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HARBOUR **SPIEL**

November 2020
Issue 359





On Nov. 11, due to COVID-19, Remembrance Day services have been curtailed.

Instead, please honour the sacrifices of our veterans' with one minute of silence at 11 a.m.

Lest we forget . . .



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Madeira Park

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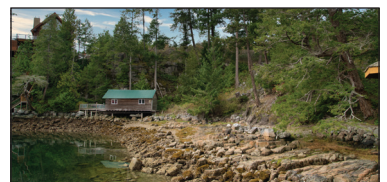
\$589,000



Gorgeous waterfront home with legal foreshore licence & private boathouse.

Madeira Park

\$1,795,000



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Garden Bay

\$799,000

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EDITOR
Brian Lee

CIRCULATION (2,300)

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: Leonard Lee, Robert
Livingston, Shane McCune, Alan Moberg,
Roslyn Mundy and Melany Newell.

COVER

A curious Barred owl (*Strix varia*) watches from
a distance in the thick forests near Egmont's
Waugh Lake last month. Often unseen, Barred
owls can be recognized by their distinctive call,
described in a number of sources as, "Who-
cooks-for-you? Who-cooks-for-you-all?"
(Brian Lee)

ADVERTISING

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(Advertising bookings before Nov. 15.)

editorial

Surfing the second wave



Brian Lee

If the dreaded second
wave is finally here, its
arrival has been met with a
collective, "Meh."

Sure, all but the dim and self-
absorbed wear masks now but those
other things that were so popular in
the spring, like avoiding non-essential
travel, clanging pots and shrieking at
each other to stay home, seem to have
gone out of fashion.

Going into our ninth month of
this pandemic stuff, how well we are
doing just depends on who you ask.

Many say we've achieved a good
balance between managing the spread
and maintaining our economic and
social health.

Maybe that's true, and maybe it's
about to change.

On Oct. 22, Canada broke another
record with 2,700 new infections.

Globally, we break records every-
day — yesterday notching half a
million new cases in 24 hours.

Based on averages since the pan-
demic began, 15,000 of them will die.

Some will still insist that we
must ignore those casualties and sol-
dier on to preserve the economy.

Though you might not hear that
argument from someone in a care
home, others will counter that we
can't put a price on a human life.

Except we are.

According to a story in the *New
York Times* in March, calculating the
economic costs of curtailing social
interaction compared with the lives
saved is a metric policy makers have
been using since the virus began.

One U.S. government agency
placed the "statistical value" of your
life at about \$9.1 million.

If that's the case, COVID-19 has
been costly — according to a Univer-
sity of Washington study, trends in-

dicating the U.S. death toll could reach
one million by late February.

That maths out at \$9.1 trillion.

But are all those deaths equal?

Statisticians use the term "har-
vesting" to describe COVID-related
deaths of elderly people who, statisti-
cally, were likely to die within a few
years anyways.

Terms like this come in handy
when translating population trends,
or justifying not wearing a mask, but
they don't console the grandchildren.

Even good news is a matter of
opinion.

On Oct. 21, the CBC reported
that B.C.'s provincial health officer
said it is possible some British Co-
lumbians could have access to a COV-
ID-19 vaccine by early next year.

"More than 150 vaccines are in
development worldwide and 10 of
those vaccine candidates are now in
Phase 3 clinical trials, meaning they
are being tested on hundreds of volun-
teers to make sure they are safe."

If that sounds like victory, it
shouldn't.

Just ask the hundred or so people
fighting off hypothermia outside the
Legion on Oct. 20 — fears of a "twin-
demic" pushed many to wait for hours
to get a flu shot.

It hopefully served as a good
lesson for health authorities who may
soon be called on to immunize on a
much larger scale.

But even with a healthy supply
of vaccine, just one weak link in the
administering of the dose — like sup-
plies of syringes and alcohol swabs or
the ability to sterilize on a scale never
before seen — will slow progress.

So, if you're a healthy 19-year-
old, don't start lining up just yet.

Vast amounts of money thrown
at this virus should inspire confidence
that an end may soon be in sight.

Until then, it's still up to us to
protect each other.

covid-19 emergency contact details

IF YOU ARE EXPERIENCING POSSIBLE COVID-19 SYMPTOMS

The Sunshine Coast COVID physician task force and Vancouver Coastal Health operate a “respiratory assessment” clinic that runs seven days a week from 8:30 a.m. to 4:30 p.m. until this crisis is over. With new testing recommendations in place, the **Respiratory Assessment Clinic is now able to assess and test anyone on the Sunshine Coast who develops possible COVID-19 symptoms.**

Fever, cough and difficulty breathing remain the most common symptoms, but COVID-19 infection can also include a new runny nose, a sore throat, muscle aches, chills, headaches, fatigue, nausea, vomiting and/or diarrhea. If you develop any of the above symptoms, please call your family doctor or contact the Respiratory Assessment Clinic directly for further assessment and testing (if indicated). Most of the time this will be on the same day. Anyone who is seen at the clinic will also receive a follow-up phone call or appointment within 24 to 48 hours. The RAC operates on an appointment basis only and will not see walk-in patients. Call or text (604) 740-1252 or email coastrespclinic@gmail.com.

