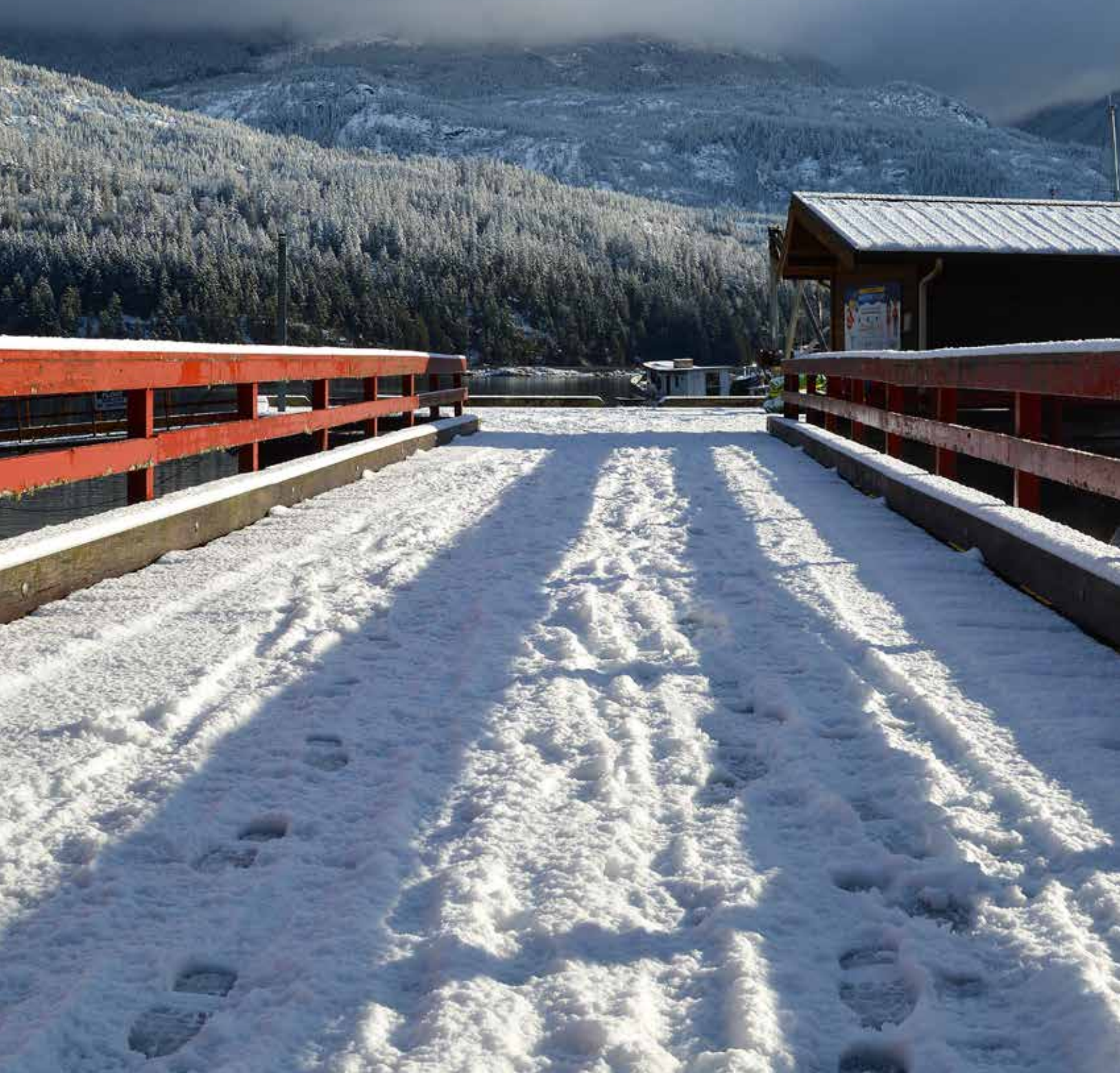


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HARBOUR SPIEL

March 2023
Issue 387





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EDITOR

Brian Lee

CIRCULATION (2,200)

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: Craig Dunn, Leonard Lee, Robert Livingston and Shane McCune.

COVER

The Egmont government wharf on Feb. 26. (Brian Lee photo).

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(Advertising bookings before March 15)

editorial

Questioning reality



Brian Lee

I tend to the cynical in most things but especially when it comes to reality

television.

You don't need to watch *Bridezillas* or *Long Island Medium* to know you are being lied to.

So, when someone told me that a reality TV series filmed in Egmont in late 2021 was finally released, I thought, "This should be good."

Hulu's *Chefs vs Wild* (see story p. 7) drops two Gortexed chefs into "the Canadian wilderness" to forage enough ingredients to then make a three-course meal.

The filming took place in late fall and early winter — a challenging season to forage in the local bush.

I mistrusted everything about the show, starting with how the editors framed stormy peaks up Jervis Inlet before fading back to a poor sucker failing to hook a trout on Ruby Lake.

Did they have fishing licences when harvesting oysters and crabs from the beach?

And, did they really sleep out in the bush in moss-covered lean-tos?

More likely, I assumed, the chefs just curled up in the brush below the deck of the West Coast Wilderness Lodge for a night shot before being whisked back to their cozy rooms.

But, by the second episode, I had to admit that I was enjoying watching people flounder through the familiar habitat of my home.

There is something oddly satisfying about witnessing drama unfold in your backyard rather than the typical desert or tropical location.

It was almost enough to make me forget that it was probably all fake.

Then I read accounts by two of the contestant chefs who claimed it was *almost* all real.

They described battling dehydration and hunger while drying moss in their pockets through the day so they could start a fire back in their damp wilderness camp that night.

"Food was scarce. Water had to be boiled and was a 30-minute walk from camp," wrote Alan Bergo.

Despite that, he managed to create a five-star meal from thistle roots, rose hips, chanterelle mushrooms and shore crabs.

Jade Berg had a similar story.

It was his fourth night in the woods and the atmospheric river had just hit B.C. while he sought sleep in a makeshift shelter that was "worse than sleeping under a pasta strainer."

"What they don't show on the series is that we had no food with us, the clothes on our backs and a backpack full of sugar and vinegar to make infusions," said Berg.

"We're not sleeping in sleeping bags — we're sleeping on sword ferns in a shelter that we built, trying to stay out of the rain.

"When we came across the food — for example we found oysters on the beach one day — do we keep it?"

"We have to do an appetizer, an entree and a dessert.

"Or, do we eat it because we haven't eaten anything in days?"

Bergo claimed that while his experience was real, the final cut often strayed from reality.

"When it came time to judge the dish, the host Kiran said 'The flavour of the crab isn't coming through,' or something like that, writes Bergo.

"The second judge Valerie said it tasted strongly of crab, but the editors cut that part out."

"One of my takeaways was that reality in reality television can be what an editor wants it to be."

And there's the reality — editors have all the power.

BLUE WESTERN DINNER AND DANCE: Saturday, March 4, 6 p.m.

Local country music stars Blue Western will entertain audiences at the Royal Canadian Legion No. 112's big hoe-down on March 4. Blue Western are musicians Mike Evans, Archie MacLean, Warren Allan and Garth Bowen. All accomplished musicians in their own right, they play classic country music from the likes of Merle, Waylon, Dwight and Johnny. Dinner is at 6 p.m. and then the line dancing begins. Tickets are \$30 and available at the Legion and Harbour Insurance.

P. H. AND DISTRICT CHAMBER OF COMMERCE MEET AND GREET: Tuesday, March 14, 4-6 p.m.

Come out and find out what the directors of the Pender Harbour and District Chamber of Commerce have been up to on March 14. Take in some Pender Harbour Spirit at the new location for the FUSE work hub (above Java Docks) in Madeira Park — nibbles and a drink will be provided.

P. H. MUSIC SOCIETY PRESENTS THE SLOCAN RAMBLERS: Sunday, April 2, 3:30 p.m.

The Slocan Ramblers (2020 IBMA Momentum band of the year award winner and 2019 Juno award nominee) are Canada's bluegrass band to watch. Rooted in tradition, fearlessly creative and possessing a bold, dynamic sound, The Slocans have become a leading light of today's acoustic music scene. With a reputation for energetic live shows, impeccable musicianship and an uncanny ability to convert anyone within earshot into a lifelong fan, the Slocans have been winning over audiences from Merlefest to RockyGrass and everywhere in between.

