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HARBOUR SPIEL

January 2016
Issue 301



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EDITOR

Brian Lee

CIRCULATION (2,300)

The *Harbour Spiel* is mailed to all addresses between Egmont and Middlepoint (1,420) and available by paid subscription and for free at a variety of locations on the Sunshine Coast:

- Coast Copy
- Copper Sky Gallery & Cafe
- Earth Fair Store
- Emelle's Madeira Bistro
- Garden Bay Pub
- Gibsons Building Supplies
- Halfmoon Bay General Store
- IGA Madeira Park
- IGA Wilson Creek
- Oak Tree Market
- Painted Boat Resort
- Pearl's Bakery
- Pier 17
- Royal LePage Sussex Realty
- Roberts Creek General Store
- Sechelt Public Library

CONTRIBUTORS

This month we thank: Moe Colton, Hal Lindhagen, Frank Mauro, Shane McCune and Jan Watson.

Cover: Anderson Creek makes a quiet hideaway for this Great Blue Heron. (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

The *Harbour Spiel* can be delivered monthly by mail for \$60 per year (includes GST).

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NEXT ISSUE MAILES

JAN. 28

editorial

The Chinese wall in my head

By Brian Lee



The recent difference of opinion between VISTA Radio (CKAY) news director Sean Eckford and his bosses highlights a tenet of journalism often underappreciated by consumers of news.

Eckford took a principled stand (he quit) when it was suggested his newsroom help peddle advertising.

As news gathering transitions into a new model, we hear about mounting pressures to cut costs.

One tantalizing target is the Chinese wall that insulates journalists from their sales colleagues.

Without this separation, those responsible for accurately reporting news stories could be seen as collaborating with those whose sole job is to make money for the company.

In other words, sales people might exert pressure on how or what stories appear.

If allowed, business priorities can creep into the newsroom in any number of ways and newspaper publishers recognized long ago that if readers didn't trust the source, they wouldn't consume the product.

So, promoting credibility and integrity in the industry makes good business sense.

But is that the case anymore?

Vista Radio is not alone in its attempt to circumvent this principle.

Across the media landscape, the line between advertising and journalistic content is getting fuzzier.

Though not alone, *BC Business* magazine is a good local example.

It was once a respectable source of business news but now seems especially intent on blurring the edges

between news and “promoted content” (a deceptive marketing tag for “advertorial”).

There's not that much reliable content left in the publication and what remains is tainted by the excessive volume of promotional copy.

But who am I to talk?

One of the most egregious examples of an unholy union between business and journalism exists here in the *Harbour Spiel*.

I hold a unique position as editor, reporter, sales manager and publisher.

The only thing resembling a Chinese wall here is in my head and it poses a constant challenge.

Unlike Eckford, I have the ultimate authority to resist business pressures but also the undeniable temptation to bend to them.

One of the ways I cope has been to all but ignore marketing the business in order to apply limited resources to the editorial side of the paper.

It's partly from necessity — there isn't time to do both jobs well — but it's also from a belief that a quality paper will draw more readers and that will attract advertising organically.

I also say “no,” a lot.

Telling your clients they are *not* always right doesn't get you very far in any business.

But despite many opportunities for conflict, advertisers in this paper have (almost) always understood when I've explained why a two-for-one promotion isn't appropriate for page four's “Spiel Picks” column.

Or why I can't back off a story because it makes them uncomfortable.

It's not an ideal situation but it has taken the *Spiel* this far — and despite plenty of missteps, not a single staffer has quit in protest.

It ain't real
if it's not in the Spiel.

In October, the Law Society of BC urged its lawyers to read the executive summary of the Truth and Reconciliation Commission of Canada report. By doing so, it is hoped lawyers will reflect on their role in reconciliation and on how they can better serve First Nations clients.



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spiel picks

SCHOOL OF MUSIC COFFEEHOUSE: Jan. 8, 7:30 p.m. p.m

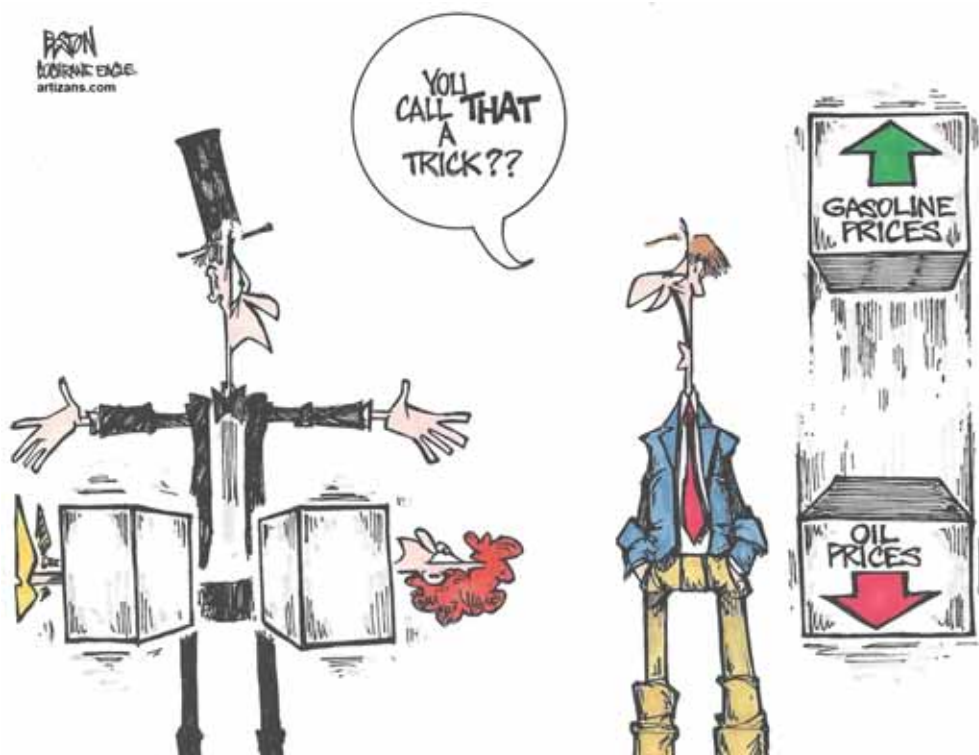
The SoM Coffeehouse will run an exciting first program of 2016 on Friday Jan. 8 at the Pender Harbour School of Music starting at 7:30 p.m.

The program features Jena Wren (alto jazz singer) and Kenneth Norman Johnson on piano, David J. Taylor (singer/songwriter) and Back Porch Reunion.

40TH ANNUAL ROBBIE BURNS NIGHT: Jan. 23, 5:30 p.m.

The Royal Canadian Legion No. 112s 40th celebration of the Scottish poet. The evening features dinner plus the Coast Fiddlers and the Legion Pipe Band. Poet's Hour begins at 5:30 p.m. and dinner at 6:30 p.m. Tickets are \$35 at the Legion and Harbour Insurance.

toon



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Pender Harbour landfill closure complete

What was the Pender Harbour landfill is now the Pender Harbour transfer station.

The change reflects the completed closure of the landfill portion of the site, with waste and recyclables now being trucked to Sechelt.

Despite local opposition, the SCRD board decided not to expand the Pender Harbour landfill in 2010 as it neared capacity.

The alternative touted was a transfer station and onsite resource recovery facility to divert material from the Sunshine Coast's only remaining landfill in Sechelt.

"From the residents' perspective, with the exception of a couple of items that are now being segregated for diversion in a different areas, their experience won't be any different," said Robyn Cooper, SCRD manager of waste reduction and recovery.

Though oversized items like hot tubs are no longer accepted in Pender Harbour, items like roofing material and mattresses — which were previously landfilled — are now diverted to Sechelt for recycling.

According to Cooper's Dec. 3 staff report ("Solid Waste Management Plan Initiative Next Steps - Update"), "enhanced drop-off and resource recovery" facilities are proposed for Pender Harbour, Sechelt and Gibsons with completions expected in 2017 and 2018.

It is estimated these facilities will divert 260 tonnes annually from the Sechelt landfill through recycling or reusing material.

A key concern of residents in 2009 was a resulting increase in truck



Brian Lee

The main visual difference between the P. H. Landfill and the new P. H. Transfer Station is the closure of the landfill portion of the site which involved a combination of native soils and grasses over a membrane used specifically for closing landfills.

traffic should the landfill be closed.

Cooper says an average of two or three trucks per week make the trip from Pender Harbour to the Sechelt landfill but she estimates that number will rise in the summer to reflect increased volume.

Going forward, the SCRD's solid waste management plan is taking aim at reducing those volumes in order to prolong the landfill's life expectancy.

It is estimated the Sechelt landfill has 15 to 17 years of capacity at current volumes.

By deconstructing a mattress into its various components (wood, metal and fluff), Cooper said up to 95 per cent can be recycled to save space for materials without recycling options.

In 2014, the average Sunshine Coast disposed of 398 kilograms of waste per year, down from 401 kilograms in 2012.

In her report, Cooper noted organics (food scraps and kitchen waste) make up 35 per cent of that landfilled material.

"Diverting organics is pivotal in preserving landfill space for materials that do not have alternate disposal options," Cooper wrote.

"How organics diversion would be achieved is yet to be determined."

"Although the SWMP initiative for organics diversion is for collection from residences, it is recognized that addressing organics diversion Coast-wide is required."

					
12874 Madeira Park Rd. 604-883-9525 royallepagesussex.com					
 Patti Gaudet 604-741-8413	 Carly Gooldrup 604-740-7512	 Bill Hunsche 604-740-1411	 Teresa Sladey 604-740-7535	 Mary Mackay 604-883-9525	 Dave Milligan 604-885-5414
					 Carol Reid 604-740-6188

Correction: December's editorial incorrectly attributed the "organizing" of Thursday bingo to Muriel Cameron. Sunny Charboneau organizes it (Cameron runs the concession).

Local heritage signs to coincide with trail marking project

The Pender Harbour Living Heritage Society is inviting suggestions from the community for appropriate sites to install interpretive heritage signage.