IF YOU REQUIRE HOSPITALIZATION

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

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SCRD passes short term vacation rental bylaws

After years of gathering input and deferring a decision, the Sunshine Coast Regional District has passed specific bylaw amendments to regulate short term vacation rentals on the Sunshine Coast.

On Oct. 8, the SCRD board unanimously passed bylaw nos. 310.184 and 337.118 in an effort to bring peace to neighbourhoods suffering from poorly managed STVRs.

These amendments now regulate commercial bed and breakfast providers and STVRs under the same rules.

Stays will be limited to a maximum of 30 days for both, and B&Bs will no longer be required to serve breakfast.

The bylaw also states that “no external indication or advertising associated with a bed and breakfast shall be permitted on the property except a single sign not exceeding 3500 square centimetres.”

Also included are zoning and parcel size dependent limitations on the number of bedrooms — now limited to either two for “bed and breakfast home” or up to five for a “bed and breakfast inn.”

In all cases, the total number of occupants “shall not exceed two per each permitted bedroom.”

But perhaps the most significant outcome of the amendments are tighter restrictions aimed at STVRs.

Residential properties offering vacation rentals will now be required to be “operated by an operator who resides on the property where the bed and breakfast is located and for the duration when the bed and breakfast is in operation.”

Leonard Lee, Area A director, told the *Harbour Spiel* that the reason the bylaw includes an onsite operator requirement is “strictly so they can be



iStock

A sign posted on a wall in New Orleans in March by neighbours protesting against rental traffic and noise.

self-policed.”

He cites out of town ownership of some properties as the root cause of problems.

“When the noise got out of hand, there was no one to say, ‘Hey stop it, it’s quiet time.’

“So, it wasn’t being managed like a respectful neighbour would manage their place and some of them became party houses.”

Up until now, there were very few rules that applied to STVRs.

“We needed to put some controls in place if we were going to allow them because they were outside the

former B&B bylaw,” said Lee.

“Under that, they weren’t allowed, yet they were here.

“They were never legal.”

Lee said that, like all SCRD bylaws, they will be primarily complaint driven.

The new bylaws allow for fines up to \$1,000 for infractions but Lee concedes that there is work to do now on updating the SCRD’s bylaw enforcement capabilities.

“The problem with our bylaw enforcement is that it is basically written to get compliance and its primary

(continued on p.7)



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STVRs (continued)

(continued from p.5)

focus is building bylaws.

“So, we give you chances before you’re out and that doesn’t work very good for noise complaints or operating a STVR.”

The SCRD board and staff is currently investigating the possibility of instituting a business licensing model to aid ongoing enforcement issues with businesses like STVRs and cannabis production.

In 2006, the District of Tofino passed a bylaw requiring STVRs to apply for a business licence to operate, thereby enabling the district to simply yank the licence of problem operators after a suitable number of warnings.

In a 2016 CBC news story, Josie Osbourne, the mayor of Tofino, admitted that wasn’t necessarily the answer to their enforcement issues either.

Osbourne told the CBC that when she last searched for Tofino listings on Airbnb, 273 properties came up — even though the city only issued 120 short-term rental business licences that year.

“Clearly there’s a major discrepancy between how many properties are listing themselves and how many properties actually have business licences,” she said.

“The enforcement aspect is still a work in progress,” said Lee.

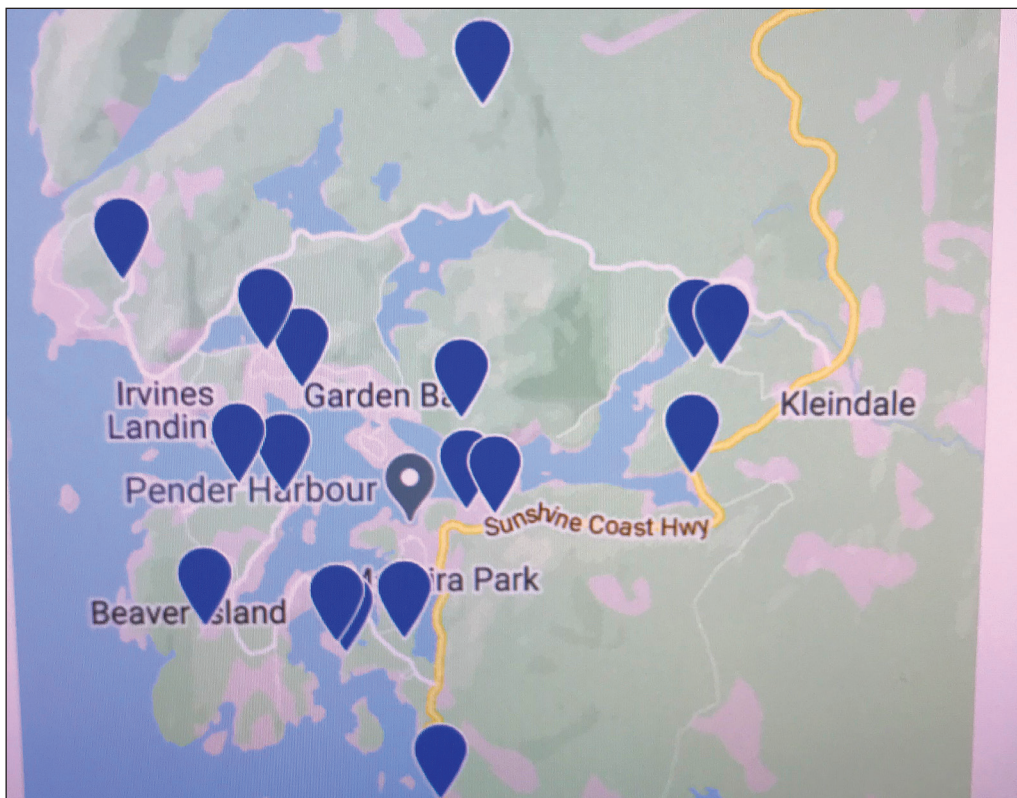
The bylaw isn’t popular with some operators who will see reduced profit or be shut out altogether.