The Slocan Ramblers are Frank Evans (banjo/vocals), Adrian Gross (mandolin), Darryl Poulsen (guitar/vocals) and Charles James (bass/vocals). On their new album "Up the Hill and Through the Fog," the all-star Canadian roots ensemble channels the past two years of loss into a surprisingly joyous collection of twelve songs intended to uplift and help make sense of the world. Don't miss them on Sunday, April 2 at the Pender Harbour School of Music. Note: This concert starts at a different time than usual — 3:30 p.m.



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Wilson 5 Foundation drops \$1.2 million on PODS

The Pender Harbour Ocean Discovery Station project looks to be back on track after a \$1.2 million injection of cash from the Wilson 5 Foundation.

The Wilson 5 Foundation is the private foundation of part-time Middlepoint residents Chip and Summer Wilson.

Chip Wilson is the founder of Westbeach Snowboard and Lululemon Athletica.

Michael Jackson, executive director of The Loon Foundation, told the *Harbour Spiel* that the \$1.2 million from Chip and Summer Wilson is a portion of an earlier pledge of \$8.4 million that was intended to be doled out as the project progressed.

When open, PODS will be a marine and freshwater research and education facility based in Irvines Landing.

Jackson said his team is currently working through the building permit process and hopes to start breaking ground in late summer.

"We've got 21 consultants working for us at the moment," said Jackson.

"Everything from traffic control consultants to green-energy people."

Jackson said the latest cost estimate for the project will run as high as \$26 million for the empty building.

Once completed, he expects it will cost another \$4 million to fit it out with exhibits and displays.

This latest cash infusion will only allow the construction of PODS to begin but Jackson is confident that more funding is on the horizon.

A multi-million-dollar funding award from the federal government that was originally to be announced last August has been delayed awaiting a negotiated "relationship agreement"



Jeremiah Deutscher/Deutscher Architecture Inc.

An artist's rendering of the proposed Pender Ocean Discovery Station at Irvines Landing. PODS is now slated to open by the summer of 2025.

between the Loon Foundation and the shishàh First Nation.

"It's still there and we're continuing on," said Jackson.

"Basically, Infrastructure Canada is happy for us to continue on the way we're continuing and they're just awaiting completion of the negotiations with the First Nation."

Jackson said the timeline to use the "Green and Inclusive Community Buildings" funding ends in March 2026.

Jackson said he aims to open the facility by 2025.



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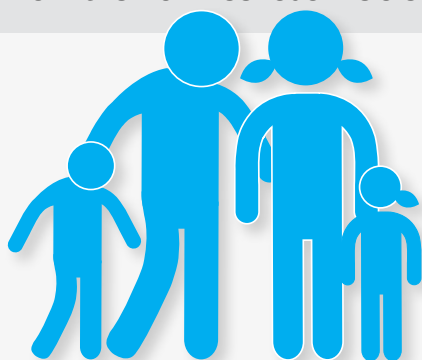
SUNSHINE COAST LIVING WAGE

The living wage for the Sunshine Coast is \$24.30 in 2022.

It is the hourly pay that two parents must each earn to provide for the basic expenses for a family of four. (Living Wage Canada, 2013) This is a conservative estimate that includes the cost of housing, food, transportation, childcare, health care, and other budget categories. The living wage is not the same as the minimum wage, which is the legal minimum all employers must pay their workers. Nor is the living wage a magic number; rather, it is the beginning of a conversation about supporting low wage workers in our community. Population figures are taken from the 2021 census. BC's current minimum wage is \$15.65 per hour.

**2022 Living wage for
the Sunshine Coast**

\$24.30



2021
\$19.79

+22.8%

2022:
\$24.30

32,170

Population of the Sunshine Coast according to the 2021 census. (Was 29,970 in the 2016 census.)

4,945

The number of children and youth (ages 0-19 years) on the Coast, making 15% of the total population.

\$2,218

The median monthly rent for a modest 3-bedroom unit on the Coast (including utilities, insurance, and internet).

1,690

The number of children on the Sunshine Coast who live in 1,205 single-parent families.



The most recent child poverty reports from 2020 demonstrate that 27% of children on the Sunshine Coast live in poverty. That figure rises to 59% of children in poverty in single parent households.

A couple in which both partners earn minimum wage could not afford a monthly rent greater than

\$1,501.50 before becoming housing insecure.



\$73,800

Average employment income in 2020 for full-year full-time workers in 2020.

\$1,238

Sunshine Coasters' monthly food costs, an increase of \$266 per month, or 27.4 per cent, since 2021.

400

The number of certified Living Wage Employers across the province.

Filmed in Egmont, Chefs vs Wild premieres on Disney+

“Reaching the peak of the culinary world has never been this demanding.”

Chefs vs Wild is a reality TV series filmed in the Egmont area between October and December 2021 and recently released on Disney+ in Canada Jan. 25.

Hosted by Kiran Jethwa and Valerie Segrest, each episode of Chefs vs Wild pits two accomplished chefs against each other in a culinary battle.

First, they’re dropped off in the bush with only a camera crew and a survivalist helper.

The chefs scrape what protein and flavours they can from winter’s dormant forest before meeting back at Dean and Sandra Bosch’s property overlooking Agamemnon Channel.

There, a wood-fired kitchen awaits them as well as more than a few helper ingredients.

The show was able to pull together some top-notch chefs who were willing to put themselves through the damp chill of a Jervis Inlet winter.

Chefs included Evan Robertson (Hillside Winery, Penticton), Cam Dobranski (Eatcrow Kitchen & Bar, Calgary) and Tracy Little (Sauvage, Canmore).

One chef, Alan Bergo, writing about his experiences on his website *ForagerChef.com* had this to say:

“The psychological stuff people talk about is real.

“Physically and emotionally, this was one of the hardest things I’ve done.

“Every contestant has ongoing appointments before and after the competition with a psychiatrist familiar with this kind of experience and, even only having been out a few days, I can understand why.”



Hulu

The Chefs vs Wild kitchen set was built on the Bosch property overlooking Agamemnon Channel near Earls Cove. Some might question if those Red Rock crabs harvested were legal size. Licorice root was a popular ingredient.



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FROM 4 TO 6PM**

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news

Local community is 'Better at Home'

The Pender Harbour Health Centre recently announced that it has funding in place to host a "Better at Home" program.

Better at Home is a program of the United Way of British Columbia and funded by the provincial government.

The program provides non-medical services to seniors to help them live longer in their own homes.

According to a PHHC press release, services may include companionship, grocery shopping, transportation, light housekeeping, light yard work, light home maintenance, recycling and group walks.

Better at Home works on a sliding scale so that all seniors, regardless of income, can receive services which are provided by volunteers, contractors and paid staff.

Haida Bolton is has been hired as the program co-ordinator for the program offering services from Halfmoon Bay to Egmont.

Bolton is already working with the health centre as the adult day program co-ordinator.

She has lived in Pender Harbour for the last eight years.

Bolton completed a bachelors degree in science in 1990 and brings 16 years of experience in caring for seniors in both her professional and her personal life.



submitted

Haida Bolton is the new program co-ordinator for the Better at Home program running out of the Pender Harbour Health Centre.

From the press release:

"We will work in partnership with individuals, businesses, organizations, schools and service groups to help meet the needs of our elders," said Bolton.

"I look forward to serving the elderly in our community, many of whom have supported me in the past.

"Now it is my turn to give back to our elders."

The program is expected to be up and running by May 1.

Until then, Bolton plans to connect with community clubs, service groups and organizations from Halfmoon Bay to Egmont.

She will also be looking for contractors and volunteers who would like to work with the program.

Seniors needing assistance with non-medical tasks, or those who can provide these services as a volunteer or a contractor, can contact Haida Bolton at (604) 212-2232 or at haida.bolton@penderharbourhealth.com.

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Brian Lee

The Pender Harbour Living Heritage Society opened the doors to the Sarah Wray Hall on Feb. 22 and 23 to celebrate BC Heritage Week and to show off their new displays and volumes of new research materials. Seen here are Cathy Jenks and Carol Howie, two of the volunteers responsible for compiling new material that is continually donated to the PHLHS archives.



submitted

Pender Harbour Rotary's December 'Spreading Kindness' campaign raised \$12,000 this year. Over \$10,000 of that amount has been given to the Pender Harbour Community School to be used to help local families and youth in need throughout the year. The remainder was distributed locally to those in need over Christmas. Seen here is Cheyenne Howitt (l), community school administrator, receiving a cheque for \$10,000 from Spreading Kindness organizer and local Rotarian Lyn Charlton (r).