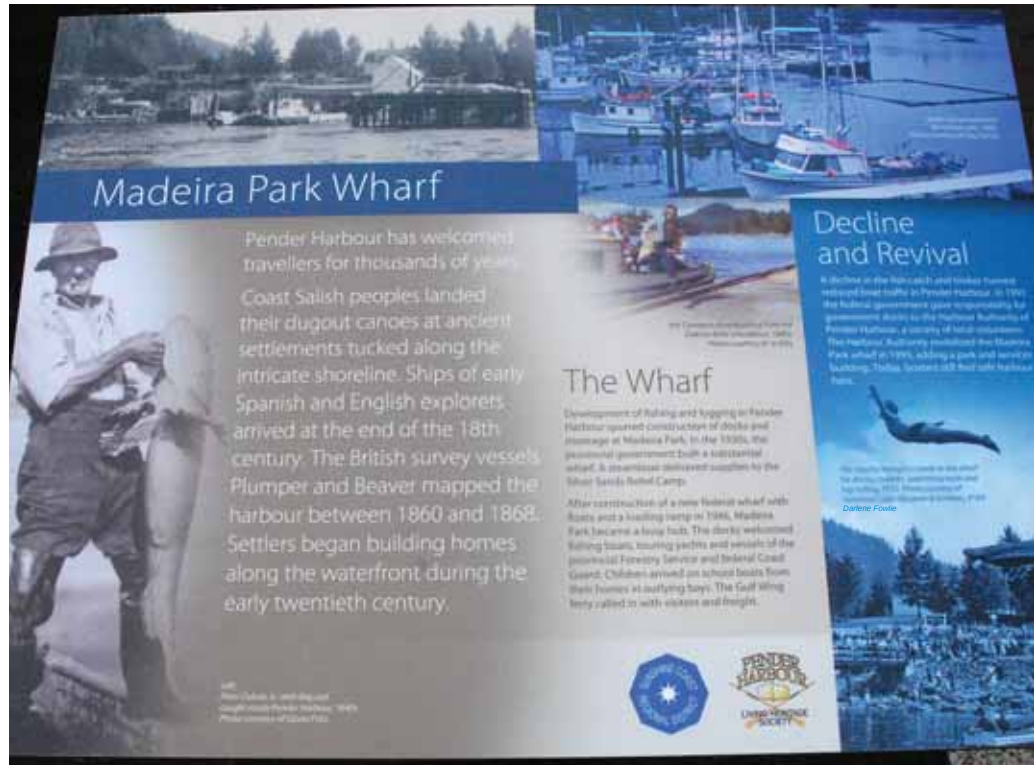
The PHLHS has already completed interpretive signs for Irvines Landing School, the Madeira Park wharf and the site of the original St. Mary's Hospital in Garden Bay.

The signage project team is now focusing its efforts to coincide with a project underway to mark trails and pathways in Pender Harbour.

Initiated by the Pender Harbour Hikers, the trail sign project is funded by a \$35,000 grant from the Sunshine Coast Community Forest Legacy Fund.

The proposed heritage signs are intended to enhance the walking experience by providing self-guided tours to historic sites along the pathway network.

In a press release, the heritage society indicated a number of possi-



Brian Lee

This sign was unveiled in August 2013 at the Madeira Park government wharf.

bilities are currently being considered.

Subjects proposed for the Madeira Park walking loop are the recognition of early maritime explorers, the role of the forestry complex (now the cultural centre site), the building of the P. H. Community Hall and Bargain Barn and the history of Tyner Park.

The Garden Bay walking loop may contain historical tidbits about Lloyd's Store (John Henry's), the Mission Ship story, the historic Shishálh Sechelt settlement site at Sex'wamin,

early logging (with a possible sign placed near the log dump in Garden Bay Provincial Marine Park), Irvine's Landing, the Pender Hill lookout and the archaeology of Mt. Daniel.

Other locations being considered for signs include Warnock Cemetery, Kleindale Cemetery, the steam donkey in Bear Bay Forest and the forestry lookout on Mt. Hallowell.

The society urges the public to submit ideas, details or photos to penderharbourheritage@gmail.com.

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DRIVER FAILS TO PROVIDE BREATH SAMPLE AFTER FAILING TO STAY ON ROAD

On Nov. 30, police received a report of a possible impaired driver northbound in the 5900-block of Garden Bay Road from a witness.

The vehicle crossed the centre line and went into a ditch before reversing out and continuing on towards Madeira Park.

While police were at the owner's residence, a second complaint came in of a vehicle that had gone over an embankment and into a ravine in the 13200-block of Highway 101 with the lone occupant inside.

Volunteer fire fighters helped extricate the driver from the vehicle.

The driver exhibited signs of intoxication and admitted she had consumed alcohol but refused to provide adequate breath samples for a roadside alcohol screening test.

The driver was issued a violation ticket for no driver's licence and a 24-hour driving prohibition.

Charges of failing to provide a breath sample are being recommended.

POWELL RIVER CHAMBER OF COMMERCE PUSHING FOR FIXED LINK

A recent "request for proposals" to look at the viability of a fixed link (road or bridge) between the Lower Mainland and the Sunshine Coast has at least one Arbutus Coast organization hopeful.

In a press release, Jack Barr, president of the Powell River Chamber of Commerce, said:

"The Nov. 26 request for proposals from BC's Ministry of Transportation and Infrastructure shows a clear intent to construct a fixed link from the lower mainland to the Sunshine Coast, and this is excellent news for coastal communities,"

In a letter to Todd Stone, minister

of transportation and infrastructure, Barr wrote:

"We are calling on the provincial government to invest in and develop a new transportation option called the Coastal Connector, which will provide a fixed link between the Lower Mainland and the lower Sunshine Coast."

Responses were submitted by Dec. 10 and a consultant is expected to be named sometime in early 2016.

CKAY NEWS DIRECTOR QUILTS

Sean Eckford, news director of Vista Radio's Sechelt and Nanaimo stations has resigned.

On Dec. 8, *J-Source*, an online news outlet focusing on Canadian journalism issues, reported that Eckford said Vista management was planning to involve editorial staff in the selling of advertising.

Eckford told J-Source he left the company after he failed to convince his bosses that his concern about ad sales campaigns involving reporters was justified.

MEETINGS PROBE SOLUTIONS TO COMMUNITY FOOD NEEDS

Close to 30 people attended a meeting at the Legion to tackle community food issues and solutions on Dec. 8.

Hosted by the P. H. Community School and Outreach Healthy Meals program, discussions centred on local food bank services, food distribution options, school programs, community kitchens, meals and gardens.

A follow-up meeting has been set for Tuesday, Jan. 12 at 4:30 p.m. at the Legion with all interested parties invited to attend.

'PENDER HARBOUR' RETIRES

"Pender Harbour," a seven-year-old gelding called "one of the greatest Ontario-sired horses ever," has retired.

For five years, Pender Harbour has

been a fan favourite at Toronto's Woodbine Raceway.

He hit the board (landed in the top four) in 29 of 40 career starts, winning more than \$1.9 million since he started racing in 2010.

Pender Harbour's Albertan owners retired the horse after its last race Nov. 29.

The origins of the name were unknown at press time.

SINGLE VEHICLE MVA

On Dec. 10, RCMP attended a single vehicle collision in the 13300 block of Highway 101, Garden Bay, after a passerby noticed a vehicle overturned in a ditch.

The vehicle was travelling southbound when it veered off road, struck two trees and landed on its roof.

According to RCMP, the lone occupant managed to crawl out of the vehicle and was airlifted to Vancouver General Hospital for treatment of non-life threatening injuries.

Speed is believed to be a factor though alcohol is not.

40th annual
Robbie Burns Night

Dinner plus The Coast Fiddlers & the Legion Pipe Band.

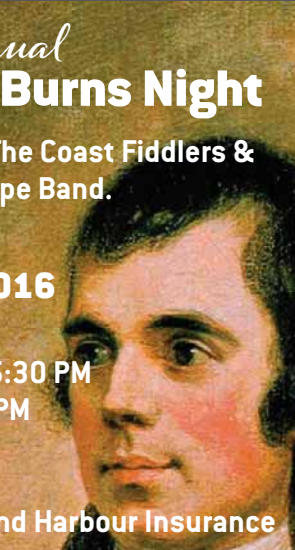
Saturday
Jan. 23, 2016

Poet's Hour 5:30 PM
Dinner 6:30 PM

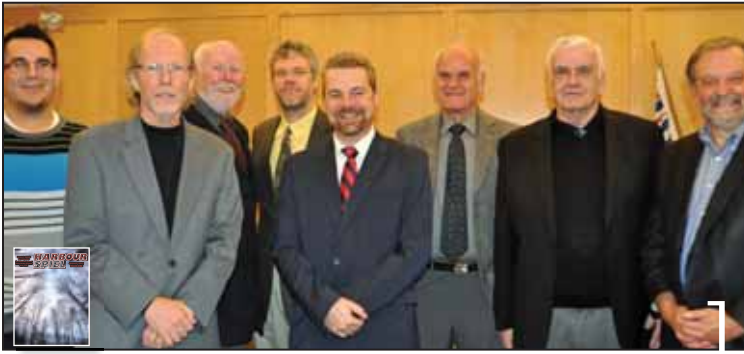
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Royal Canadian
Legion Branch 112



2015 harbour spiel review



SCRD

JANUARY: Because it's 2015. Some new men appeared on the 2015 Sunshine Coast Regional District board of directors.



April: The Sechelt Indian Band held a gathering in the Pender Harbour Community Hall to share food and stories Feb. 28.



MAY: MPES students' 'illegal' protest April 22 after an MoTI decision not to install a crosswalk (it was eventually added).



DECEMBER: The Lily Lake Walking Trail nears completion but lacks a boardwalk to connect the two ends.



FEBRUARY: The head builder of the Pender Harbour Hotel, Wakefield Construction Inc., filed for creditor protection Jan. 9.



April: The 'grand reopening' of the Sarah Wray Hall in Irvines Landing attracted an appreciative crowd on Feb. 28.



JUNE: The Pender Harbour Bananas ended strong, reaching the championship final before falling to the Xenichen Wolves 3-0.



NOVEMBER: Two humpback whales ventured into Pender Harbour to feast on krill Oct. 14.

2015 harbour spiel review



FEBRUARY: Anyone hiking Francis Point Marine Park on Christmas Day couldn't miss nine Steller's sea lions.



MARCH: A change in ownership of the Irvines Landing Marina provided a glimmer of hope the site might be resurrected.



MAY: The first Mountain Grind obstacle race went off smashingly with over 300 smiling participants.



MAY: The April Tools Wooden Boat Challenge delivered a stand up paddleboard twist this year but competitors weren't fazed.



JULY: The P. H. Community Hall was packed for a dock meeting with the province and SIB representatives June 13.



JULY: The late Bill Thompson's iconic 1942 U.S. Navy biplane, the N3N, took off from Pender Harbour for the last time June 25.



OCTOBER: After its first season, the P. H. Health Centre's community garden was overflowing with vegetables Sept. 15.
January 2016



AUGUST: Killer Whales cruised around inside Pender Harbour for Pender Harbour Days on June 12

Reflections on 2015



*Frank Mauro,
Area A Director*

Here it is, January again, with Janus, the two-headed god of beginnings the month was named after, reminding us that we are transitioning into a new year and we should look both backward and forward.