A public hearing held on June 30 recorded 50 submissions in support of the bylaw while 25 were opposed.

“They were all business owners,” said Lee.

One of them, Allison Brownlie of Madeira Park, suggested that not all operators are the same.

“As the cabin is a rather small



VRBO.com

This screenshot from a short term vacation rental host, VRBO, indicates only what rentals are available in Pender Harbour during a 10-day stretch in September 2021. A December 2016 search by SCRD staff of websites listing STVRs turned up 276 STVR listings in Pender Harbour and Egmont and 1,491 for the entire Sunshine Coast on four websites — vrbo.com, tripping.com, airbnb.com and homeaway.com.

property there is no reasonable way that I can be onsite during rentals.

“It would also be cost prohibitive to renovate the property to create a new guest suite.”

Brownlie’s case was a minority in the stack of submissions received by the SCRD with the majority echoing the sentiment of Dan Leland:

“As a resident of Madeira Park,

I am only several houses away from a currently operating Airbnb property that is owned and run by a non-resident individual who lives in North Vancouver.

“As a result, there is little, if any, supervision of this Airbnb site and there have been numerous incidents of excessive noise and occupancies exceeding the limit restrictions.”

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submitted

The Sunshine Coast Credit Union recently contributed \$6,500 towards the purchase of Pender Harbour & District Health Centre's new telephone system. 'Our current system is antiquated,' said Susann Richter, PHHC chief operating officer. 'We have no capacity for individual voice mails, call forwarding is not possible to every phone, it is very difficult to change the main phone voicemail which makes it difficult to leave messages for the public regarding sudden closures and any other changes to service.' The grant from SCCU comes at an opportune time for the health centre. 'While it is impossible to get an exact number, a conservative estimate of the number of calls and faxes that go through the centre is 30,000 in a normal year. COVID-19 has put much more pressure on our home care nursing and clinic services with approximately 45% higher volume on the average,' Richter said. Photo (l-r): Susan Campbell, PHHC records and compliance administrator, Richter and James Richmond, SCCU VP of service delivery.

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Payne relief: Firearm and drugs seized in Sechelt

On Saturday Oct. 10 at approximately 2 p.m., Sunshine Coast RCMP performed a traffic stop with an older model blue SUV on Wharf Avenue by Friendship Park in Sechelt.

The driver and lone occupant, known to police to have a suspended licence, was arrested without incident.

During the search, police located a handgun concealed on his person.

A search of the vehicle located ammunition, thousands of dollars of cash and illicit drugs believed to be cocaine and methamphetamine in quantities consistent with drug trafficking.

Matthew Alan Payne, age 37 of Sechelt, was held in custody and made an appearance in Sechelt Provincial Court on Oct. 13.

Payne remains in custody facing multiple Criminal Code firearms charges.

Charges under the controlled drugs and substances act are anticipated as the investigation continues.



Sunshine Coast RCMP

Sunshine Coast recently seized a firearm and a large quantity of illicit drugs believed to be cocaine and methamphetamine during a traffic stop in Sechelt Oct. 10.

In a media release, Sunshine Coast RCMP said this is the 28th firearm seized through ongoing investigations over the past six weeks on the Sunshine Coast.

Payne seems to have a history of similar offences.

A 2018 *North Shore News* story reported that a Matthew Alan Payne and 23-year-old Chelsea Lea Paul

were found with “216 grams of crystal meth, 370 grams of cocaine, 134 grams of red rock (cocaine and heroin), 14 grams of brown heroin, \$2,000 in cash, and items associated with the drug trade” after a traffic stop near Horsehoe Bay in Aug. 8, 2018.

In that case, Crown counsel approved three charges of possession for the purpose of trafficking for the two.

rcmp news

IMPAIRED DRIVING

On Sept. 28, police responded to a possible impaired driver leaving the Earls Cove BC Ferries Terminal.

Witnesses provided a vehicle description including licence plate, and police located the suspect vehicle and driver in Egmont a short time later.

The driver, who was exhibiting signs of possible intoxication from alcohol, was given and failed a roadside alcohol screening test.

The driver was issued a 90-day roadside prohibition and his vehicle was impounded for 30 days.

THEFT

Between Sept. 22 and Oct. 1, a

suspect stole a late-1990s model ubilt boat trailer from where it was locked and stored on Sakinaw Lake Road, Garden Bay.

The grey coloured trailer had BC licence plate ULT26F on it.

MVA

On Oct. 13, police attended a single vehicle incident in the 12600 block of Highway 101, Madeira Park, after a vehicle rolled over in the ditch.