Calling all gardeners!
The Pender Harbour Community Club Society needs your donations and volunteers for the
COMMUNITY HALL PLANT & GARDEN SALE
Saturday, April 29, 10am-3pm
Looking for donations of plants, vegetable starts, garden items, garden tools, pots & outdoor furniture.
~ In saleable condition please ~
If you can donate or help call:
Lesley at (604) 883-2992

The Madeira Park Legion proudly presents
Blue Western
Dinner & Dance
Saturday March 4
Dinner 6 PM TICKETS \$30
Dance 7:30 - 11 PM Available at the Legion & Harbour Insurance
Graduation for the Line Dancing classes
Legion 12829 Lilies Lake Rd, Madeira Park

Organics diversion embraced locally



*Leonard Lee
Area A director, SCRD*

We should be proud of ourselves for embracing the opportunity to do the right thing for our environment by sorting food-soiled paper and food waste from our regular garbage and depositing it in the newly provided container at our transfer station.

From Nov. 1 to Dec. 31, 2022, our transfer station received 4.3 tonnes of food waste from residents, and we look forward to seeing even better numbers in 2023.

A message from Salish Soils:

Please don't put those annoying little produce stickers into your green bin; they're almost impossible to

screen out and they don't biodegrade.

PARTIALLY HOUSED

It is easy to agree with the provincial government's proclamation that people experiencing homelessness in encampments and public spaces have legal and human rights:

"People may be physically, mentally, or emotionally vulnerable ... they deserve supportive, informative, and non-judgmental assistance."

Provincial government outreach programs determine if squatters and tenants in illegal arrangements risk homelessness, but not everyone at risk qualifies for, or will accept, subsidized housing or shelter.

Those who don't may choose to live in recreational vehicles, a situation for which there are no govern-

ment-sponsored facilities.

Those lucky enough to secure a site at a legally established RV business can live there full-time, without fearing eviction because they are protected under the residential tenancy act, by occasionally relocating RVs within the property.

Others arrange to move to private property, piggy-backing onto existing utilities, e.g. water, electricity, and septic, and all goes well until someone files a complaint, triggering local government to enforce bylaws.

On private property, a violation reported to the SCRD or Crown ministry triggers notification to the homeowner or tenant, often results in compliance and the tenant moves.

When the homeowner or tenant refuses to comply, fines and/or court



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UPCOMING MEETINGS

Finance Committee
(Round 2 Budget)
March 2 at 9:30 a.m.

Committee of the Whole
March 9 at 9:30 a.m.

Regular Board
March 9 at 2:00 p.m.

**Electoral Area Services
Committee**
March 16 at 9:30 a.m.

Committee of the Whole
March 23 at 9:30 a.m.

Regional Hospital District
March 23 at 1:00 p.m.

Regular Board
March 23 at 2:00 p.m.

Agendas and links to
video-streaming for meetings
are available at
www.scrd.ca/agendas

Pender Harbour Satellite Office — NEW HOURS

Monday	7:00 a.m. to noon
Tuesday	closed
Wednesday	8:30 a.m. to 4:30 p.m.
Thursday	closed
Friday	7:00 a.m. to noon



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orders are employed, but this can take about two years for resolution.

Those who cannot afford pad rental or are deemed unacceptable tenants may turn to living on Crown land, which is legal for 14 days if their activities are conducted in a safe and healthy manner and they don't build permanent structures.

"Campers" who find a location with water, electricity, road access, and space to conduct business are often joined by others, creating a homeless encampment.

Everyone involved, especially those charged with enforcing the law, want a better solution, but today and likely for the foreseeable future, the "solution" is not a solution and only moves the problem to a new neighborhood, perhaps near you.

It's up to the provincial government to solve this one, including changing eligibility criteria, providing RV sites, and establishing safety and environmental standards for long-term living.

PLANNING GETS PEP-IER

The SCRDP planning and community development department provides multiple services including:

- Building inspection, administering and enforcing the BC building code and plumbing code;
- Corporate and regional sustainability – emissions reduction initiatives, climate action charter, and community sustainability planning;
- Protective services – fire departments, emergency planning, and bylaw compliance, and
- Rural and regional planning and development — technical advice on land use, manage rezoning, subdivision, and development applications, liaise with municipal committees

and community groups, ensuring our official community plan goals are reflected in policy documents and new development, and a wide range of other activities.

To address an ever-growing number and complexity of land-use enquiries and applications, staff have undertaken a series of initiatives to provide timely, quality service to applicants while modernizing our rural planning framework.

These are grouped under two projects titled Planning Enhancement Project 1 and 2 (PEP1, PEP2).

PEP1 started in 2021 with a \$253,000 grant to review development regulations and approval processes, and portions of land-use regulation bylaws to:

- Identify possible improvements to processes, bylaws, and on-line processes, and
- Include public participation, communication, training, and a market scan of development processing software.

It's near completion and will lead into PEP 2 process improvement projects approved in the 2022 budget with these goals:

- Establish a long-range planning unit headed by a senior planner;
- Harmonize and rewrite zoning bylaws and the OCP;
- Engage consulting services;
- Update density opportunities,

review incentives, and housing needs;

- Focus on sustainable development, e.g. corridor planning, storm-water management, wellhead/aquifer protection, invasive species, and protection and enhancement of riparian areas, soil, and shorelines, and
- Engage in provincial policy development.

Both initiatives were in our preliminary 2023 budget, work continues based on earlier approvals, and a review is scheduled for March 2.

I hope they will receive approval for inclusion in our final budget adoption on March 23.

EXCAVATION SERVICES





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Dunn: Something must be done about the Myers Creek camp

The following letter was addressed to members of the shishàlh First Nation, Sunshine Coast Regional District, Vancouver Coastal Health, MLA Nicholas Simons MLA, MP Patrick Weiler, and cc'ed to the Harbour Spiel.

Editor,

I am a member of the Garden Bay community, and have been so, for 17 years now.

I have had the pleasure of speaking with some of you.

I am writing to all of you today about the issue surrounding the Meadow Creek area on Garden Bay road, where there has been an illegal encampment for at least two years, with some members of the encampment having been there for much longer.

The encampment is directly on the water stream (Myers Creek) — a salmon bearing creek.

This issue not only affects me but it does you as well; I am just closer to the issue than most of you reading this letter.



Brian Lee

The problem.

There are several things that appear to be going on here:

- Grave environmental damage to the area;
- Rampant drug use;
- Long term homelessness (al-

though there are several RVs there currently that can be relocated), and

- Collection of a large variety of items, a massive garbage heap, and a number of stripped down vehicles.

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Brian Lee

Structures built over Myers Creek, a salmon spawning stream.

there is a general expectation that we treat the environment as best we can.

Law abiding citizens are expected to pay a fee when we purchase goods at the grocer, we pay a fee when we purchase oil to put in our car, we pay a fee when we fill up our vehicles with fuel, we pay a fee if we do something wrong that in turn will hurt the environment.

When I say we, I mean the general collective that make up the wider economy.

I'm sad to say, but by allowing the occupation along the creek to go on for as long as it has, and to watch the amount of waste and garbage pile up the way it has, makes me wonder if we have a two-tiered approach when it comes to environmental protection.

The rules only apply to those that can afford to make a difference.

I understand this issue is complex and that may be part of the lack of action but we as a community are desperate.

At a minimum, certainly the encampment has an adverse impact on everyone's property values in Garden Bay.

There are a few potential actions that I have been thinking about.

I am looking to the community to come together to help make a co-ordinated effort on how we can approach this swiftly in an organized fashion:

- We will need to re-house these people, assuming they are looking for legal housing;

- We need immediate quarantine and cleanup of the area.

We need to get an idea of the levels of toxicity they have left there;

- Proper cleanup plan.

Who is responsible for the cleanup?

Who is going to pay for the garbage, and

- How do we assure this does not happen again?

Our community has been adversely impacted by this for quite

some time.

We have been more than patient to allow time for these problems to be adequately addressed by the proper authorities.

We need to be more prepared and have mechanisms in place to prevent another situation like this from happening again.

Each group that has received this email have a role to play in seeing corrective action take place regarding this issue.

I am asking that we work together in a strategic and co-ordinated fashion to actually turn this mess into a success story.

I would also ask for you to come to Garden Bay for a town hall style meeting when this is over to discuss with the community how this got so out of hand and how we can be better prepared to not allow something like this to happen again.

Concerned citizen of Garden Bay,
Craig Dunn



Brian Lee

An encampment on the banks of Myers Creek in Lower Kleindale has grown into an extreme eyesore and environmental liability while government agencies, including the Ministry of Transportation and Infrastructure, on whose property a portion of the roadside camp sits, have yet to take action.