It has been an eventful year, so first, a look back at events to evaluate what has happened.

I will start with a look at the priorities I set for myself and documented in this column last January and the associated results.

1. Start the Area A official community plan review:

A very strong committee has

been selected and the review is well underway and expected to be complete mid-2016.

2. Continue building on our area's relations with the Sechelt First Nation:

While I made significant attempts in this regard and progress was being made, the introduction of the draft dock management plan and the community's reaction caused, if anything, a deterioration in relations.

Regarding the DMP, the SCRD board and I worked hard to make sure the community's concerns were addressed.

Further community consultation meetings were scheduled and consultant Barry Penner was appointed to engage residents.

3. Continue looking for cost savings and keep taxes low:

While there were some unavoidable costs during the past budget year, we were able to stay within a comparatively small tax increase for our area.

4. Continue working on Coast-wide regional economic development:

The SCRD and the municipalities have an agreement in principle and the steering committee's work is well underway.

The foundation is laid and we are seeking candidates for directors of the new economic development entity.

5. Follow up on the water metering program to ensure we find ways to conserve and protect water:

SUNSHINE COAST REGIONAL DISTRICT

UPCOMING MEETINGS

Policing Committee

January 11 at 9:00 a.m.

Transportation Committee

January 11 at 10:15 a.m.

Infrastructure Services Committee

January 14 at 9:30 a.m.

Regular Board

January 14 at 1:30 p.m.

Planning and Development Services Committee

January 21 at 9:30 a.m.

Community Services Committee

January 21 at 1:30 p.m.

Corporate and Administrative Services Committee

January 28 at 9:30 a.m.

Regional Hospital District

January 28 at 1:00 p.m.

Regular Board

January 28 at 1:30 p.m.

Special Corporate and Administrative Services Committee

January 29 at 9:30 a.m.

Meetings are held at **1975 Field Road**, Sechelt.
Agendas are available at www.scrd.ca/Agendas-2016.



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North Pender Water system

The North Pender Water system is experiencing higher than normal levels of colour and turbidity due to naturally occurring seasonal variations. Please be advised that the SCRD works closely with the Vancouver Coastal Health Authority in monitoring the water quality. The water continues to meet drinking water quality guidelines and is safe to drink.

Pender Harbour Satellite Office

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

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



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info@scrd.ca

While we were comparatively fortunate in our area with respect to the drought conditions this past summer, evidence showed a reduction in water consumption indicating conservation is on people's minds.

The community engagement process to allow restricting motors in our water supply is complete and an application for restrictions on McNeill and Harris Lakes has been submitted.

6. See that the construction of the new resource recovery facility in our area meets the needs of the residents and work to ensure that opportunities for recycling are enhanced

The landfill has been converted to a transfer station and while there is work still to be done on recycling, some improvements have been made.

7. See that the walkway project in Madeira Park is completed and work on projects in Garden Bay and in Egmont:

Significant work has been done on the Madeira Park project with completion expected this spring.

The Garden Bay and Egmont projects have been engineered.

SIGNIFICANT CHANGES OF 2015 AT THE SCRD

In the past year other significant changes have occurred, which have

resulted in a change in the direction and approach at the SCRD.

A comprehensive process was followed to hire a new chief administrative officer, the senior staff position at the SCRD.

A few months into her new role changes in processes and procedures are occurring that I am confident will result in a positive shift in operations at the SCRD.

A prolonged drought and water restrictions this summer have caused a re-evaluation of priorities including conservation control, finding new water sources to provide redundancy, and increasing the storage capacity of the water supply.

LOOKING AHEAD TO 2016

In my next article I will write about some of the main goals for 2016 based on the SCRD strategic plan which we released earlier this year.

One of those priorities will certainly be to continue building a relationship with the First Nations, an important goal for the future here, as it is in all of Canada.

In closing, I wish everyone a happy, healthy and prosperous New Year.

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

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Cost: \$275 (Includes most course material, examination and first year individual membership, a \$43 value, in CPS).

MARITIME RADIO COURSE

May 12, 14 and 15, 2016.

Earn your Restricted Operator's Certificate (Maritime) with DSC endorsement. This Certificate is required by law if you will be operating a VHF radio on your boat. Every person on your boat should have this certificate in case you are incapacitated (one evening 1900-2100, one half day 1000-1500).

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Class sizes are limited so register early.

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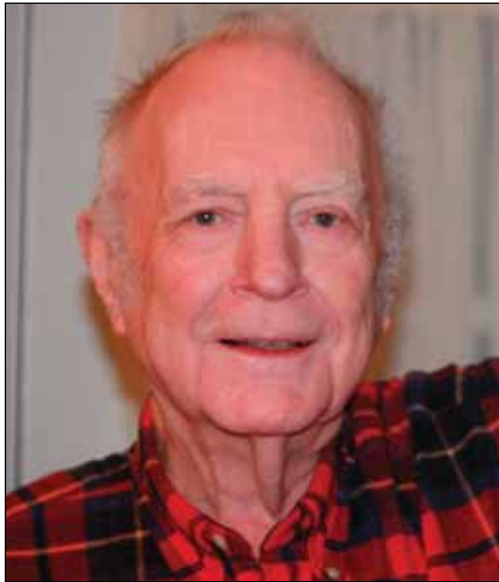
Ed and Betty Wray collection

These photographs were taken in December 1952 from the end of Hugh and Nellie McCall's float at the head of Whiskey Slough. The background in the top photo is the end of Warnock Road where the government wharf now sits. The photo below it is taken from Whiskey Slough looking out towards Mount Daniel and Garden Bay.

Freeze-ups in Whiskey Slough weren't uncommon back then but they rarely extended out into the main entrance of Pender Harbour. A story persists that the entire harbour froze up once prior to European settlement. It's said a massive snowfall coincided with a spell of extreme cold weather that resulted in the snow turning to ice all the way out to the harbour mouth at Irvines Landing.

Samuel Edward Johnson

DECEMBER 24, 1928 — NOVEMBER 24, 2015



It is with great sadness we announce that Samuel Johnson passed away under loving care, with family at his side, in Burnaby Hospital.

Predeceased by his wife Phyllis, he leaves his three children Jacqui (Ian of Saanichton, BC), Susan (Barry of Calgary, Alta.) and Doug (Garden Bay, BC) and five grandchildren, Jason (Colleen), Trevor, Alyssa, Lindsay and Rebecca.

Dad spent his entire career at Finning Tractor where he also met his wife.

In the early 1980s, the entire family took their camping adventures to the Sunshine Coast.

After spending time at the Brightside Resort on Katherine Lake, Sam and Phyllis purchased property on Elliott Road.

At their new location, the tent trailer served as the primary accommodation until a one-bedroom cabin

was built.

The family spent many weekends and most of the summer enjoying Garden Bay Lake, leaving Sam to commute to work.

Papa J or Frosty, as he was known to his grandchildren, will be missed and fondly remembered for many things including his undeniable sweet tooth and his own version of sign language (also known as the Johnson salute).

Dad enjoyed his retirement, the annual gathering of Finning retirees, visits to Garden Bay and venturing south to a warmer climate.

No service will be held.

Instead the family invites you to have a cold one for Dad.

Bryan Rousseau

JANUARY 7, 1946 — NOVEMBER 21, 2015



With great sadness, we announce the passing of Bryan Thomas Rousseau in his home in Madeira Park on November 21.

He is survived by his wife of 27

years Diane Rousseau, his son Kevin (Amelia) Rousseau, daughter Cindy (Jason) MacKenzie, and son Cameron Winterburn, grandchildren Liliana, Massimo, Matthew, Eric, Samuel and William, brother Ernie Rousseau (Whitehorse, Yukon), and sisters Theresa Barnett (North Bay, Ont.) and Faye (Mike) Daoust (Mattawa, Ont.).

Rousseau was predeceased by parents Art and Sophia, sisters Lillian and Olive, and brother Ronnie.

He is also lovingly remembered and greatly missed by his extended family including many nieces, nephews and cousins.

Bryan and Diane built their home in Madeira Park and moved full-time to the Coast in 1997 from the Lower Mainland.

Ever since Bryan's first trip to

Pender Harbour, he knew this is where he wanted to be.

Bryan loved the natural beauty of the Sunshine Coast, whether hiking or boating with friends.

He was always eager to share his slice of heaven with visiting family and friends.

Diane wishes to extend a heartfelt thank you to her family and the palliative care team for helping her to honour Bryan's wishes to be cared for in his home.

A memorial service was held on Saturday Nov. 28 in Sechelt.

Bryan's family wishes to thank all those who were able to attend as well as those who made donations to the Canadian Cancer Society or the Pender Harbour Medical Clinic in Bryan's memory.



HARBOUR SPIEL

trivia

1. Which is the name of a local group:
_____ Ski & Board Club?

- ☐ a. Hotham Sound
- ☐ b. Ruby Lake
- ☐ c. Sakinaw Lake
- ☐ d. Pender Harbour

2. Which monarchical term is closely
associated with Madeira Marina?

- ☐ a. Prince
- ☐ b. Princess
- ☐ c. Queen
- ☐ d. King

3. Which is not a local mountain?

- ☐ a. Karen Peak
- ☐ b. Mount Hallowell
- ☐ c. Mount Daniel
- ☐ d. One Eye Peak

4. If you live in Francis Peninsula, where does
your water come from?

- ☐ a. Chapman Lake
- ☐ b. McNeill Lake
- ☐ c. Garden Bay Lake
- ☐ d. Sakinaw/Ruby Lakes

5. How many "Portugese Joes" does Pender
Harbour and Egmont lay claim to?

- ☐ a. 2
- ☐ b. 3
- ☐ c. 4
- ☐ d. 5

6. Where is the portion of highway known as
the "Coquihansen?"

- ☐ a. Earls Cove
- ☐ b. Kleindale
- ☐ c. Middlepoint
- ☐ d. Secret Cove

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**



Nick Loenen

Nick Loenen sent the *Harbour Spiel* this photo of an 'abandoned' hydro pole he picked up along Hotel Lake Road after it was replaced. Loenen dragged it home and planned to cut it up for firewood before realizing it was densely ringed yellow cedar. The log's 200-plus growth rings suggest it was already a few decades old when the first Europeans arrived on the coast of British Columbia. An accomplished wooden boat builder, Loenen says he will find other uses than firewood for his discovery.

harbour seals



Note your (dis)approvals.

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

A huge thank-you to everyone for making our Scotch tasting event a huge success: **IGA Madeira Park, Sunshine Coast Credit Union, Gladiator Seafood and Sunshine Coast Homes, our attendees, volunteers and event manager Dave Milligan.**

A special thanks to **Emelle's Madeira Bistro** for the excellent food. Proceeds will go to various projects in the community and for Rotary's continued fight against polio.