The vehicle had gone down the embankment and into a tree, sustaining severe damage.

Fortunately, the lone driver and occupant only needed treatment for non-life-threatening injuries.

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lest we forget

Remembrance Day, Nov. 11

They went with songs to the battle,
They were young,

Straight of limb, true of eye,
Steady and aglow.

They were staunch to the end
Against odds uncounted;
They fell with their faces to the foe.

They shall grow not old,
As we that are left grow old:

Age shall not weary them,
Nor the years condemn.

At the going down of the sun
And in the morning

We will remember them.



Poem from 'For the fallen' by Laurence Binyon. Artwork by V.S. Moore, winner of the 'primary colour' category in the 2019 Royal Canadian Legion poster contest (entry from RCL branch no. 203, Edgewood, BC).

Remembrance Day ceremonies will look different this year.

On Nov. 11 at 11 a.m., the Royal Canadian Legion No. 112 will hold a small service at the Pender Harbour cenotaph that will be restricted to a colour party, pipers, an emcee, chaplain and a limited number of local representatives.

Appropriate music will be played.

"In short, it will be a small but dignified COVID appropriate ceremony," Bill Charlton, RCL 112 representative, told the *Harbour Spiel*.

"There can be no parade, no

spectators and the Legion itself will be closed.

"It is imperative that people respect the no spectators rule due to crowd size restrictions during this pandemic."

Due to this restriction, the ceremony will livestream via Facebook beginning at 10:50 a.m. on Nov. 11.

The Pender Harbour Legion asks that community members observe their restriction to spectators to keep attendees safe.

"Wherever you are, please observe a minute of silence at 11 a.m. in tribute to our fallen and our first

responders," said Charlton.

"Thank you all for respecting the COVID-19 restrictions for Remembrance Day this year."

BUY A POPPY

Poppies are now available and can purchased by donation at local businesses.

Also, poppy sale tables will be set out near Marketplace IGA and the Marina Pharmacy on Oct. 30, 31 and Nov 6, 7 between 10 a.m and 4 p.m.

The tables will be hosted by Legion representatives with all appropriate COVID precautions taken.

lest we forget

Local veterans

The following list was made possible through the efforts of the late Mike Ryan and Sandy Ryan who, as Legion members in 2013, took on the task of identifying local veterans buried in Kleindale Cemetery (Oyster Bay) and Forest View Cemetery (Warnock Road) and researching their biographical information.

VETERANS BURIED IN KLEINDALE CEMETERY

Charles Sundquist (leading seaman, RNCVR)

H.W. Pay (Spr. 47th Battn CEF)

Michael F. Flynn (Pte. 11th CMR CEF)

VETERANS BURIED IN FOREST VIEW CEMETERY

Clement Rice (Spr. No. 11 District Depot)

R.G. Hill (72nd Battn. Seaforth High.)

George A. Bellerose

Robert R. Klein (gunner, RCA)

T.E. Earl (gunner, 68th Battn. CEF)

Tiffy Wray (Canadian Armored Corp.)

Fred George Claydon (43rd Cameron High.)

Edward Knight (driver, 47th Battn. CEF)

Daniel Wayne Scoula (Princess Patricia Light Inf.)

David B. Scoular (Lt., General List)

Benedict Maass (Spr. RCE)

W. Norman Sleep (Sapper Cdn. Engrs. CEF)

William Paul Malcolm

LIVING VETERANS OF PENDER HARBOUR AND EGMONT (RCL NO. 112)

Robert Alliston (serving, Army Reserves)

Marie Bunt

Raymond Bunt

Bill Charlton (RCAF)

Wayne Chmilar (RCMP)

Glenn Cooper

Brian Croft (RCAF)

Jack Dennis (Merchant Navy)

Edward Dyer

Carl Enright

Ray Hansen

Larry Honeybourne

Sarah Louise Johnston

Ray Kraft

Robert McKee

Peter Paget

John Palmer

William Raven

Bob Stickley (RCAF)

Robert Symington

James Tufford (Korean War, US Marines)

Alfredo Uncao

John Webb

Gilbert Yard (RCMP)



Due to Covid, laying of wreaths has been curtailed. For this reason, ROYAL CANADIAN LEGION # 112 has published the following list of wreaths honouring our veterans and first responders:

BC Ambulance Service
Canadian Armed Forces
Canadian Merchant Marine
David McIntosh (WW2)
Egmont Community Club
Egmont Volunteer Fire Department
Federal and Provincial governments
Girl Guides of Canada
Harbourside Friendship
Hugh McIntosh (WW2)
In memory of Daniel Wayne Scoular (Princess Patricia Canadian Light Infantry)
In memory of George McIntosh (WW1)
In memory of Gordon and Ruth Kobus
In memory of John Duncan (WW2)
In memory of Les Beharrell (Cold Stream Guards)
In memory of Sgt. Robert Short (KIA Afghanistan)
In memory of Wallace & Gwendolen Gilbertson
Jack McIntosh (WW2)
John McIntosh (WW1 KIA)
John McIntosh Davidson (WW2 KIA)
Joyce Garbers
Madeira Park Bargain Barn
Masonic Fraternity
Nicoll McIntosh (WW2)
P. H. Chamber of Commerce
P. H. Community Club
P. H. Community School
P. H. Fall Faire
P. H. Golf Course
P. H. Health Centre
P. H. Lions
P. H. Power Squadron
P. H. Volunteer Fire Department
Pender Harbour and Area Residents Association
Pender Harbour Reading Room
RCMP
Rotary Club of Pender Harbour
Royal Canadian Legion no. 112
Royal Canadian Marine Search & Rescue
School District no. 46
Sunshine Coast Credit Union
Sunshine Coast Health Care Auxiliary
Sunshine Coast Regional District
Sunshine Coast Search and Rescue
U.S. Marine Corps