PENDER HARBOUR VOLUNTEER FIRE

2022

141



TOTAL CALLS

1



NEW FIREFIGHTERS



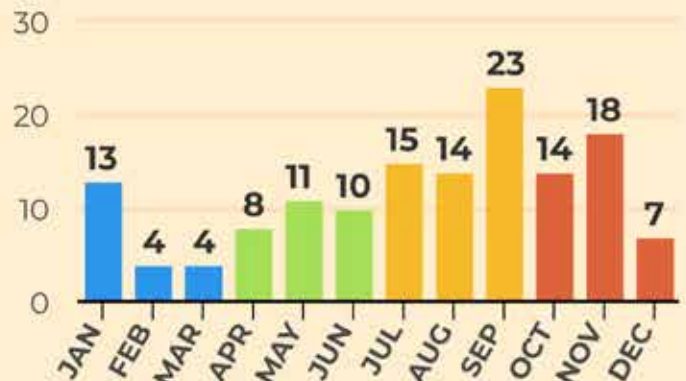
CALLS BY TYPE

- 34 - Medical
- 24 - Vehicle Incident
- 23 - Mutual Aid
- 20 - Wires Down
- 13 - False Alarm
- 6 - Report of Smoke
- 6 - Minor Fire
- 4 - Wild Fire
- 3 - Vehicle Fire
- 3 - Smell of Gas
- 2 - Chimney Fire
- 2 - Boat Fire
- 1 - Structure Fire

CALLS BY TIME OF DAY



CALLS BY MONTH



April Tools hits 20-year milestone next month

submitted

It will mark 20 years when the Pender Harbour Living Heritage Society's April Tools Wooden Boat Challenge launches once again on April 29 at Millennium Park in Madeira Park.

This family-friendly event draws teams from the Sunshine Coast and the Lower Mainland and beyond.

Teams of four must create a boat in three hours from the materials they are given with only one hour to figure out how to do it.

The type of craft and the constraints of the race change each year, and therein lies the fun.

That and the fact that this must all be accomplished using only hand tools and battery-powered screw guns.

The boatbuilding is followed by races that may or may not end with all participants swimming.

But it's worth the risk since the top prize is \$700.

Second place entrants receive \$400 and third gets \$250.

The cost to enter this mayhem is taxes



Brian Lee

The special anticipation of the first launch for entrants at April Tools 2022.

\$200 for a team of four, but the rate is reduced to \$180 if organizers receive your entry before April 1.

And it's not all about the adults.

The organizing team goes to Pender Harbour Secondary School to guide the students to build boats that they too will race at April Tools.

Getting their names on the revolving trophy and the chance to dunk their friends' boats is a big draw for the youth teams.

Even the little kids spend the better part of the day hammering away on small boat hulls and house materials, then painting their prizes and

floating them in our little pool.

Various other craft activities also available to keep kids entertained.

Kids' activities are free and the high school boatbuilding materials are donated so they participate at no cost.

To sign up an adult team for a chance to win the big bucks, go to www.apriltools.ca to enter.

You can fill out an entry form online and send your fee by e-transfer, or download an entry form, fill it out and mail it in with your fee by cheque.

In either case, mark your calendar and head to Madeira Park on April 29 for the unofficial kick off to spring.

Free income tax preparation assistance available starting March 1

submitted

Starting March 1, volunteers will complete tax returns, free of charge, for eligible clients.

The Community Volunteer Income Tax program helps low-income individuals, families and seniors complete their tax returns.

It's a free service for eligible clients and staffed by volunteers with three options available.

WALK-IN

Until April 30, Harry Drost will

be holding walk-in tax clinics at the P. H. Community School on Mondays from 9:30 a.m. to 1 p.m. and at the P. H. Health Centre on Wednesdays from 9 a.m. to noon.

Anyone attending must be healthy, wash their hands and wear a mask.

DROP OFF

Folks can also drop off their tax information at the P. H. Community School (drop off in the mail slot in door and pick up from box outside) or the P. H. Health Centre reception

desk during regular business hours Monday to Friday.

BY APPOINTMENT

To set up an appointment, contact Harry Drost directly at (604) 741-5132.

The Community Volunteer Income Tax program is sponsored by the Canada Revenue Agency and by Vancouver Coastal Health Authority.

There are income limits and the program does not serve clients with employment expenses, self-employment income or rental property.



1. Where in Egmont is the Egmont Thrift Shop located?

- ☐ a. Egmont Community Hall
- ☐ b. Egmont Heritage Centre
- ☐ c. Bathgate's General Store
- ☐ d. Egmont Fire Hall

2. Which local recording artist had a hit with *Seasons in the Sun* in 1974?

- ☐ a. Joni Mitchell
- ☐ b. Terry Jacks
- ☐ c. Alan Moberg
- ☐ d. Rod McKuen

3. What is a 'hippie killer'?

- ☐ a. Low quality wood stove
- ☐ b. Drunk logger
- ☐ c. Backeddy Pub's house cocktail
- ☐ d. Elderly or lame cougar

4. When did Charles Irvine reputedly purchase the site at Irvines Landing?

- ☐ a. 1867
- ☐ b. 1886
- ☐ c. 1901
- ☐ d. 1919

5. Which unit of measurement is chiefly used to refer to the depth of water?

- ☐ a. nautical mile
- ☐ b. yard
- ☐ c. parsec
- ☐ d. fathom

6. Correct spelling for this Halfmoon Bay Road.

- ☐ a. Red Roofs
- ☐ b. Redroofs
- ☐ c. Redrooffs
- ☐ d. Redrooffes

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

The Harbour Authority's AGM on March 27 will be a big one

Bill VanGaal

Did you ever wonder who is looking after the public facilities at Millennium Park, the office, docks and wharf at Madeira or the docks at Hospital Bay, Whiskey Slough and Secret Cove?

It's the Harbour Authority of Pender Harbour.

But the HAPH doesn't have authority over the entire harbour like the Vancouver Port Authority or the Nanaimo Harbour Authority.

The HAPH has no authority over the ocean in and around Pender Harbour.

It is a volunteer-run, federally incorporated, not-for-profit organization that was established in 1991 and has been operating for more than 30 consecutive years.

The HAPH has an agreement with Small Craft Harbours, a division of the Department of Fisheries and Oceans, to manage wharves at Madeira Park, Hospital Bay, Whiskey Slough, and Secret Cove.

In addition, there are other agreements with the province and Sunshine Coast Regional District for lands where these facilities are located, such as the HAPH office, Millennium Park, and the former forestry dock.

Although the primary purpose of the SCH docks is to support the commercial fishing industry, they also serve other commercial and pleasure craft operators as well as the surrounding community.

The Harbour Authority of Pender Harbour also performs a vital service for the community, proudly providing the community access to our facilities for many local events such as the April Tools Challenge, Pender Harbour Days, the Halloween fireworks,

the launching and viewing area for the Christmas boat parade and, more recently, the Pender Harbour Winter Festival.

These docks have always been a vital link between visiting boaters and commercial retailers in Madeira Park.

In the high season, it can become quite chaotic at the local liquor and grocery stores with all the increased traffic from visitors, but these businesses are badly needed to keep such amenities available for everyone living here year-round.

So, what's on the agenda?

Aside from general maintenance of the facilities, ongoing upgrades to flotation, electrical and water services, and fire-suppression systems, there is a "to do" list.

Working with Small Craft Harbours, upgrades to the existing crane at the Madeira Park wharf will assist commercial fishermen and others with more efficient loading and offloading of their vessels.

The HAPH plans to complete this project on its own or in conjunction with a major wharfhead upgrade scheduled to be completed by Small Craft Harbours.

The HAPH board has also been working with Forestry Lands and Natural Resource Operations for a lease to manage and improve the existing boat launching ramp at Madeira Park.

If successful, a planned expansion of the ramp will see two lanes as well as a loading/off-loading dock.

Washrooms at Millennium Park will be upgraded and installation of coin-operated laundry facilities for customers is being considered.

Decking and railing structures around Millennium Park are also being assessed to determine maintenance needs.

Depending on the assessment, this project may require community support to assist with completion.

If community members have any thoughts regarding these plans or the operation in general, the HAPH would love to hear from you.

It also encourages you to lend your valuable time.

The HAPH is currently expanding its membership base.

Members have the ability to express concerns and ideas to the board.

They also can nominate, vote and stand for election to the board at the annual general meeting.

This year's annual general meeting will take place at 7 p.m. on March 27 at the P. H. School of Music.

If you are interested in becoming a member of the HAPH and would like an application, please contact Bill VanGaal at haphmembership@gmail.com or Robin Millar at pender-authority@telus.net.



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penden harbour tides ~ march 2023

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.