Glen Bonderud
Rotary Club of Pender Harbour

A Harbour Seal of Approval to **Cindy Schroeder** for decorating the Community Hall for Christmas.

Muriel Cameron
P. H. Community Club

A Harbour Seal of Approval to **Warren and Justin of Justin Noel Roofing** for responding so quickly after the (lifetime) metal roof blew off my house Sunday night in the storm.

Thanks also for offering to fix the brakes on my truck. You guys rock.

Sandy Matches
Kleindale

A Harbour Seal of Approval to **all those who attended the Community Club Craft Fair Nov. 28.**

A special thank you to all the bakers who donated so generously to the bake sale. Your support is appreciated so very much.

Muriel Cameron
P. H. Community Club

Harbour Seals of Approval to those who participated in the Shop Local Light up the Community event: **IGA, Earth Fair, Sunshine Coast Credit Union, Marina Pharmacy, Copper Sky, Madeira Park Vet, Java Docks, Realty Office, Oaktree Market/Pizza, Bargain Barn, Mamma's Japanese Kitchen, P. H. Community School, Emelle's Bistro and the Christmas Store.**

And thank you to those private homes who decorated up for the Polar Express Christmas Light Tour to showcase community holiday spirit.

Congratulations to the winners (see p. 26).

Deb Cole
P. H. and District Chamber of Commerce (shop local committee)

The question of ferry versus bridge explored

Hal Lindhagen

This article first appeared in the Jan. 2009 issue of the Harbour Spiel as a letter to the editor.

The usual mode of transportation to and from the Sunshine Coast is by BC Ferries.

In addition to ever-increasing fares for this trip, there may be an even higher cost to our environment.

And anyone who regularly takes that 45-minute ferry ride from Horseshoe Bay to Langdale also knows the many inconveniences — missed appointments, missed sailings and long waits in the parking lot that impose a high level of stress.

Few would disagree that ferries are necessary, but where a better alternative is available I think the choice is clear.

Most people today would agree with the principle of safeguarding the environment. With the prospect of global warming and degradation of the immediate environment, it is imperative that we act now to remedy the obvious.

FERRIES VS. ROAD ACCESS: A COMPARISON ADDRESSING POLLUTION

Ferry or road access to the Sunshine Coast? Let's look at the numbers:

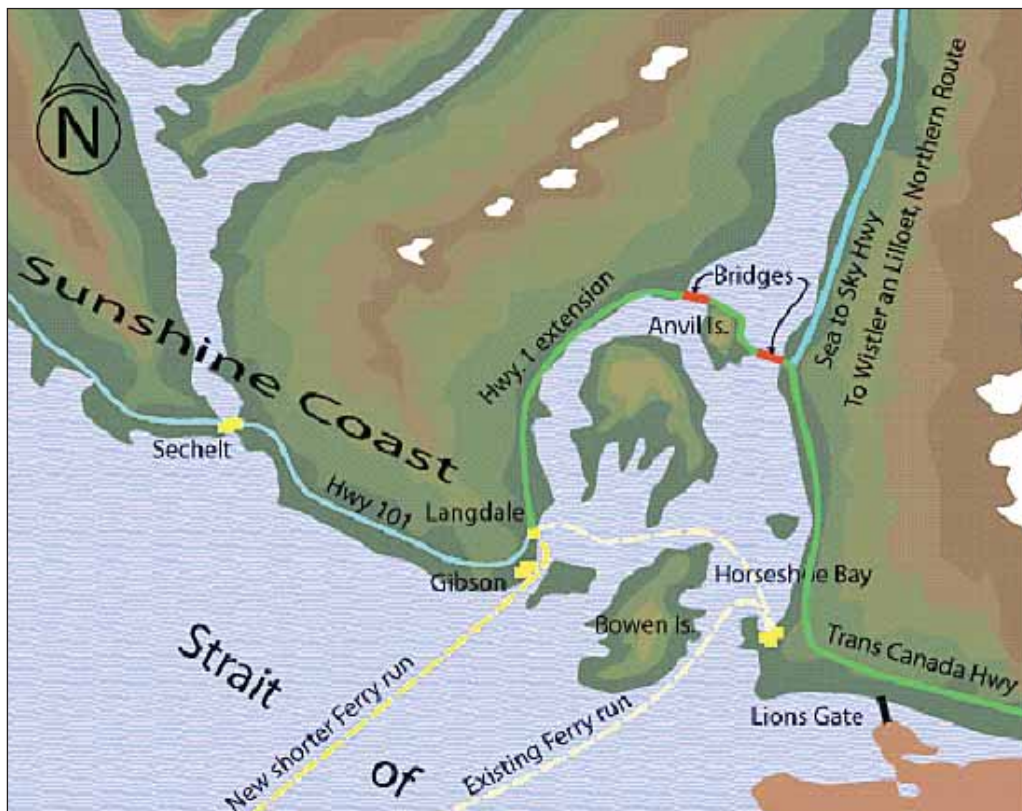


Illustration by Hal Lindhagen

Map showing possible routes linking Sunshine Coast to the Sea to Sky Highway with a bridge and Vancouver Island with the left over ferry service.

The Queen of Surrey ferry burns approximately 1,300 litres of diesel fuel for each trip between Langdale and Horseshoe Bay. That's about 6,800 litres per 100 kilometres.

At maximum capacity (362 vehicles onboard) that is 3.6 litres per vehicle, equivalent to 40 kilometres of road travel per vehicle (an average midsize car burns nine litres per 100 km).

If a road connection was made across Anvil Island (see illustrations) the approximate distance would be 40 kilometres by road between Langdale and Horseshoe Bay.

The numbers would indicate that the ferry fuel use is equal to what 362 vehicles would use travelling a possible road and bridge.

But the Sunshine Coast ferry runs on average at 44 per cent of vehicle capacity.

In 2007, the ferries that serve the Sunshine Coast made a total of 6,600 trips carrying 1,062,900 vehicles and 2,516,000 passengers.

That is an average of 161 vehicles per trip which equals eight litres per vehicle transported.

That's more than twice the fuel a car would consume travelling by road.

What's worse, marine engines

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have significantly higher rates of pollution than auto engines.

There have been significant improvements made to automobile engine emissions over the past decades while marine engines have not kept pace.

By implementing a road system, we would conserve more than 4.5 million litres of fuel each year, not counting fuel used at the terminals.

Better still, we would reduce carbon emissions and improve the health of the planet.

Premier Gordon Campbell could do much better finding real and permanent solutions to the underlying problems of transport and global warming instead of imposing a surtax on gasoline, something that hurts people with low income.

The big fuel consumers, such as our ferries, just pass the cost of fuel, with all its taxes, on to the consumer.

And do you believe a person or company who owns and operates a luxury yacht that burns four litres per kilometre cares about the cost of fuel?

Probably not.

Extending the Trans-Canada Highway to the Sunshine Coast and linking to the Sea to Sky Highway would be of great benefit to everyone.

Anvil Island could be the cross-over point with two bridges. Each span would be about 1.7 kilometres in length.

The Sunshine Coast ferry can then be used for Vancouver Island service (Langdale to Nanaimo).

Travellers from the north and east would then have a choice between Fraser Valley Trans-Canada route or the shorter Highway 99 (Sea to Sky) route through Cache Creek, Lillooet and Whistler.

Travellers could choose between

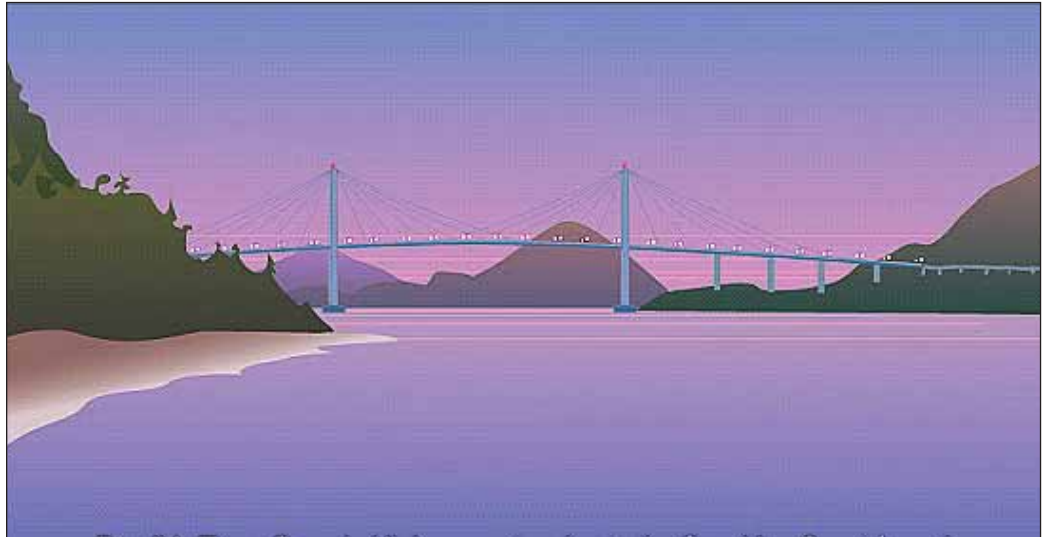


Illustration by Hal Lindhagen

Possible Trans Canada extension to the Sunshine Coast from the Squamish Highway via Anvil Island. This is one of two spans, looking south from the Squamish end of Howe Sound with Anvil Island on the right.

a 100-minute ferry run to Nanaimo from the crowded Horseshoe Bay terminal or an 80-minute ferry run from the Langdale terminal (see map illustration).

ADVANTAGES OF A ROAD CONNECTION

1. Much less carbon and sulphur emission than ferries.
2. Reduction in fuel consumption and at today's prices that's a savings of about \$6 million a year.
3. Less crowding at Horseshoe Bay Terminal.
4. Shorter ferry route to Vancouver Island from Langdale (and with a shorter crossing, less pollution and less fuel expense)
5. No wasted time waiting at ferry terminals (with a possible half-hour wait per vehicle multiplied by 1.05 million vehicles carried last year it could equal 502,500 hours.

That is 57 years of time wasted annually sitting in a ferry parking lot.

6. Fewer large scale accidents (BC Ferries does not have a good record here).

7. Emergency vehicles and others will have 24-7 access to the Lower Mainland.

8. Employment opportunity for local construction crews to build the new route.

9. Bridges require less maintenance, do not pollute, and unlike ferry boats, rarely need to do be replaced.

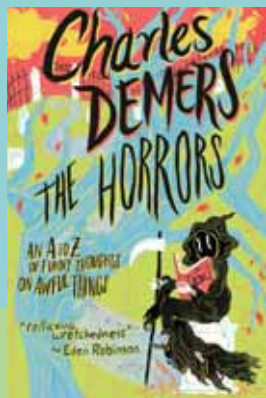
10. Bridges are usually attractive, a delight to both residents and visitors. (see bridge illustration)

This is obviously not meant to be an engineering analysis but rather a layman's observation. Much of this information has been gathered from public sources.

