINES PACKAGE SPECIAL!

Be the first to try our newly renovated rooms.

Three package options to choose from.

CALL TO RESERVE NOW.

Prices not including tax and gratuities.



rockwatersecretcoverresort.com | 604.885.7038

Pender
Harbour
Spirit



alanstewart.ca



This advertisement is not intended to induce a breach of an existing agency relationship.



Help us navigate the season!

Seasonal Staff Needed

Please contact info@johnhenrysresortmarina.com for more info. We're hiring for the following positions for Spring - Fall 2018:

**General Store Staff · Marina & Resort Office
Fuel Dock · Housekeeping · Maintenance
Restaurant (Front & Back of House)**

Seasonal Accommodation Needed

If you have a house, suite or room to rent, please contact Stacey Stewart to discuss your property 604-883-2336 Ext 2 or info@johnhenrysresortmarina.com

Without additional off-site housing we may not be able to operate our Café 7 days a week this summer.

John Henry's
MARINA & RESORT

WINTER STORE HOURS: 9AM-6PM, 7 DAYS A WEEK
TEL: 604-883-2336, EXT 2