Canoe Pass:



March	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Wed 01	12.6	13.6	14.1	14.0	13.7	13.2	12.7	12.5	12.5	12.7	12.9	12.9	12.4	11.3	9.9	8.4	6.9	5.7	4.9	4.7	5.2	6.3	7.8	9.6
Thu 02	11.4	13.0	14.0	14.5	14.3	13.8	13.2	12.5	12.1	12.0	12.2	12.5	12.6	12.2	11.3	9.9	8.3	6.7	5.5	4.7	4.5	5.1	6.4	8.1
Fri 03	10.1	11.9	13.5	14.4	14.6	14.2	13.5	12.6	11.9	11.5	11.6	11.9	12.4	12.6	12.3	11.3	9.9	8.1	6.5	5.2	4.4	4.4	5.2	6.7
Sat 04	8.6	10.7	12.6	14.0	14.6	14.5	13.8	12.7	11.7	11.0	10.9	11.2	11.9	12.5	12.8	12.4	11.4	9.7	7.9	6.1	4.8	4.2	4.5	5.6
Sun 05	7.4	9.5	11.7	13.4	14.4	14.5	14.0	12.9	11.7	10.7	10.2	10.4	11.1	12.0	12.7	13.0	12.5	11.3	9.5	7.5	5.8	4.6	4.3	5.0
Mon 06	6.5	8.5	10.8	12.8	14.1	14.6	14.2	13.1	11.7	10.4	9.6	9.5	10.1	11.1	12.2	13.0	13.1	12.5	11.0	9.1	7.1	5.5	4.7	4.8
Tue 07	5.9	7.7	10.0	12.1	13.8	14.6	14.4	13.4	11.9	10.4	9.1	8.6	8.9	9.9	11.2	12.4	13.2	13.2	12.3	10.7	8.7	6.9	5.6	5.2
Wed 08	5.7	7.2	9.3	11.5	13.4	14.5	14.6	13.8	12.3	10.5	8.9	8.0	7.8	8.5	9.9	11.4	12.7	13.4	13.2	12.1	10.4	8.6	7.0	6.1
Thu 09	6.1	7.1	8.8	10.9	12.9	14.2	14.7	14.1	12.8	10.9	9.0	7.6	6.9	7.2	8.3	10.0	11.6	12.9	13.5	13.1	12.0	10.4	8.7	7.4
Fri 10	6.9	7.3	8.6	10.4	12.3	13.9	14.6	14.4	13.2	11.4	9.4	7.5	6.4	6.1	6.8	8.3	10.1	11.9	13.1	13.5	13.1	12.0	10.5	9.1
Sat 11	8.2	8.1	8.8	10.2	11.8	13.4	14.3	14.4	13.6	12.0	9.9	7.9	6.2	5.4	5.6	6.6	8.3	10.2	12.0	13.2	13.6	13.3	12.5	11.5
Sun 12	10.5	9.7	9.3	9.4	10.3	11.6	12.9	13.9	14.3	13.9	12.5	10.6	8.5	6.6	5.3	4.8	5.2	6.4	8.1	10.1	11.9	13.1	13.5	13.3
Mon 13	12.5	11.6	10.8	10.5	10.7	11.5	12.6	13.5	14.1	14.0	13.0	11.4	9.4	7.4	5.7	4.6	4.3	4.8	6.1	7.9	9.8	11.6	13.0	13.6
Tue 14	13.5	13.0	12.4	11.8	11.6	11.8	12.4	13.1	13.7	13.9	13.4	12.2	10.5	8.5	6.7	5.1	4.2	4.0	4.5	5.7	7.4	9.3	11.2	12.7
Wed 15	13.6	13.8	13.6	13.1	12.7	12.4	12.4	12.7	13.2	13.5	13.5	12.8	11.5	9.9	8.0	6.3	4.9	3.9	3.7	4.2	5.3	6.9	8.9	10.8
Thu 16	12.5	13.7	14.2	14.2	13.8	13.2	12.7	12.5	12.6	12.9	13.1	13.2	12.6	11.4	9.8	8.0	6.2	4.7	3.8	3.4	3.8	5.0	6.7	8.8
Fri 17	10.9	12.8	14.1	14.7	14.6	14.1	13.3	12.6	12.1	12.1	12.3	12.7	13.0	12.8	11.9	10.4	8.5	6.6	4.9	3.7	3.2	3.5	4.8	6.7
Sat 18	9.0	11.3	13.3	14.7	15.1	14.8	13.9	12.8	11.8	11.2	11.2	11.7	12.3	12.9	13.1	12.5	11.1	9.1	7.0	5.0	3.7	3.1	3.6	5.0
Sun 19	7.2	9.7	12.2	14.1	15.2	15.3	14.6	13.3	11.8	10.6	10.0	10.2	10.9	12.0	13.0	13.4	13.0	11.7	9.7	7.4	5.3	3.9	3.4	4.0
Mon 20	5.7	8.1	10.8	13.2	14.9	15.6	15.1	13.9	12.1	10.4	9.1	8.6	9.1	10.3	11.8	13.0	13.7	13.4	12.1	10.1	7.8	5.8	4.4	4.1
Tue 21	5.0	6.9	9.4	12.1	14.3	15.5	15.5	14.5	12.7	10.6	8.7	7.5	7.3	8.2	9.7	11.6	13.2	14.0	13.8	12.5	10.5	8.3	6.4	5.3
Wed 22	5.2	6.4	8.5	11.0	13.4	15.1	15.7	15.1	13.5	11.3	8.9	7.0	6.1	6.3	7.5	9.4	11.5	13.3	14.2	14.0	12.8	10.9	8.9	7.2
Thu 23	6.4	6.7	8.1	10.1	12.4	14.4	15.5	15.4	14.2	12.1	9.6	7.3	5.6	5.0	5.6	7.1	9.3	11.6	13.4	14.3	14.1	13.0	11.3	9.6
Fri 24	8.3	7.8	8.3	9.7	11.6	13.5	14.8	15.3	14.7	13.0	10.6	8.1	6.0	4.6	4.4	5.3	7.1	9.4	11.6	13.4	14.3	14.1	13.2	11.8
Sat 25	10.4	9.4	9.2	9.8	11.1	12.6	14.0	14.8	14.7	13.5	11.6	9.2	6.9	5.1	4.1	4.3	5.4	7.3	9.5	11.7	13.4	14.2	14.1	13.4
Sun 26	12.3	11.2	10.5	10.4	11.0	12.1	13.2	14.0	14.3	13.7	12.3	10.3	8.1	6.1	4.7	4.1	4.5	5.7	7.5	9.6	11.7	13.3	14.1	14.1
Mon 27	13.6	12.7	11.9	11.4	11.4	11.8	12.5	13.2	13.6	13.5	12.6	11.1	9.3	7.4	5.8	4.7	4.4	4.9	6.0	7.7	9.6	11.5	13.0	13.9
Tue 28	14.1	13.8	13.2	12.5	12.1	12.0	12.2	12.5	12.9	13.0	12.6	11.6	10.2	8.7	7.1	5.8	5.0	4.8	5.3	6.3	7.8	9.5	11.2	12.7
Wed 29	13.7	14.1	14.0	13.6	13.0	12.5	12.2	12.1	12.2	12.3	12.3	11.8	11.0	9.8	8.4	7.1	6.1	5.4	5.2	5.6	6.5	7.9	9.6	11.2
Thu 30	12.6	13.7	14.1	14.1	13.7	13.2	12.6	12.1	11.7	11.7	11.8	11.8	11.6	11.0	9.9	8.7	7.5	6.4	5.7	5.4	5.7	6.7	8.0	9.7
Fri 31	11.4	12.8	13.8	14.2	14.1	13.6	12.8	12.0	11.4	11.0	11.1	11.4	11.6	11.7	11.3	10.3	9.1	7.8	6.6	5.8	5.5	5.8	6.8	8.3

John Alexander Cameron

MAY 26, 1951 — JANUARY 24, 2023



John Cameron died peacefully surrounded by family at the Sechelt Hospital on Jan. 24.

Cameron was born in Garden Bay in 1951 and was the second child to William and Muriel (Wray) Cameron.

He graduated from Pender Harbour Secondary in 1969 and went on to live his entire life in Pender Harbour.

He met Cynthia (Atkinson), in 1974 and they were married the following spring in 1975.

They built their dream home on the south side of Francis Peninsula that same year and welcomed daughters, Devon and Catherine, soon after.

Cameron grew up on the ocean and followed in his father's, and many

other Camerons, footsteps to become a commercial fisherman

He harvested roe on kelp and fished herring for many years.

In later years, he gillnetted for salmon.