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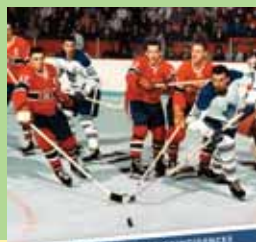
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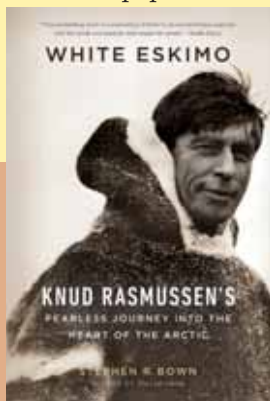
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books

Pender Harbour likes crime

Submitted

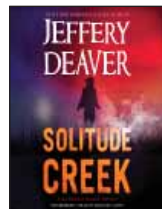
In 2015 the Pender Harbour Reading Centre (beside the Pender Harbour School of Music) added over 400 books to their shelves.

Like every year, the new additions cover every genre — from fiction to mystery and suspense to non-fiction.

Besides a broad selection of books from around the world, every book published by local favourite Harbour Publishing is included in the Reading Centre's selection.

But despite the wide variety, it seems Pender Harbour readers love mystery and suspense novels more than anything else.

The following is a list of 2015's most popular books, as compiled by the P. H. Reading Centre volunteers.



1. *Solitude Creek*

Jeffrey Deaver

A tragedy occurs at a small concert venue on the Monterey Peninsula.

Cries of "fire" are raised and, panicked, people run for the doors, only to find them blocked.

A half dozen people die and others are seriously injured.

But it's the panic and the stampede that killed them; there was no fire.



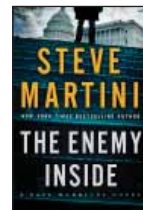
2. *Gathering Prey*

John Sandford

They call them Travelers.

They move from city to city, panhandling, committing no crimes — they just like to stay on the move.

And now somebody is killing them.



3. *The Enemy Inside*

Steve Martini

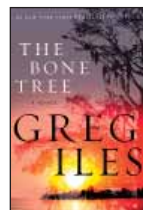
In this riveting new novel in the *New York Times* bestselling series, defence attorney Paul Madriani uncovers a morass of double-dealing and murder that leads him to the very highest levels of American political power



4. *Mightier Than The Sword*

Jeffrey Archer

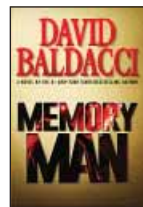
An IRA bomb explodes during the *MV Buckingham's* maiden voyage across the Atlantic — but how many passengers lose their lives?



5. *The Bone Tree*

Greg Iles

New York Times bestselling author Greg Iles continues the electrifying story he began in his smashing bestseller *Natchez Burning* with this highly anticipated second volume in an epic trilogy of blood and race, family and justice.



6. *Memory Man*

David Baldacci

David Baldacci is one of the most widely read storytellers in the world.

Now he introduces a startling, original new character: a man with perfect memory who must solve his own family's murder.



7. *The Fall*

John Lescroart

A riveting novel of legal suspense featuring Dismas Hardy and his

daughter, Rebecca, now grown up and an associate in Hardy's law firm.



8. *Dead Simple*

Peter James

Four bodies, one suspect, no trace.

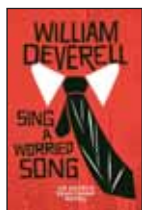
The first case for Det. Supt. Roy Grace, and the first entry in a bestselling mystery series.



9. *The Alphabet House*

Jussi Adler-Olsen

In the tradition of Alan Furst, the bestselling author delivers his first stand-alone novel, a psychological thriller set in World War II Nazi Germany and 1970s England.



10. *Sing a Worried Song*

William Devereil

Everything is going well for Arthur Beauchamp in his early middle age.

Life is so good for the top-notch defence lawyer that, in a moment of career restlessness, he decides to switch sides, just the once, and prosecute a young man charged with murdering a clown.



11. *The Forgotten Room*

Lincoln Child

A long-lost experiment of unguessable intent and a secret room, ingeniously hidden in-

side a vast seacoast mansion.

A New York Times bestselling author at his riveting best.

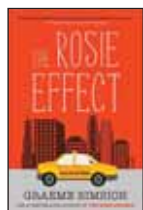


12. *The Stranger*

Harlan Coben

Master of suspense Harlan Coben delivers his most shocking thriller yet, proving

that a well-placed lie can help build a wonderful life — and a secret has the same explosive power to destroy it.



13. *The Rosie Effect*

Graeme Simison

The highly anticipated sequel to the New York Times bestselling novel *The Rosie Project*, starring the same extraordinary couple now living in New York and unexpectedly expecting their first child.

Get ready to fall in love all over again.



14. *At the Water's Edge*

Sara Gruen

In her stunning new novel, Gruen returns to the kind of storytelling she excelled at in *Water for Elephants*: a historical timeframe in an unusual setting with a creature who may or may not be the hero of the story.



15. *Delicious*

Ruth Reichl

Billie Breslin travelled from her California home to take a job at *Delicious*, the most iconic food magazine in New York.

When the publication is suddenly shut down, Billie is offered the job of staying behind in the deserted downtown mansion offices to uphold the "Delicious Guarantee."



16. *Milk Spills & One Log Loads*

Frank White

Local author Frank White started writing the story of his life as a pioneer BC truck driver in 1974 when he was only 60.

His boisterous yarn in *Rain-coast Chronicles* about wrangling tiny trucks overloaded with huge logs down steep mountains with no brakes was reprinted so many times everyone urged him to write more.

He started it in his spare time but kept having so many new adventures he didn't finish until 2013 — his 100th year.

The Reading Centre is open Tuesday through Saturday from 11 a.m. to 2 p.m. and welcomes all community members to browse the new (and not so new) titles.

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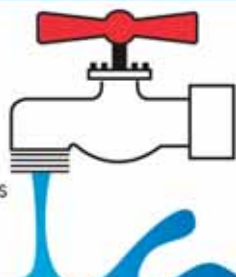
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- Steph's The Beauty Boutique.....883-0511

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Harbour Spiel

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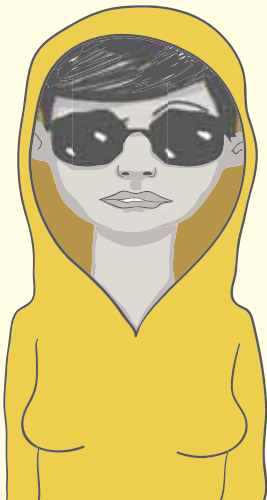
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JANUARY BIRTHDAYS

- Jan. 1 ~ **Dave Steppell**, **Paul Wharton** and **Cheryl Thompson**.
- Jan. 2 ~ **Bill Hunsche**, **Vince Perreca** and **Salem Taylor**
- Jan. 3 ~ **Colton Landry**.
- Jan. 4 ~ **Crystal White** and **Avril Maveety**.
- Jan. 5 ~ **Sue Lee**, **Betty Wenman** and **Taylor Phillips**.
- Jan. 8 ~ **Sue Natall**, **Jodi Godkin** and **Destiny Wallbaum**.
- Jan. 9 ~ **Arhea Howitt** and **Amanda Mayo**.
- Jan. 10 ~ **David Pease**.
- Jan. 11 ~ **Randy Cummings**.
- Jan. 12 ~ **Lisa Duncan**, **Mary Ebert** and **Ryan Logtenburg**.
- Jan. 13 ~ **Tia Haase** and **Betty Wray**.
- Jan. 14 ~ **Dominic De La Canal**, **Norman Edwardson**, **Karlee Legge** and **Alannah Nichols**.
- Jan. 15 ~ **Curtis Sample** and **Ron Kushner**.
- Jan. 16 ~ **Helen Palmer** and **Cody Angus**.
- Jan. 17 ~ **Tashina McLean** and **Brent Stoutenberg**.
- Jan. 19 ~ **Rita Zotoff** and **Arieanna Henderson**.
- Jan. 20 ~ **Gerald Mackie**, **Les Dornbierer** and **Hazel Jay**.
- Jan. 22 ~ **Starr Harding**, **Lil Higgs**, **Leanne Legge** and **Troy Brown**.
- Jan. 23 ~ **Taree Bathgate** and **Kelly Kammerle**.
- Jan. 24 ~ **Carolyn Ireland**, **Don Murray** and **Warren Dunaway**.
- Jan. 27 ~ **Leona Colebank**.
- Jan. 28 ~ **Vanessa Fielding** and **Ikuko Kishimoto**.
- Jan. 29 ~ **Jordan Field**, **Glen Scoular**, **Lorne Campbell**, **Alfie Lajlar** and **Tanya Bernier**.
- Jan. 30 ~ **Lyle Forbes**.

JANUARY ASTROLOGY



CAPRICORN: DEC. 22 – JAN. 20

Capricorns often experience hardship early in life, but their resourcefulness makes them survivors. Sometimes hard to get to know, they are loyal, responsible and down-to-earth. Capricorn is considered the most ambitious when it comes to career and that ambition will be tested this month. How much are you willing to sacrifice to reach your career potential? You'll soon find out — but beware — Mars will be presiding to ensure a single slip will be fatal to your career (until Feb. 2).



AQUARIUS: JAN. 21 - FEB. 18

Aquarians are original, independent, humanitarians who shy away from emotional expression. This often makes them seem uncompromising and aloof. Though good listeners Aquarians generally don't appreciate people who disagree with them. This month, Mercury will be in retrograde until Jan. 25, so your entire month will be mellow. Now is the time to contemplate the future, and play Halo 5.

BC BESTSELLERS

(For the week of Dec. 6, 2015)

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. Vancouver Vanishes by Caroline Adderson | 6. Cold Case Vancouver by Eve Lazarus |
| 2. The Wild in You by Lorna Crozier & Ian McAllister | 7. The Deerholme Vegetable Cookbook by Bill Jones |
| 3. Whistle Posts West by Mary Trainer, Brian Antonson & Rick Antonson | 8. Light Years by Caroline Woodward |
| 4. Gut by Giulia Enders | 9. Slick Water by Andrew Nikiforuk |
| 5. British Columbia and Yukon Gold Hunters by Donald E. Waite | 10. Soul of Wilderness by John Baldwin & Linda Bily |

CROWN ROYAL 'WHISKY OF THE YEAR'

Take that Scotland. For the first time, a Canadian whisky beat out Scotland's famous distillers to be named best whisky of 2016.