RCL No. 112 members,

In Memoriam 2020:

Gerry Reiter
Harry Doepel
Joe McKay

Navy Jack and Portugese Joe



*Leonard Lee
Area A director, SCRD*

A recent *Vancouver Sun* article by John Mackie focused on John “Navy Jack” Thomas and his Squamish Nation wife, Row-i-a, whose lives are ensconced in BC history and parallel those of our own “Portuguese” Joe Gonsalves and his Squamish Nation wife, Susalot Harris.

Gonsalves and Harris established their business in Irvine’s Landing, created “the farm” in Madeira Park, and donated substantial property to the community, including the location of today’s P. H. Community Hall and Madeira Park Elementary School.

Their hard work and generosity inspired their descendants to name the

area Madeira Park in honour of Gonsalves’s Madeira Islands birthplace.

Wales-born Navy Jack Thomas hauled washed gravel (navvy jack) from Capilano River “to construction sites across the inlet” and built his home on a 160-acre West Vancouver waterfront property in 1872.

This summer, 138 years later, West Vancouver council ordered demolition of the “Navy Jack House,” the oldest house in West Van and one with significant indigenous history, but in extremely rough shape.

In objection, a dedicated citizens group presented a history of the house to council, and Nicole Preissl, Navy Jack and Row-i-a’s great-great-granddaughter, explained, “For us, it was really important to say, yes, this was a settler house, but it is also an Indigenous house.

“It’s a very beautiful example of Indigenous people in this colonial time, and what it was like to grow up in a mixed marriage.”

Council cancelled their demolition order and applied for provincial funding towards a \$2 million-plus restoration.

In Pender Harbour, citizens’ groups, most residents, and the many Gonsalves descendants feel the same as Preissl, and strongly urge the province, SCRD, and the shíshálh Nation to retain the name Madeira Park in honour of this blending of people and cultures that formed our community.

DOCK MANAGEMENT PLAN PROGRESS

To formalize acceptance of an invitation, the SCRD requested that a staff member be placed on the dock



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Sunday CLOSED

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SUNSHINE COAST REGIONAL DISTRICT

Upcoming meetings

Agendas and links to video-streaming for these meetings are available at www.scrd.ca/Agendas-2020.

Special Corporate and Administrative Services Committee – 2021 Pre-Budget

November 5 and 6
at 9:30 a.m.

Planning and Community Development Committee

November 12 at 9:30 a.m.

Regular Board

November 12 at 1:30 p.m.

Infrastructure Services Committee

November 19 at 9:30 a.m.

Corporate and Administrative Services Committee

November 26 at 9:30 a.m.

Regular Board

November 26 at 1:30 p.m.

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Monday to Friday 8:30 a.m. to 1:30 p.m.

management plan working group, now integrated with the shíshálh-BC foundation agreement, and expressed a desire for representation in planning and decision-making, as an opportunity to join the shíshálh and the province along the path to reconciliation.

METAL RECYCLING WILL CONTINUE... AT A COST

Last month the SCRD was faced with the hard decision of either ending the metal recycling program at the Pender Harbour Transfer Station and Sechelt Landfill, or increasing the fees to fund our disposal costs.

We chose to continue the service but, with tipping fees increased from \$70 to \$140 per tonne.

We will continue to accept fridges and freezers, along with the additional charge for the recovery of ozone-depleting substances.

When the price of metal is high, private operators on the Coast will often take it for free, but now only By-Pass Auto, past Gibsons, is currently doing so, resulting in an expensive and time-consuming chore for people in Pender Harbour and Egmont.

Small amounts of metal would likely end up hidden in the garbage and thus buried in the landfill without the option to easily recycle it.

SHORT TERM RENTALS ELIMINATED

On Oct. 8, the SCRD odyssey called “short term rental accommodation regulations” came to end with the adoption of bylaw amendments including these highlights:

- The bed and breakfast bylaw will incorporate short-term rentals, eliminating the short term rental designation;
- A B&B is no longer required to provide a breakfast;
- In-home B&B rentals are limited to two guests per bedroom and no more than two designated B&B bedrooms;

ited to two guests per bedroom and no more than two designated B&B bedrooms;

- B&B Inn rentals allow no more than 10 guests, and
- A homeowner or caretaker must be on-site while rented.

Bylaw infractions can be fined up to \$1,000.

GOOD DOCK NEWS

The SCRD recently partnered with the P. H. Living Heritage Society to “green light” plans for a community lakeside dock in Hotel Lake Park.

The plan, led by Rick Crook and the PHLHS, with strong support from Pender Harbour Rotary, will be implemented in two phases.

Phase one includes establishment of a path to the water, ramp to a dock, and a dock to be used for launching human-powered boats.