He always enjoyed being on the boat spending lots of time in and around the Harbour and nearby inlets with Cynthia and the girls.

Cameron also loved hunting.

His hunting trips regularly took him to Nelson Island and Jervis Inlet as well as further trips up the Alaska Highway and to the Chilcotin with his father, brother, and friends.

He also took guided trips to northern BC and the Northwest Territories with his father.

In his final days, Cameron enjoyed going through photo albums and reliving his hunting stories with his longtime friend and hunting buddy, Ian Munro.

After joining in 1987, he was a dedicated and proud member of the Pender Harbour Volunteer Fire Department.

He went on to drive the truck and assisted on many calls over the years.

Cameron was also an avid golfer.

He was a charter member of the Pender Harbour Golf Club and man-

aged to shoot two holes-in-one on the course.

He enjoyed many, many rounds of golf and often played daily during non-fishing times of the year.

In 2017, Cameron suffered a major stroke but fought on.

He spent over four months doing rehabilitation in the city to regain his speech and some of his mobility.

He then spent the last five and a half years mostly close to home but was always in good spirits.

Cameron enjoyed time with his family especially attending Vancouver Canucks and BC Lions games with his daughters.

He was really enjoying the NFL playoffs this year.

Cameron is survived by his wife of 48 years, Cynthia; his mother, Muriel; his daughters, Devon (Steven) Ross and Catherine Cameron; his sister, June (Arnie) Miller; his brother, Bruce (Marilyn) Cameron; and by many other family and friends.

He was predeceased by his father, William.

Cameron will be deeply missed by all who knew him and his family will be holding a celebration of life on a boat to spread his ashes later in the spring.

OBITUARIES: The *Harbour Spiel* publishes obituaries without charge as a longstanding effort to recognize and record the lives of those who lived in Pender Harbour and Egmont. Submissions must be timely, include the dates of birth and death and be submitted in a digital format. Submissions will be edited for length and to remove first-person and personal messages as required to maintain editorial consistency.

Pender Harbour Music Society presents:



PENDER HARBOUR SCHOOL OF MUSIC

TICKETS \$30 @ www.penderharbourmusic.ca, Harbour Insurance or Strait Music (Sechelt)

**Sunday
April 2
3:30pm**

Do you love bluegrass?

**Then don't miss the
Slocan Ramblers,
Canada's hottest
roots band!**

SKOOKUMCHUCK VIEWING TIMES

MARCH

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

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

1. No good viewing times
2. 8:26 AM -S, 12:36 PM +S
3. 9:08 AM -M, 1:30 PM +S
4. 9:42 AM -M, 2:16 PM +M
5. 10:14 PM -M, 2:58 PM +M
6. 10:45 AM -M, 3:39 PM +L
7. 11:14 AM -L, 4:21 PM +L
8. 11:42 AM -L, 5:06 PM +L
9. 12:07 PM -L
10. 12:31 PM -L
11. 12:55 PM -XL
12. 2:23 PM -XL
13. 8:15 AM +L, 2:32 PM -XL
14. 9:05 AM +M, 3:21 PM -XL
15. 10:10 AM +S, 4:37 PM -XL
16. 11:47 AM +S, 6:08 PM -XL
17. 8:50 AM -M, 1:16 PM +S
18. 9:45 AM -M, 2:22 PM +M
19. 10:32 AM -M, 3:17 PM +L
20. 11:14 AM -L, 4:10 PM +L
21. 11:54 PM -L, 5:15 PM +XL
22. 12:31 PM -L, 6:10 PM +XL
23. 1:06 PM -XL
24. 1:38 PM -XL
25. 1:08 PM -XL
26. 2:52 PM -XL
27. 7:57 AM +M, 3:29 PM -L
28. 8:38 AM +S, 4:15 PM -L
29. 5:11 PM -L
30. 6:17 PM -L
31. 8:49 AM -M

These are estimates only and not intended for navigation.



SKI & SNOWBOARD INDUSTRY

\$1.45 billion

How much money was generated by the Western Canadian ski industry during the 2020-21 ski season.

42%

The decline in the industry since setting a pre-pandemic (2018-19) benchmark of \$2.51 billion.

9.4 million

The number of "skier visits" in Western Canada during the 2021-22 ski season. They accounted for 49% of overall Canadian skier visits.

~ Canadian Ski Council, Big White, Canadian West Ski Areas Assn.

\$73 million

Wages and salaries paid in the ski industry in Western Canada during 2020/2021 season.

50-50

In the 2021-22 season, the split between men and women on Canadian slopes. Five years prior, it was 60-40 (males to females).

16%

Percentage of Canadian skiers and snowboarders (2020/2021) who are a member of a visible minority, a 4% increase over the previous 10 years.

8%

Percentage of Canadians who participate in snow sports on a regular basis at ski areas across Canada.

No. 2

Big White Ski Resort is BC's second most visited winter destination, hosting over 650,000 skier visits and over 1 million resort guests annually.

MARCH WEATHER

TEMPERATURES, MERRY ISLAND

Our average March daily high is 9.2C, our average daily low 4.3C, giving us a mean daily temperature of 6.7C. The highest March temperature recorded is 15.6C (March 11, 1965); the lowest, -3.3C (March 3, 1976).

PRECIPITATION, MERRY ISLAND

March has an average of 127.7 hours of bright sunshine and 15 days with rainfall. The monthly total rainfall averages 78.6 mm; monthly total snowfall averages 1.5 cm. The highest March daily rainfall recorded is 44.7 mm (March 4, 1968). The highest March daily snowfall recorded is 8.9 cm (March 2, 1962).

MARCH ASTROLOGY

PISCES: FEB. 19 - MAR. 20



The finest of the signs, Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics.

Once again, March has restored Piscean ascendancy. Pisces will sometimes not understand or accept their noble position among the other astrological signs. It is the Pisces' only fault — when it comes to their emotional intelligence, Pisceans are the astrological equivalent of Wayne Gretzky. This month, Pisceans will do well to buy bitcoin and sell it by March 22. Blessed be the Pisces.

ARIES: MARCH 21 - APRIL 19



Aries is a male sign dominant in nature and is ruled by Mars. People born under this sign are very fast in executing tasks.

They are highly disciplined and punctual in nature. They are the nerds of the zodiac. Sun will be in the 12th house during the second half of this month. Due to this, the Arian must pay close attention to house plants and pets — they will try to die on you. Give both plenty of water until March 29. If you have children, it's time they stepped up, FFS.

BC BESTSELLERS

For the week ending Feb. 18, 2023

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. **Cold Case BC: The Stories Behind the Province's Most Sensational Murder and Missing Person Cases** by Eve Lazarus (Arsenal Pulp Press)
2. **Still This Love Goes On** by Buffy Sainte-Marie, illustrated by Julie Flett (Greystone Books)
3. **Be a Good Ancestor** by Leona Prince & Gabrielle Prince, illus. by Carla Joseph (Orca Book Publishers)
4. **Alone in the Great Unknown** by Caroll Simpson (Harbour Publishing Co.)
5. **Return to Solitude** by Grant Lawrence (Harbour Publishing Co.)
6. **Framed in Fire: A Lane Winslow Mystery** by Iona Whishaw (TouchWood Editions)
7. **Oolichan Moon** by Samantha Beynon, illus. by Lucy Trimble (Harbour Publishing Co.)
8. **Incredible Crossings: The History and Art of the Bridges, Tunnels and Inland Ferries That Connect BC** by Derek Hayes (Harbour Publishing Co.)
9. **Weird Rules to Follow** by Kim Spencer (Orca Book Publishers)
10. **With Our Orange Hearts** by Phyllis Webstad, illus. by Emily Kewageshig (Medicine Wheel Education)