Even more astounding, not a single Scotch cracked the top five in a list of whickies from around the globe including Japan, Ireland and the U.S.

Crown Royal Northern Harvest Rye, a Canadian malt whisky, was awarded 97.5 marks out of 100 in Jim Murray's *Whisky Bible*, earning it the title of world whisky of the year.

Northern Harvest Rye, which retails at BC liquor outlets for \$29.79 for a 750ml bottle, has been flying off the shelves at stores across Canada since the award was announced in November.



The cover of Jim Murray's *The Whisky Bible 2016* boasts that it is "The world's leading whisky guide," but experts add that Murray's annual list is just one man's opinion. Regardless, whisky drinkers from all over the world are clamouring to find a bottle of the Gimli, Man.-produced rye. The only exception may be whisky fans from Scotland.

JIM MURRAY'S 2016 WORLD WHISKIES OF THE YEAR:

1. Crown Royal Northern Harvest Rye (Canada)
2. Pikesville Straight Rye (USA)
3. Midleton Dair Ghaelach (Ireland)
4. William Larue Weller Bourbon (USA)
5. Suntory Yamazaki Mizunara (Japan)

JANUARY WEATHER

TEMPERATURES

January is our coldest month, with an average daily high temperature of 6 C and low of 2.6 C, giving us a mean daily temperature of 4.3 C. The highest January temperature recorded at Merry Is. is 13.2 C (Jan. 30, 1989); the lowest is -7.2 C (Jan. 29, 1969).

PRECIPITATION

We have an average of 46.2 hours of bright sunshine, 17 days with rain and three days with snow in January. Our average monthly rainfall is 116.3 mm; snowfall, 11.2 cm. The record daily rainfall recorded at the Merry Island weather station is 78.2 mm (Jan. 18, 1968).

SKOOKUMCHUCK viewing times



DATE-TIME-SIZE (small, medium, large, [extra large](#))

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

1. 9:10am +L, 4:26pm -M
2. 9:45am +L
3. 10:24am +M
4. 11:09am +M
5. 11:57am +M
6. 8:25am -S, 12:49pm +M
7. 9:38am -S, 1:41pm +M
8. 10:34am -S, 2:32pm +M
9. 11:21am -S, 3:22pm +M
10. 12:05pm -M, 4:11pm +M
11. 12:48pm -M
12. 1:29pm -M
13. 2:10pm -M
14. 2:52pm -M
15. 8:09am +XL, 3:37pm -M
16. 8:51am +XL, 4:27pm -M
17. 9:37am +L
18. 10:28am +L
19. 11:24am +M
20. 8:00am -S, 12:24pm +M
21. 9:26am -S, 1:26pm +M
22. 10:26am -S, 2:25pm +M
23. 11:16am -M, 3:20pm +M
24. 12:02pm -M, 4:10pm +M
25. 12:43pm -M, 4:58pm +M
26. 1:20pm -M
27. 1:52pm -M
28. 2:18pm -M
29. 7:37am +L, 2:44pm -M
30. 8:08am +L, 3:13pm -M
31. 8:44am +M, 3:48pm -M

These are estimates only and not intended for navigation.

ORGANIZATIONS DIRECTORY

• Blues Society	883-2642
• Bridge Club	883-2633
• Chamber of Commerce, P. H. & Egmont	883-2561
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Policing.....	883-2026
• Egmont Community Club	883-1379
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	885-1365
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.).....	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont.....	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.).....	883-1361
• Men's Cancer Support Group.....	883-2393
• P. H. Aquatic Centre Society.....	885-6866
• P. H. Choir (7 p.m., Tuesday).....	883-9248
• P. H. Community Club.....	883-0211
• P. H. Community School Society	883-2826
• P. H. Garden Club.....	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2930
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society	883-3678
• P. H. Piecemakers (quilters).....	883-2573
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-2086
• P. H. Ramblers (walkers, every Fri. 10 a.m.).....	883-1191
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• P. H. Reading Room (library)	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society.....	883-9994
• SC. Healthcare Auxiliary (2nd Wed., 1:30 p.m.).....	883-2563
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre.....	883-2316
• Sunshine Coast Better At Home.....	989-6171
• Sunshine Coast SHROOM.....	883-3678
• TOPS (Take Off Pounds Sensibly).....	740-1509
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services.....	741-5246

organizations

POLAR EXPRESS CHRISTMAS LIGHT TOUR: LIGHT UP THE COMMUNITY WINNERS

On evening of Dec. 15, a yellow school bus prowled around Pender Harbour with 23 judges intent on finding the best Christmas light displays:

Business winners:

1. Earth Fair Store (which had carollers out front)
2. Alice's Sweet Shop
3. Emelle's Bistro

Home winners:

1. Tanya and Richard Massullo
2. Virginia and Ron Sanders
3. Grant and Joy Ellert

SCHOOL OF MUSIC COFFEEHOUSE

The SoM Coffeehouse will run an exciting first program of 2016 on Friday Jan. 8 at the Pender Harbour School of Music starting at 7:30 p.m.

The program features:

- Jena Wren — alto jazz singer, accompanied by Pender Harbour's own Kenneth Norman Johnson on piano.
- David J. Taylor — singer/songwriter and recording artist from Davis Bay.
- Back Porch Reunion — The favourite local Cajun band returns to start the year off.

Coffee, tea and wonderful desserts supplied by the Pender Harbour Choir will be available.

PENDER HARBOUR WILDLIFE SOCIETY

The Pender Harbour Wildlife Society will hold its first meeting of the new year on Tuesday, Jan. 19, at Pender Harbour Secondary School starting at 7 p.m.

The guest speaker for the evening will be Tony Greenfield, leader of Whiskey Jack Tours and renowned "birder" expert. Tony will report on the results of the annual Christmas bird count.

This meeting will also stand as the annual general meeting for the society. Elections will be held for positions on the executive and for directors. All members, old and new, are urged to attend. Refreshments will be served. For further information on the society, visit their website at www.penderharbourwildlife.com.

ALCOHOLICS ANONYMOUS

The Wednesday night AA meeting will now meet at 7 p.m. at the Pender Harbour Health Centre beginning Jan. 13. This 7 p.m. time will be the regular meeting time from now on.

Winter golf brings a special charm



Jan Watson

It has been a mixed bag of weather — sunny and frosty or wet and windy.

In between it has been pleasant on the course which is still in great shape — a few wet spots but the greens are just excellent.

We remind everyone to please repair their ball marks on the greens.

Another reminder: Golf carts must stay on the cart paths.

Reduced rates are in effect during the winter and the driving range is open daily.

Pender Harbour is a public course, run by the non-profit Pender Harbour Golf Club society.

Everyone is welcome to come out and play and to use all facilities.

COLD TURKEY SHOOT FUNDRAISER

The second annual event was very successful with 31 participants.

This was an 18-hole event and it's not as easy to hit the ball into the sand traps as you would think.

That was the game — hit a specified sand trap in a certain number of shots.

Successful names were entered in the draw for turkeys.

With 18 holes there were two chances to this for each hole.

The nine turkey winners were Carly Gooldrup, Dave Phillips, Sandra Pylypiuk, Lorraine Wareham, Kirk Mackie, Dave Girard, Mike Reid, Kathy Bergman and Jamie Tufford.

It was a sunny but frosty day and thanks go to Mike Reid for organizing the fun event; everyone had a good time.

Hot dogs and refreshments followed at the Back Nine Bistro.

SPECIAL THANKS TO VOLUNTEERS

As always, it is impossible to name all the wonderful people, members and non-members who dedicate many hours helping to keep the golf course, driving range and buildings in good shape.

Sincere thanks go out to all those people who, over the last 30 years have worked hard to help make the facility a great asset to the community.

TRUE STORY

Bill listened thoughtfully as the instructor of the couples' prenatal class addressed the pregnant women in the room.

"Ladies, remember that exercise is good for you.

"Walking is especially beneficial because it strengthens the pelvic muscles and will make delivery that much easier.

"Just pace yourself, make plenty

THE 19th HOLE

Give me golf clubs,
fresh air and a beautiful
partner, and you can
keep the clubs and
the fresh air.

~ Jack Benny

of stops and try to stay on a soft surface like grass or a path."

"Gentlemen, remember — you're in this together.

"It wouldn't hurt you to go walking with her, in fact, the shared experience will be good for both of you."

The room suddenly became quiet as the men absorbed this information.

After a few moments, Bill raised his hand.

"Yes?" said the instructor.

"I was just wondering if it would be all right if she carries a golf bag?"

LET'S MOVE FORWARD IN 2016 TOGETHER!

Apply for the Coast-Wide Economic Development Board to help the Sunshine Coast build a stronger economy and future. We are seeking Directors with passion and expertise in the following areas:

Collaboration with First Nations, the private sector and non-profits; economic diversification; entrepreneur attraction and engagement; sustainability; technology; agriculture; post-secondary expansion; outdoor recreation; our thriving arts scene; and local investment.

To apply, please email a cover letter and CV to info@scrd.ca by January 15, 2016.

For more information on the Sunshine Coast Economic Development Charter, please visit www.scrd.ca/regional-economic-development.





PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – 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 – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

PUBLIC HEALTH NURSE – 883-2764

- Well Baby Clinic
- Child and Adult Immunizations
- **All travel immunizations done in Sechelt

FAMILY NURSE PRACTITIONER – 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

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

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell, Robinson & Justin L Smith

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

CHIROPRACTORS – 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

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT:

CHILD AND YOUTH MENTAL HEALTH

**Elaine Hamel and Rhonda Jackman, child and youth
mental health clinicians available:**

- Mental Health Assessments & Therapy:
Children age 0-19
- For more information call: Child & Youth Mental Health
Intake (604) 740-8900 or (604) 886-5525



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 8 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, respiratory nebulizers etc.

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

Eating disorders — not to be confused with Christmas overeating

Compiled by

P. H. Health Centre nursing staff

We all tend to associate the holiday season with eating good food, rich desserts, scrumptious treats and big meals.

These traditions combined with complex family relationships cause increased stress especially for those who struggle with weight and self-esteem issues.

If you have concerns about family, friends or yourself and wonder if it's an eating disorder or just over-indulging, here is a summary of basic eating disorders.

Disordered eating includes a range of food- and weight-related beliefs and practices that negatively affect an individual's overall well-being.

It includes chronic dieting, compulsive eating and behaviours seen in anorexia and bulimia.

Feelings of ineffectiveness and low self-esteem are common.

ANOREXIA NERVOSA

Anorexia nervosa is identified by drastic weight-loss from excessive dieting.

Most individuals with anorexia don't recognize how underweight they are. Even when emaciated, these individuals may still feel fat, making it difficult to convince them to seek help.