Phase two will be development of a public picnic area across the road from the dock, complete with a gazebo, picnic tables, and interpretive

signage to celebrate the Indigenous and natural history of the location.

Environmental impact approval has been received, and we must now identify and meet requirements of the shíshálh Nation.

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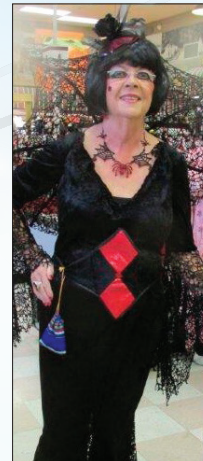
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Happy Retirement, Bev!



Well the time has come for “our” Bev to retire from IGA! After 32 years of being part of the IGA team, where she has been a permanent fixture that we could all rely on, Bev McDonald has decided to hang up her apron. Bev started at the IGA as a cashier before taking on the position of office manager and file maintenance (all those sale signs!) where she planted her roots.

Bev enjoys working and comes to work everyday with a bright smile and a happy disposition. Our community of customers stop to chat and chew the local news with Bev as they make her feel part of their lives. She always has an ear to listen.

Her favorite time of year is Halloween and a close second is Christmas. Bev loves to dress up and decorate her home for Halloween. We wait for every Halloween morning to see her witch costume that she would design each year. Her annual vacations to Mexico are a huge highlight in her life. She fully embraces the margarita culture, sipping by the pool with close friends and her family that join her, before coming back to the IGA to share her fun-filled memories of her trip.

We will miss Bev greatly but wish her well in her retirement as she is looking forward to being part of the community volunteering services and spending time with friends.

We love you Bev and want to thank you for all of your hard work and dedication through the years. Here’s to your new-found freedom and the hope that your retirement brings you fun, relaxation and enjoyment.

P.S. We also know that she will not be able to stay away and will be in to visit, almost daily.

Love,
Troy, Lorie, Megan and your IGA family!

Bev, we will see you tomorrow, GLW (Good Lord Willing)!



Charlton lists a variety of ways to help locals in need this season

Editor,

For the past three years, through our community's outstanding generosity, donors were able to assist our youth and families in need throughout the year by supporting the P. H. Community School youth and families support program.

Additionally, through the Pender Harbour Lions Club, donors were also able to support local families and individuals in need at Christmas.

This year, with the theme "spreading kindness," I hope to continue fundraising for these worthy causes, which are even more acute, given the advent of COVID-19, loss of employment, and a general downturn in our economy.

To keep us all safe, I have partnered with our local Rotary club, who has agreed to setup the following link, <https://portal.clubrunner.ca/1875/donate>, to enable anyone to donate online in a quick and secure manner.

Donors will receive an email that their donation has been received.

This partnership also enables Rotary to apply for a Rotary district grant which, if approved, would multiply your donation by 50 per cent.

If you wish to donate by cheque you may still do so, payable to Pender Harbour Rotary at Box 40, Garden Bay, BC, V0N 1S0.

You may also wish to donate using an email transfer — please direct it to phrotarydonation@gmail.com.

Also, from Nov. 13 to Dec. 15,

Allyson Nelson of John Henry's Marina and Resort will donate a dollar from every wine bottle sold and \$0.50 from every six-pack of beer.

During this pandemic, a monetary contribution is the best method of donating as food, clothing, gifts for all ages and gift cards etc. can be purchased and targeted to those areas where the need is greatest.

This will be accomplished through the P. H. Community School youth and families support program and the Pender Harbour Lions Club.

Let "our community caring spirit" shine through again this year.

With sincere thanks and appreciation.

Lyn Charlton

Rotary Club of Pender Harbour

Birkel adds 14th type of tourist to 'insensitive' September editorial

Editor,

Please add my name to those who found September's editorial, "The 13 types of tourist," not only insensitive, but counter to the prevailing spirit of care and support during COVID-19.

As you stated when you became editor in 2006, "there's a reason we want to live here but it's more than the quiet beauty we see every time we look out our windows."

Compared to the past few years, this year there were a lot more tourists and part-time residents on the Francis Peninsula-Murdoch Rd. circle walk.

There were a lot more dogs too.

But for the most part all kept respectful distances, wished each other a good day, and even became friends as

they walked along in unison.

In fact, a daily walk became the main focus of so many of the residents here, imparting a warmth and meaning to the day.

When guests did leave, they were missed by many.

In this small way, I felt so proud to be a welcoming Penderite.

Walking is good way to connect with new and old friends, share ideas and the vital energy necessary to continue growth in these perplexing times.

And a quote from Mike McCa- rdell, a reporter of what I deem to be socially significant events:

"Go there, if you have the courage... and burn into your heart the truth that we must be patient and loving and helpful.

"Otherwise we will all be in the dark."

Anne Birkel

Francis Peninsula

P.S. Emily and Maya, thank you so much for giving me the impetus to write this letter.

You are amazing and caring.



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

HARBOUR SPIEL

trivia

Where is it?