~ Association of Book Publishers of BC

MARCH BIRTHDAYS

- March 1 ~ **John Ellis** and **Linda Dunaway**.
 March 2 ~ **Sandra Bosch** and **Marcus Delaney**.
 March 3 ~ **Ernie Carswell**, **Lana Ross**, **Terry Bosner** and **Jim Reid**.
 March 4 ~ **Glen Brydon** and **Brian Lee**.
 March 5 ~ **Mackenzie Stewart**, **Brigit Garrett**, **Sylvia Heiliger**, **Alicia McDonald** and **Valerie Reid**.
 March 6 ~ **Eden Logtenberg**, **Freda McDermott** and **Ron Minch**.
 March 7 ~ **Mitch Higgins**, **Cassidy Craig-Watters** and **Bob McDonald**.
 March 8 ~ **Jeremy Morin**.
 March 9 ~ **Bobbie Wendland**, **Eldor Dougan** and **Denise Cymbalist**.
 March 10 ~ **Stuart McLean**.
 March 11 ~ **Gayle Adams**, **Tannis Campbell** and **Larry Mack**.
 March 12 ~ **Alicia Whittaker**, **Sunny Charboneau** and **Gord Wenman**.
 March 13 ~ **Ian McDonald** and **Paul McDonald**.
 March 14 ~ **Heather Smith**.
 March 15 ~ **Bev Higgins**, **Arlen Howitt**, **Carissa Gilkes** and **Justin McKimm**.
 March 16 ~ **Steve Hanna** and **Brad Zayshley**.
 March 17 ~ **Bill Bradshaw**, **Jim Weir**, **Michelle Cymbalist** and **Chris Cavielier**.
 March 18 ~ **Mike Reid**, **John Struthers**, **Taylor Metcalfe**, **Blair Landry**, **Janie Arduini** and **Michelle Bernier**.
 March 19 ~ **Megan Knock**.
 March 20 ~ **Larry Curtiss**, **Patrick White**, **Kim Smail** and **Tammy Collins**.
 March 21 ~ **Melissah Charboneau** and **David Massullo**.
 March 22 ~ **Jasmine Chandler**, **Dennis Cotter**, **Eric Graham**, **Margaret Hartley**, **Ross Palmer** and **Dan Soper**.
 March 23 ~ **Mary Ann Haase** and **Barb Cowan**.
 March 24 ~ **Jane Reid**, **Heather Fearn**.
 March 25 ~ **Hailley Schroeder**, **Lexine Scoular** and **Shirley Norish**.
 March 26 ~ **Motoko Baum** and **Halle Bosch**.
 March 27 ~ **Maureen Lee**, **Donna Edwardson**, **Cole Edwardson**, **Doris White** and **Rick Wagner Jr.**.
 March 28 ~ **Joka Roosen** and **Jill Bennett**.
 March 29 ~ **Melanie LeBlanc**, **Rod Webb** and **Terry Jacks**.
 March 30 ~ **Del Deguire**.



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, Dr. Endre Sinkovics

Darlene Fowlie – Hygienist

Monika Miller – Hygienist

Rosa Seda – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 984-5070

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

(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) 883-2764

Dr. Colin Sutton

By appointment only

CHIROPRACTORS – (604) 886-3622

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

- Wednesdays, call (604) 886-3622 or visit coastlinehealth.janeapp.com to book appointment

HEARING CLINIC – (604) 885-0155

Hear on the Coast

Terra Dannes – Registered Hearing Instrument Practitioner

- Full diagnostic hearing evaluations
- Fitting, cleaning, & maintenance of hearing instruments



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.

ADULT DAY PROGRAM: Dementia Care-Giver Support Group. Call (604) 883-2764.

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

Understanding seasonal allergies

*Compiled by Pender Harbour Health
Centre nursing staff*

Spring arrives hopefully, on March 20 — so let's discuss allergies.

A normal, healthy immune system will respond to invading viruses by sending in special cells, proteins and natural chemicals to fight and neutralize the foreign invaders.

When a person has allergies, the invaders are actually harmless, like pet hair, pollens and dust-mites but the body mistakes the allergens for a potential threat.

The first time a person is exposed to the allergen the body activates special cells that make large proteins



called antibodies that are specific to the type of allergen.

The antibodies then attach themselves to other immune cells, making them sensitive to the specific allergen.

The next time these allergens invade the body the sensitive immune cells attack.

When the immune cells attach themselves to the allergen it creates a natural chemical called histamine.

Histamine goes into the surrounding tissues and creates the early symptoms of allergies such as inflammation.

Allergic rhinitis, or hay fever, affects the nose and eyes causing sneezing, itchy watery eyes and nose.

A few hours later a new response develops that causes swelling, inflammation and congestion in the affected area.

Why do some people have allergies and others do not?

There is no simple answer to that, but genetics and environment have a huge effect.

Ideally, children should be exposed to different allergens in the first year of life so they can develop healthy immune systems.

In fact, something called the “hygiene hypothesis” suggests that allergies are more prevalent in wealthy industrialized countries than developing countries because of a lack of early exposure to parasites and bacteria typically found in the environment of developing countries.

This prevents our bodies from



developing an appropriate immune response, so that in the event of exposure to simple allergens, our bodies don't really know how to respond and they overreact.

Medications like antihistamines or natural remedies cannot cure allergies but can temporarily relieve the symptoms.

Antihistamines help reduce the



histamine response and symptoms of allergies but the only research-proven treatment for allergies is allergen immunotherapy.

Allergen immunotherapy is a process where you receive increasing doses of the allergen that causes the hyper-response, in the form of an injection.

Over time, your body develops a tolerance and desensitization response.

This is the same way that childhood vaccines work.

The bottom line is a healthy balance of outdoor play and vaccinations at every age.

Gesundheit.





unknown

Union Steamship Lady Cecilia runs aground on the Skardon Islands, 1940

After departing the Irvines Landing pier, the *Lady Cecilia* snagged the bottom just off the western end of the Skardon Islands.

The *Lady Cecilia* was a regular visitor to Pender Harbour while working for the Union Steamship Company between 1925 and 1951. According to *The Good Company* (Harbour Publishing, 1994), she was built in Scotland in 1919 to be a British minesweeper (formerly the *HMS Swindon*).

The *Lady Cecilia* was 235-feet long with a gross tonnage of 944 tons and she could reach a maximum speed of 15.5 knots and cruised at 13.5 knots.

She mainly served the Strait of Georgia and Howe Sound and could carry 800 passengers in summer but her licence only allowed 500 during the winter months.



Brian Lee

The entrance to downtown Irvines Landing just received a facelift. An anonymous donor contracted Harbour Custom Works to make the sign to replace the previous one that was also made of wood and showing its age.

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.)

Safety Seals of Approval to the **Rangers at the Pender Pool**. What an important community contribution you make along with the WetSet program.

It's obvious how much you care about our kids learning how to swim.

Jenny Yeske

A Harbour Seal of Approval to **Dr. Sutton, Dr. Lee**, and all of the **Sechelt Hospital staff** for their kindness and efforts in the care of John Cameron.

Devon (Cameron) Ross

Harbour Seals to the “**secret neighbours**” who top up the heavily used “blessing boxes” in the Pender Harbour communities — a big hug of thanks.

Joka Wright

P. H. Food Bank Society

A Harbour Seal of Approval to **Mid-Coast Mechanical**. We're lucky to know a handful of people who go above and beyond and **Brian Lewis** is certainly one of them.

Thanks so much.

Glenn Vincent

Glenn's Backhoe Service

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PENDER HARBOUR AQUATIC & FITNESS CENTRE

www.scrd.ca/pender-harbour-aquatic-fitness-centre

SWIMMING POOL AND WEIGHT ROOM

This facility has a pool and weight room (gym).

Please check hours of operation before visiting.

WE ALSO OFFER DROP-IN FITNESS CLASSES.

MYPASS drop-in fitness classes are a flexible and social way to fit more activity into your day. Bring a friend or meet new friends at drop-in activities. No registration required, simply show up at the day and time.

Please check online for current schedules of all drop-in classes.

Use your MYPASS or pay drop-in admission:

- Mix It Up on Thursdays at 8:45am
- Older Adult Keep Fit: Land Meets Water on Tuesdays & Thursdays at 10:30am
- Aquafit classes on Mondays & Wednesdays at 9am
- Gentle Waves Aquafit on Fridays at 10am

REGISTERED PROGRAM WITH DROP-IN AVAILABLE (space permitting)

We also offer Latin Fitness Dance on Tuesdays at 7:15pm

You can register for this program or drop-in for \$12 (not included with MYPASS)



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weight room**

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PH Secondary School:

13639 S.C. Hwy.

604 885-6801

www.scrd.ca/myrecreation

REGISTER NOW FOR SPRING PROGRAMS

- Online www.scrd.ca/myrecreation
- By phone: [604-885-6801](tel:604-885-6801) (press extension 6691 to reach the front desk)
- In person

JOIN A PROGRAM FOR A FUN AND SOCIAL WAY TO BE ACTIVE TO CONNECT WITH OTHERS.

It's not too late to register for:

- Aquatic Rejuvenation
- Latin Fitness Dance
- Better Balance
- Total Body & Core
- Spring Swim Lessons – start March 27

We look forward to seeing you!