BULIMIA NERVOSA

Bulimia nervosa is identified by

frequent fluctuations in weight and periods of uncontrollable binge eating followed by some form of purging to rid the body of the unwanted calories.

This can be through self-induced vomiting, laxative abuse, excessive exercising or fasting.

All of which are harmful.

BINGE EATING

Binge eating is uncontrolled, impulsive, or continuous eating to the point of serious discomfort.

Purging is uncommon.

Significant distress and shame of binge eating is experienced.

EATING DISORDER AWARENESS WEEK: FEB. 1 TO 7.

By raising awareness of eating disorders and their associated issues, we decrease stigma and increase understanding.

We all know someone whose preoccupation with his or her physical

size, shape or weight hampers their ability to have healthy relationships, go to school or work or to engage in community life.

The National Eating Disorder Information Centre (NEDIC) is a Canadian non-profit organization, established in 1985 to provide information and resources on weight preoccupation.

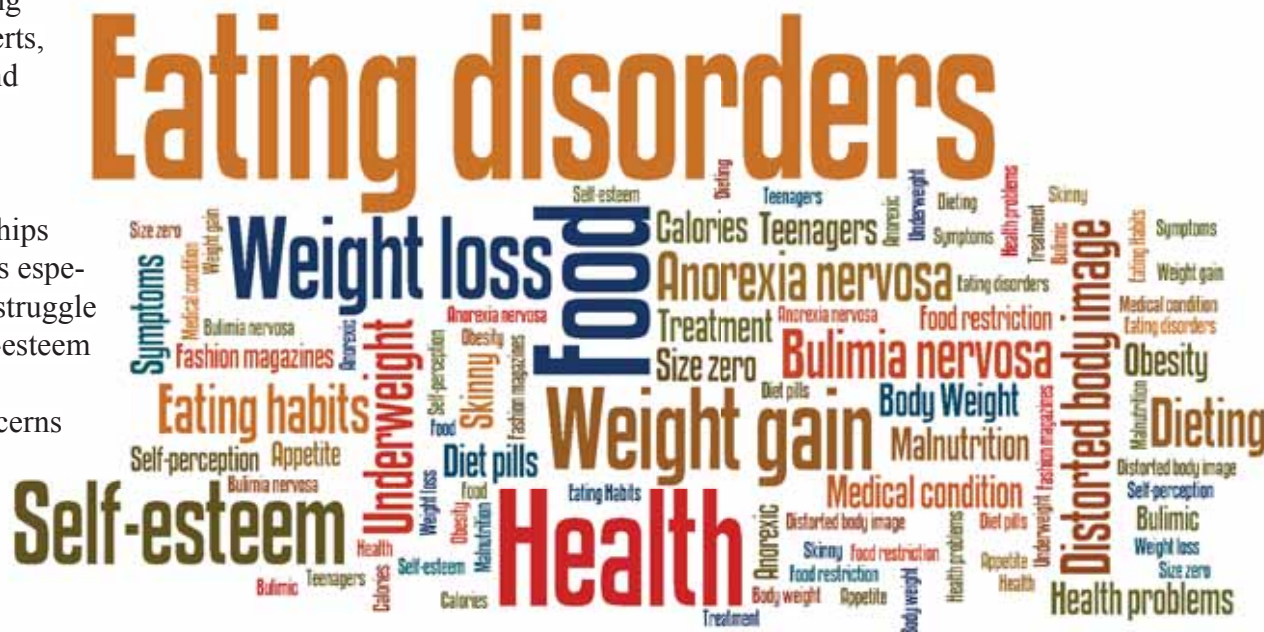
Its goal is to promote healthy lifestyles that allow people to be fully engaged in their lives.

It can be accessed at www.nedic.ca.

The Pender Harbour Health Centre has resources through the National Eating Disorder Information Centre.

Please drop by and ask for these materials.

Also, the president's learning centre, a.k.a. "library," has a large selection of VHS tapes, books and pamphlets on many health-related topics.



This month in recreation

PHAFC

PHSI

PHCS

Come swim with us!



13639 S. C. Hwy.

(604) 885-6866

phaquatic@scrd.ca



PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

On lower level of the
PH Secondary School:

13639 S. C. Hwy.
(604) 885-6866

phaquatic@scrd.ca
www.scrd.ca/Recreation

INSPIRATIONAL BODY WORK

Get your metabolism fired up to lose fat and to maintain a healthy weight.

Jan. 6-March 11, Wednesdays and Fridays, 6:30-7:30pm 10 Classes/\$75 20 Classes/\$150

YOGA PROGRAMS WITH CAROL

Yin Yoga (6 Mondays: Jan. 11, 6:30-7:30pm) and Yoga: Fabulous Feet, Keeping our Foundation Healthy and Strong (6 Tuesdays starting Jan. 12, 3:30-4:30pm). Call to register.

MOUNTAIN GRIND GROUP TRAINING

Navy-inspired team training to get you grind-ready with Amanda.

Jan. 16-March 5, Saturdays 9:15-10:30am 8/\$20 plus MyPass membership

FRANKLIN METHOD WORKSHOP SERIES

4/\$70 or \$20/workshop, Saturdays Jan. 16-Feb 27, 10:30am-12pm

MUAY THAI KICKBOXING

Achieve your personal bests in fitness training with Paola. Jan. 18-Feb. 2, Mondays 5-6pm 6/\$60. If parent and youth register together, youth cost is 6/\$30.

INTENSE: HIGH INTENSITY WORKOUT FOR ALL FITNESS LEVELS

Wednesdays and Fridays 5:30-6:15pm. Begins Jan. 6. Call to register. \$80/8 classes

BATTLE ROPES AND GLIDERS WORKSHOPS

Effectively use the ropes and gliders to transform exercise movements for more challenge in your workouts. Wednesday evenings 6:30-8:30 beginning Jan. 20. Call to register.

SWIM LESSONS BEGIN WEEK OF JAN. 4.



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

CARPET BOWLING: WEDNESDAYS

On Jan 13, Jan 20, Jan 27 and Feb 3 at the P. H. Community Hall, 1-3pm Cost \$3

HARBOURSIDE FRIENDSHIPS: THURSDAYS

Thursdays at the P. H. Community Hall at 10:30. Lunch served at noon. Cost \$10

Jan 7 - Speaker about "hearing" ~ Dr. Shannon MacLean

Jan 14 - Exploring New Year traditions in other cultures

Jan 21 - Time with the MPES students

Jan 28 - Readings from local authors

Feb 4 - Speaker Sue Jackel on "It is Time to Move." **Sign-up ahead (lunch provided).**

YOGA CLASSES: FRIDAYS

On Jan 15, Jan 22, Jan 29 and Feb 5 at the P. H. Community Hall: Yoga for 55+ starts at 9-10am and chair yoga 10:30-11:30am. Drop-In \$2

SPECIAL LUNCHEON OUTING: JAN. 26

Ride the "Duck Bus" on Jan 26 to the Golden City Restaurant in Sechelt. Bus departs at 11am from in front of the P. H. Community Hall. Cost: \$10 plus lunch

Seniors Programs for January

All programs are drop-in and all are welcome!



PENDER HARBOUR COMMUNITY SCHOOL

HARBOUR LEARNING
CENTRE HOURS:
Tues/Wed/Fri
9am to 4pm

Box 232
Madeira Park
V0N 2H0

604.883.2826

phcs@dccnet.com

COMMUNITY FOOD MEETING ~ FOLLOW UP SESSION

Tuesday Jan 12, 4:30-6:30pm, Pender Harbour Legion, Madeira Park, everyone welcome

YOGA WITH CAROL IN IRVINES LANDING

6 Thu's starting Jan 14, 1-2pm, Sarah Wray Hall, \$72 (\$15 drop in), bring mat & H2O bottle

CHEESE MAKING WITH GEORGE

Mozzarella: Thu Jan 21, 6:30-8:30pm at PHSS Foods Room, \$20

Goat Cheese: Thu Jan 28, 6:30-8:30pm at PHSS Foods Room, \$20

VIOLIN LESSONS WITH KATIE ANGERMEYER

10 Sundays: Jan 17, 1-2pm at PHCS, \$200, all ages/levels. Violin purchase or rental

FIRST AID CLASSES

Standard First Aid, Sat Feb 20 & Sun Feb 21, 9am-5pm at the Pool, \$175

Emergency Childcare First Aid for parents, grandparents, daycare workers, \$95 (date tbc)

DROP IN SPORTS NIGHTS AT PHSS

Pickleball: starts Wednesday, Jan 6, 6:30-8:30pm, come join the fun! \$5 drop in

Soccer: starts Monday, Jan 11, 7:00-9:00pm, all levels welcome, ages 12+, \$3 drop in

Open Sports Night: starts Tuesday, Jan 12, 7:30-9:30pm, fun for all, \$3 drop in

ART FOR KIDS WITH PATTI & CARLA

8 Mondays Jan 11 to Mar 7, 3-4:30pm at MPES, \$65, Grades 3-6

KINDERSOC WITH SAMANTHA STEWART

8 Thursdays Jan 14 to Mar 3, 3-4pm, \$60, Ages 4-7, soccer, sportsmanship & fun!

Applauding the five best beers of 2015

Moe Colton



I am good at one thing:
Beer.
I knock back 10 or so beers a night and unlike most of the

flakes calling themselves beer drinkers these days, I mix it up.

Tons of guys drain a case before bed but how many can tell you the last time they tried something different?

Drinking only Coors or Corona for 20 years sounds like marriage — a complete waste of time and money.

I drink whatever beer's put in front of me and I've tried them all.

I'll share that accumulated wisdom in the hope of guiding you to a better appreciation of the craft that goes into my favourite drink.

MOLSON CANADIAN (ABV 5%)

"She's been with me longer than my scars," is from a country tune I wrote but it applies to Canadian too.

Molson's finest is probably the reason I didn't finish Grade 11 (I found my calling early).

Back then I didn't pay much attention to a beer's subtleties — it was all about getting through the flat faster than my beer pig buddy Gary.

Later on I came to drink alone, without distraction, and began to recognize the qualities that exposed Mr. Molson's genius.

The maple leaf on the can should've been a hint.

How could I have missed that wispy maple veil that wraps the flavour yet never intrudes?

Magic.

It's been around since 1959 but only recently received the recognition it has long deserved.



The classic Canadian. If you don't enjoy a half-dozen of these (what the author calls a 'lunch kit') a few times a year, you should move back to the States.

In 2006, Molson Canadian won the gold medal for "North American style lager" at the prestigious Canadian Brewing Awards.

I was there but for the usual reasons, don't remember it.

Serve Canadian cold as a halibut's buttock with lightly salted potato chips — NO salt and vinegar.