We invite you to subscribe to our Recreation Newsletter at

www.scrd.ca/Newsletter-Signup

Follow us on facebook:

www.facebook.com/Pender-Harbour-Aquatic-and-Fitness-Centre-206667126014598



**PENDER HARBOUR
COMMUNITY
SCHOOL**

**HARBOUR LEARNING
CENTRE HOURS:**
Tuesday to Friday
9am to 3pm

5012 Gonzales Road
Box 232
Madeira Park, V0N 2H0

604.883.2826
phcs@dccnet.com
www.pendercommunity.ca

THE PENDER HARBOUR COMMUNITY SCHOOL IS THRILLED TO ANNOUNCE THE ARRIVAL OF OUR NEW BUILDING — COMING FALL 2023!

What will our new building offer?

- **RUNNING WATER!**
- **Dedicated kitchen and preparation area.**
- **Increased accessibility.**
- **Increased community space for workshops, courses, and drop-in programs.**
- **Private meeting space.**



If you would like to support the
Pender Harbour Community School's
"Community School Replacement Project"
please contact us by phone, email
or come by the Community School.

KEEP ANY EYE OUT FOR PROJECT UPDATES AND SNEAK PEAKS!



**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**

Seniors Activities for March!

HARBOURSIDE FRIENDSHIPS: Thursday drop-in, 10:30am – 1 pm

In the Pender Harbour Community Hall. Lunch will be served at 12pm. The cost will be \$10 per person.

- March 2 – Play Bingo with the high school students.
- March 9 – Presentation from Haida Bolton on the "Better at Home" program
- March 16 – Music with Patricia Burnett.
- March 23 – "Healthy Eating As We Age" with dietician Dianne Paulus.
- March 30 – Visit from the high school students

CARPET BOWLING: Wednesdays, March 1, 8, 15, 22 & 29

At the Pender Harbour Community Hall, 1-3 pm. Cost \$3.

CHAIR YOGA: Mondays & Fridays, March 3, 6, 10, 13, 17, 20, 24, 27 & 31

At the Pender Harbour Community Hall 11am – 12pm. Cost: \$3
Improve your balance, strength & flexibility with gentle moves. Monday classes will be with Maureen Clifford and Friday classes will be with Kristen Tracey.

ORGANIZATIONS DIRECTORY

• Chamber of Commerce, P. H. & Egmont	(604) 883-2561
• 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
• Girl Guides (Guides, Sparks and Embers)	(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) 885-6801 (ext. 6691)
• 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
• RCM SAR Coast Guard Auxiliary, Unit 61	(778) 240-3151
• 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

local organizations

PENDER HARBOUR COMMUNITY CLUB

The P. H. Community Hall Club Plant and Garden sale is on Saturday, April 29 from 10 a.m. to 3 p.m. There will be lots of plants, garden decor items, gardening tools, books and more.

Tables are available for vendors (\$25) and the kitchen will be open for refreshments, lunch and snacks all day.

Funds will go to improving the lighting in the hall so donations are welcomed. Contact Lesley at sunshinevillabc@gmail.com or (604) 883-2992 for donation information or to book a table.

PENDER HARBOUR WOMEN'S CONNECTION

The Pender Harbour Women's Connection will be holding their always fun-filled loonie and toonie auction March 14. It is a chance to part with a cherished item and pick up another desirable item for your home. This popular fundraiser sustains the ability to offer the speakers and activities that our members enjoy. If you have suitable items that you would like to contribute to this auction, please come early for set up. Doors open at 9:30 a.m. with the event to begin at 10 a.m.

The PHWC meeting on March 28 will feature Jackie Scott, volunteer, director and Green Sleeve program manager who will discuss advance care planning.

Advance care planning is a process of thinking, talking and planning about what you would want to happen if there was a time you were unable to speak for yourself. Putting a plan in place now gives you say in your future health care and personal care decisions. Doors will open at 9:30 a.m. with the event to begin at 10 a.m.

Both meetings have a \$4 drop-in fee.

PENDER HARBOUR GARDEN CLUB

Join Catherine Dale to find out what you can use to build your soil to support healthy and vibrant plants at Pender Harbour Garden Club's March 27 presentation. The presentation kicks off at 1 p.m. in the P. H. School of Music in Madeira Park.

Dale is a certified organic landcare professional. She ran Metro Vancouver/GVRD's compost demonstration garden where her interest in composting and love of worms and soil critters grew alongside the flourishing garden. Her philosophy is that one of the basic protocols of organic gardening practices is to "feed the soil, not the plant."

Annual memberships of \$15 are due this first meeting of the year, which include a discount card for plants at most garden stores. Otherwise, it's a \$5 drop-in fee. Complimentary tea and goodies are served.

Mixal Lake algae bloom a 'scientific curiosity'

Brian Lee

This story originally appeared in the March 2013 issue of the Harbour Spiel.

"Yuck. What is that?"

It's a question drivers passing Garden Bay's Mixal Lake have been asking since early January about the brown slime coating the lake's normally clear surface.

Initially, a number of Garden Bay residents claimed it was the lake's natural cycle of "turnover" — the annual event in which stratified layers of sediment react to changes in seasonal temperature and mix.

"It's algae," say a handful of experts who have taken a look but none can yet say what type it is and why it's lingered for so long.

"I've never seen it before — I've seen lots of algae blooms on lakes but this is a weird time of year," says Department of Fisheries and Oceans biologist Grant McBain.

"It's more a scientific curiosity." Biologist Dr. Michael Jackson says algae blooms are common natural occurrences but this one seems exceptional.

"It does seem very odd as normally these things come and go pretty quickly," says Jackson.

"I definitely think it needs some investigation although it doesn't seem to be doing any great damage."

Jackson says our relatively mild winter could have facilitated conditions to support an early blooming algae but also warns it could be influenced by non-natural causes.

"More worrying is that it might be something to do with some kind of nutrient enrichment getting in there



Brian Lee

This layer of brown algae has coated the surface of Mixal Lake since mid-January and possibly earlier. Though probably not a cause for alarm, local biologists are curious to learn what is at the root of the lingering bloom.

and that is something that would definitely need to be explored," says Jackson.

Jackson says nutrient enrichment can occur by sewage contamination or by a release of plant fertilizer.

Vancouver Coastal Health drinking water officer Tim Adams says officials collected a sample on Feb. 20 to rule out the possibility of a spill but didn't expect lab results before press time.

"It doesn't have a real strong sewage smell or hydrocarbon smell but we're going to get it tested anyways," says Adams.

"It looks organic and it looks natural so we'll look to see if our lab can do an algae test. If not we'll send it to another lab."



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PENTA

MARCH

- Thurs. March 2.....SCRD finance committee (round 2 budget) - SCRD boardroom, 9:30 a.m.
- Thurs. March 2.....Harbourside Friendships seniors' drop-in (Bingo w/ high school students), 10:30 a.m.
- Sat. March 4.....Blue Western (live music) dinner and dance - Royal Canadian Legion 112, 6 p.m.
- Mon. March 6.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Thurs. March 9.....SCRD Committee of the Whole meeting - SCRD boardroom, 9:30 a.m.
- Thurs. March 9.....Harbourside Friendships seniors' drop-in (Haida Bolton/Better At Home), 10:30 a.m.
- Thurs. March 9.....SCRD regular board meeting - SCRD boardroom, 2 p.m.
- Fri. March 10.....P. H. School of Music Coffee House - P. H. School of Music, doors at 7 p.m.
- Tues. March 14.....P. H. Women's Connection (loonie/toonie auction) - P. H. School of Music, 9:30 a.m.
- Tues. March 14.....P. H. and District Chamber of Commerce "Meet and Greet" - Fuse Work Hub, 4-6 p.m.
- Thurs. March 16.....SCRD electoral services committee meeting - SCRD boardroom, 9:30 a.m.
- Thurs. March 16.....Harbourside Friendships seniors' drop-in (Music with Patricia Burnett), 10:30 a.m.
- Mon. March 20.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Thurs. March 23.....Harbourside Friendships seniors' drop-in ("Healthy Eating As We Age"), 10:30 a.m.
- Thurs. March 23.....SCRD regular board meeting - SCRD boardroom, 2 p.m.
- Mon. March 27.....P. H. Garden Club presents Catherine Dale - P. H. School of Music, 1 p.m.
- Mon. March 27.....Harbour Authority of Pender Harbour AGM - P. H. School of Music, 7 p.m.
- Tues. March 28.....P. H. Women's Connection (featuring Jackie Scott) - P. H. School of Music, 9:30 a.m.
- Thurs. March 30.....Harbourside Friendships seniors' drop-in (visit from high school students), 10:30 a.m.
- Sun. April 2.....P. H. Music Society presents The Slocan Ramblers - P. H. School of Music, 3:30 p.m.

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



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