Save your salt and vinegar chips to eat with beer you'll want to rid your taste buds of — like just about any of the so-called "craft brews."

They all taste like perfume.

LUCKY LAGER (ABV 4.8%)

When I travel, I drink what the Romans drink.

When I travel to Vancouver Island, the Romans drink Lucky.

And why not?

The beer's as good as any out there.

Somehow it got a reputation for being low-brow woodpecker snot but think again hippie — Lucky's got serious taste.

Everyone on the Island already knows Mainlanders are ignorant of everything except the fibre content of their Lululemons.

So they don't mind being alone in their appreciation of one of BC's best beers — all the more for them.

And they need a lot.

Labatt Brewing Company declared Cumberland, BC to be the "Luckiest Town in Canada" in 2002 due to its incredible consumption.

As they say on the Island, "It isn't what you have in your pants that makes you thankful, but what you have in your glass."

Pair with a burger — the bitterness of the hops and high carbonation work to cut through the fat and cleanse the palette.



Vancouver Island beer drinkers covet the Lucky brand and because of its booming taste, you should too.

OLD STYLE PILSNER (ABV 5%)

I don't always drink a flat of beer by myself but when I do, it's almost always my nostalgic favourite, Old Style Pilsner.

When I was a kid, all my alcoholic idols drank Old Style.

It was the first beer I drank.

I'd barely moved out of my diapers when Grandpa first tilted a glass of leftover Old Style foam and spit to my mouth.

It's been my favourite ever since.

First brewed in Lethbridge in 1926, Old Style now ships from Vancouver — perfect for 100-mile diets.

I spent the late '90s in Montreal and can say they would have been the best years of my life if I wasn't missing my Old Style.

I adapted with help of smoked meat and narcotics but I won't live anywhere I can't count the rabbits again.

It's a clean, crisp lager beer with



How many rabbits can you find? The author insists there are 103.

January 2016

medium body, smooth palate and distinctive hoppy aroma and finish.

So, it makes the perfect palette cleanser to pair with creamy cheese.

In other words, unless you want to look like a pretentious ace, put the wine away when you serve Camembert and brie — and serve Pil instead.

KOKANEE (ABV 5%)

Few know that Kokanee has been around just as long as Molson Canadian — since 1959.

It's now BC's bestselling lager but let's face it, we don't drink Kokanee for the taste.

We drink it because we think Sasquatches are fun and its bright blue can makes an excellent target.

It's popularity with the weekend warrior becomes clear when you head off-road in BC.

You don't find a midden of shotgun shells and Dorito bags without a predictable number of Kokanee cans mixed in like redneck potpourri.

Kokanee is lightly hopped, flavourful and so pure you can almost taste the beaver's bladder from the mountain stream that goes into it.

Pair with with pulled pork or pasta.



Get two of these — eight is never enough.

BUDWEISER (ABV 5%)

I know Bud isn't technically "Canadian" but it's the most popular beer north of the wall and is every bit as good as anything else we got.

And despite what your know-it-all son-in-law will tell you, there's no difference in alcohol content between Bud and most Canadian beers.

Bud and Canadian are both five per cent alcohol by volume.

One interesting factoid that does set Bud apart from other beers: Anheuser-Busch adds 30 per cent rice to their recipe of hops and barley malt.

The result is a gluten-free beer and one that makes any refined beer drinker's top five.

If it's not in yours, you should go sit under a tree and ponder what your problem is.

Pair with cedar plank salmon.



The King of Beers? Maybe more like the Earl but Bud still makes the top five.

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.

JANUARY

- Thurs. Dec. 31.....Royal Canadian Legion No. 112 New Year's party featuring Apasionado - P. H. Legion, 6 p.m.
- Sun. Jan. 3.....Sunday Jam - Garden Bay Pub, 2 p.m.
- Thurs. Jan. 7.....Marketplace IGA Customer appreciation day
- Fri. Jan. 8.....School of Music Coffeehouse - P. H. School of Music, 7:30 p.m.
- Sun. Jan. 10.....Sunday Jam - Garden Bay Pub, 2 p.m.
- Tues. Jan. 12....."Community Food Needs" follow-up meeting - Royal Canadian Legion No. 112, 4:30 p.m.
- Wed. Jan. 13.....Alcoholics Anonymous regular meeting time changes to 7 p.m.
- Sun. Jan. 17.....Sunday Jam - Garden Bay Pub, 2 p.m.
- Tues. Jan. 19.....P. H. Wildlife Society presents birder Tony Greenfield - PHSS, 7 p.m.
- Thurs. Jan. 21....."Cheese making with George" mozzarella class - PHSS Foods room, 6:30 p.m.
- Sat. Jan. 23.....40th annual Robbie Burns Night - Royal Canadian Legion No. 112, 5:30 p.m.
- Sun. Jan. 24.....Sunday Jam - Garden Bay Pub, 2 p.m.
- Sun. Jan. 24....."Cheese making with George" goat cheese class - PHSS Foods room, 6:30 p.m.
- Mon. Jan. 25.....P. H. Power and Sail Squad "Boating Essentials" course begins, 7 p.m.
- Tues. Jan. 26.....P. H. Seniors Initiative Golden City Restaurant luncheon outing - meet at Hall, 11 a.m.
- Sun. Jan. 31.....Sunday Jam - Garden Bay Pub, 2 p.m.

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



FERRY DEPARTURES

~ Effective to March 31, 2016 ~

Crossing time: Langdale 40 min./Earl's Cove 50 min. Ticket sales end 10 min. before sailing for foot passengers, 5 min. before for vehicles. See www.bcferries.com for information on added sailings during peak periods.

HORSESHOE BAY

7:20 a.m. - Daily EXCEPT Sun
7:30 a.m. - Sun. only
9:20 a.m. - Daily EXCEPT Sun
10:10 a.m. - Sun. only
11:20 a.m. - Daily EXCEPT Sun
12:40 p.m. - Sun. only
1:20 p.m. - Daily EXCEPT Sun
3:30 p.m. - Daily
5:30 p.m. - Daily
7:25 p.m. - Daily
9:15 p.m. - Daily

LANGDALE

6:20 a.m. - Daily
8:20 a.m. - Daily EXCEPT Sun
8:50 a.m. - Sun. only
10:20 a.m. - Daily EXCEPT Sun
11:30 a.m. - Sun. only
12:20 p.m. - Daily EXCEPT Sun
2:30 p.m. - Daily
4:30 p.m. - Daily
6:30 p.m. - Daily
8:20 p.m. - Daily

EARLS COVE

6:30 a.m. - Daily except Sun.
7:00 a.m. - Sun. only
8:25 a.m. - Daily EXCEPT Sun
9:00 a.m. - Sun. only
10:25 a.m. - Daily EXCEPT Sun
10:55 a.m. - Sun. only
12:20 p.m. - Daily EXCEPT Sun
4:30 p.m. - Daily
6:30 p.m. - Daily
10:05 p.m. - Daily

SALTERY BAY

5:35 a.m. - Daily except Sun
6:00 a.m. - Sun. only
7:25 a.m. - Daily except Sun
8:00 a.m. - Sun. only
9:25 a.m. - Daily except Sun
9:55 a.m. - Sun. only
11:20 a.m. - Daily except Sun
3:25 p.m. - Daily
5:30 p.m. - Daily
9:00 p.m. - Daily

*The new year stands before us, like a chapter in a book, waiting to be written.
We can help write that story by setting goals.*

~ Melody Beattie

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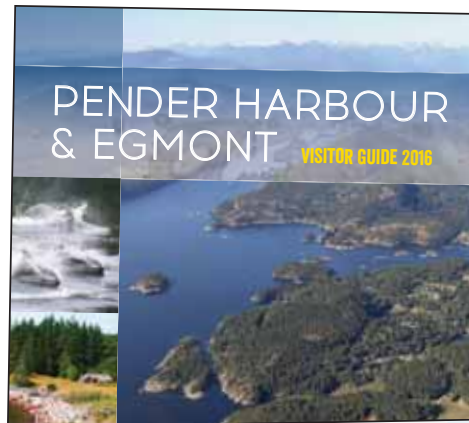


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Time is running out!
Deadline for ad bookings is Feb. 29



Open daily
11 am

FABULOUS FOOD AND LIVE MUSIC

NEW YEAR'S BRUNCH

11:30 - 3:00 Buffet

All you can eat: Scrambled eggs, hash browns, sausage, fruit, bacon, juice, toast, coffee & tea.

Adults \$14. Ages 4-12, \$10. Under 4 free.

Caesars on special all day, \$5.50.

SUNDAY JAM

2-6 pm Jan 3 - 10 - 17 - 24 - 31

Join us every Sunday for live music, food & drink specials, no cover charge.

MEAT DRAW

6:30 pm Fridays

Proceeds to Team Irene, food & drink specials all day. Come join the fun, you might get lucky!

HELP WANTED

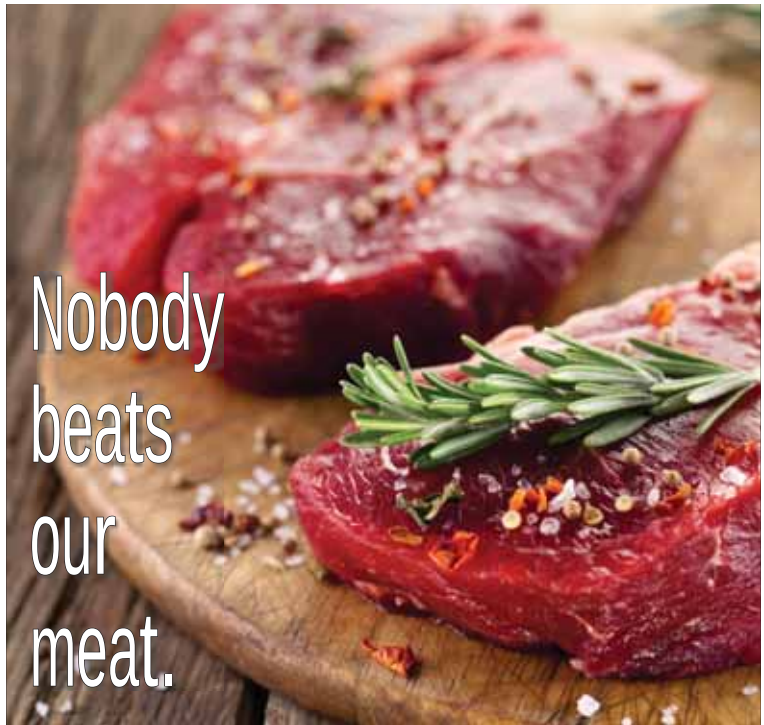
We are looking for qualified, experienced staff to fill immediate and future positions:

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2016

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