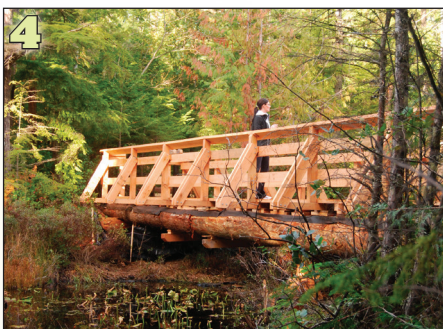
- ☐ a. Roberts Beach
- ☐ b. Lee Bay
- ☐ c. Gerrans Bay
- ☐ d. Baker Beach



- ☐ a. Garden Bay Lake
- ☐ b. North Lake
- ☐ c. West Lake
- ☐ d. Ruby Lake



- ☐ a. S. Pender water plant
- ☐ b. Coast Builders RONA
- ☐ c. LaFarge Earle Creek
- ☐ d. P. H. Automotive & Tire



- ☐ a. P. H. Lions Park
- ☐ b. Skookumchuck Trail
- ☐ c. Suncoaster Trail
- ☐ d. Ambrose Lake



- ☐ a. Hospital Bay lagoon
- ☐ b. Anderson Creek
- ☐ c. Canoe Pass
- ☐ d. Redrooffs Road



- ☐ a. Hodgson Islands
- ☐ b. Smugglers Cove
- ☐ c. Daniel Point
- ☐ d. Francis Point

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**



Melany Newell

Garden Bay is known for many things but rarely its potential for growing bananas. Melany Newell sent in this shot, taken in September, of her bountiful crop of bananas. According to Wikipedia, bananas are native to tropical Indomalaya and Australia, and are likely to have been first domesticated in Papua, New Guinea. Though usually associated with tropical climates, there are hardy banana trees that can grow in cooler zones. While the leaves will be damaged or destroyed by freezing weather, the roots will survive and grow new shoots the following spring.



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2020 Coast Economic Forum



Central 1 Credit Union
Chief Economist Helmut Pastrick
What has been the economic impact of COVID-19 on the Sunshine Coast economy specifically, and what are the macro and micro economic projections looking into the second wave? A can't miss look under the hood of our economy.



Sunshine Coast Credit Union
CEO Shelley McDade
How do people feel about their financial health today and which areas of social impact resonate most with Coasters? McDade shares recent research, as well as how \$500,000 has been invested with locals in mind.



Spring Activator
CEO Keith Ippel
What is your organizational strategy for the second wave - Fight or flight? Ride or hide? Invest or divest? Learn from this international business resiliency expert what others are doing, obstacles to avoid and opportunities to seize.



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One way you can **help protect the environment, fish and wildlife** is to stop violations before they happen. The watchful eyes of the community can deter possible violators. If you see an offence, **think O.R.R.: Observe, Record, Report.**

OBSERVE WHAT THE PERSON IS DOING

Some common violations are:

- Illegal waste disposal (household or business waste, e.g. dumped on Crown Land)
- Unlawful open burning (e.g. dense smoke); excludes backyard burning
- The discharge of chemicals or sewage to lakes or rivers
- Damage to fish or wildlife habitat
- Exceeding the daily bag or catch limit
- Use of illegal hunting or fishing gear
- Fishing or hunting out of season or in closed areas
- Unauthorized collection or sale of fish and wildlife or their parts

RECORD WHAT YOU OBSERVE

As soon as possible, write down what you've seen. Include these details:

- The date, time and location (e.g. nearest town, fishing location, stream, address)
- The violator's identity or description (e.g. height, weight, hair colour, age, clothing, number of violators)
- The boat or vehicle description (e.g. vehicle licence, boat registration number, vessel length, colour, make, type, distinguishing features)
- Evidence that might still be at the scene (e.g. catch, fish offal, gear used)

REPORT THE VIOLATION

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NON-MARINE VIOLATIONS
1-877-952-RAPP (7277)

Harbour Spiel, Nov. 2010



Brian Lee

The Pender Harbour and Egmont Community Bus waits for passengers in the shadow of a newly erected totem pole at the Egmont Heritage Centre. The totem pole was carved at the museum by Arnold Jones over the previous two years and was erected on Sept. 25, 2010.

pender harbour tides ~ november 2020

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:



November	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Sun 01	4.2	5.3	7.4	10.1	12.4	13.9	14.1	13.5	12.3	10.9	9.9	9.4	9.7	10.6	11.8	12.8	13.4	13.1	12.0	10.1	8.0	5.9	4.3	3.7
Mon 02	4.0	5.3	7.3	9.7	11.9	13.6	14.4	14.3	13.5	12.2	11.0	10.2	10.0	10.4	11.3	12.3	13.0	13.1	12.3	10.7	8.7	6.6	4.7	3.6
Tue 03	3.4	4.2	5.9	8.1	10.5	12.7	14.1	14.6	14.3	13.4	12.2	11.2	10.5	10.5	11.0	11.8	12.5	12.8	12.4	11.2	9.4	7.4	5.5	4.0
Wed 04	3.3	3.5	4.7	6.6	8.9	11.3	13.2	14.4	14.7	14.3	13.3	12.3	11.3	10.8	10.9	11.5	12.1	12.5	12.4	11.6	10.1	8.3	6.4	4.8
Thu 05	3.7	3.4	3.9	5.3	7.4	9.7	11.9	13.6	14.6	14.7	14.2	13.3	12.3	11.5	11.1	11.2	11.7	12.1	12.2	11.8	10.7	9.2	7.5	5.8
Fri 06	4.5	3.7	3.7	4.4	6.0	8.0	10.2	12.3	13.8	14.6	14.6	14.1	13.3	12.4	11.6	11.2	11.3	11.6	11.8	11.8	11.2	10.0	8.6	7.1
Sat 07	5.6	4.6	4.0	4.1	5.0	6.5	8.5	10.6	12.6	14.0	14.7	14.7	14.1	13.3	12.4	11.6	11.1	11.0	11.2	11.4	11.3	10.7	9.7	8.5
Sun 08	7.1	5.9	5.0	4.5	4.6	5.5	7.0	9.0	11.0	12.9	14.2	14.8	14.7	14.1	13.2	12.1	11.2	10.6	10.4	10.6	10.8	11.0	10.8	10.1
Mon 09	9.0	7.8	6.5	5.6	5.1	5.1	6.0	7.5	9.5	11.5	13.2	14.5	15.0	14.7	13.9	12.7	11.4	10.2	9.5	9.4	9.7	10.3	10.8	11.0
Tue 10	10.7	9.9	8.7	7.4	6.3	5.7	5.7	6.5	8.0	10.0	12.0	13.8	14.8	15.1	14.5	13.3	11.7	10.1	8.8	8.1	8.2	8.8	9.8	10.8
Wed 11	11.4	11.5	10.9	9.7	8.4	7.2	6.4	6.3	7.2	8.7	10.8	12.8	14.3	15.1	15.0	14.0	12.3	10.2	8.3	7.0	6.5	6.9	8.0	9.5
Thu 12	11.0	12.1	12.4	11.9	10.8	9.4	8.0	7.2	7.1	8.0	9.6	11.6	13.5	14.9	15.3	14.7	13.1	10.8	8.4	6.3	5.1	4.9	5.7	7.3
Fri 13	9.4	11.4	12.9	13.4	13.0	11.9	10.4	8.9	8.1	8.0	9.0	10.7	12.6	14.3	15.2	15.2	14.0	11.8	9.1	6.4	4.3	3.3	3.5	4.8
Sat 14	7.0	9.6	12.0	13.7	14.4	14.0	12.8	11.3	9.8	9.0	9.0	10.0	11.7	13.5	14.8	15.4	14.7	12.9	10.2	7.2	4.5	2.6	1.9	2.5
Sun 15	4.3	7.0	9.9	12.6	14.5	15.2	14.8	13.6	12.0	10.6	9.8	10.0	11.0	12.5	14.1	15.0	15.1	14.0	11.7	8.7	5.6	3.0	1.4	1.1
Mon 16	2.1	4.3	7.2	10.4	13.2	15.1	15.7	15.3	14.1	12.5	11.2	10.6	10.8	11.8	13.1	14.3	14.9	14.6	12.9	10.4	7.3	4.4	2.1	0.8
Tue 17	0.9	2.3	4.7	7.8	11.0	13.7	15.5	16.0	15.5	14.3	12.9	11.7	11.1	11.4	12.2	13.3	14.2	14.5	13.7	11.9	9.3	6.4	3.7	1.8
Wed 18	0.9	1.3	2.9	5.4	8.5	11.5	14.1	15.7	16.1	15.5	14.4	13.1	12.0	11.5	11.7	12.3	13.2	13.8	13.8	12.8	10.9	8.5	5.9	3.6
Thu 19	2.1	1.6	2.2	3.8	6.3	9.2	12.0	14.2	15.6	15.9	15.4	14.4	13.2	12.1	11.6	11.6	12.1	12.7	13.1	12.9	11.9	10.1	8.0	5.9
Fri 20	4.1	2.9	2.6	3.3	5.0	7.3	9.9	12.4	14.4	15.5	15.7	15.2	14.3	13.1	12.1	11.4	11.3	11.6	11.9	12.2	12.0	11.2	9.7	8.0
Sat 21	6.3	4.8	4.0	3.9	4.6	6.1	8.2	10.5	12.7	14.4	15.4	15.5	15.0	14.1	12.9	11.8	11.0	10.7	10.8	11.1	11.3	11.3	10.8	9.8
Sun 22	8.4	7.0	5.9	5.2	5.1	5.8	7.2	9.1	11.2	13.1	14.5	15.3	15.3	14.7	13.6	12.4	11.2	10.2	9.7	9.8	10.2	10.6	10.9	10.7
Mon 23	10.1	9.1	8.0	7.0	6.4	6.4	7.0	8.2	9.9	11.8	13.4	14.6	15.1	14.9	14.1	12.9	11.4	10.1	9.1	8.7	8.8	9.4	10.1	10.7
Tue 24	10.9	10.7	9.9	9.0	8.1	7.5	7.4	8.0	9.1	10.7	12.3	13.8	14.7	14.9	14.4	13.2	11.7	10.1	8.7	7.8	7.6	8.0	8.8	9.9
Wed 25	10.9	11.4	11.4	10.9	10.0	9.1	8.5	8.3	8.9	10.0	11.4	12.9	14.0	14.6	14.4	13.5	12.0	10.2	8.5	7.1	6.5	6.6	7.4	8.7
Thu 26	10.1	11.4	12.2	12.2	11.7	10.9	9.9	9.3	9.1	9.7	10.7	12.1	13.3	14.2	14.3	13.7	12.3	10.4	8.4	6.8	5.7	5.4	6.0	7.3
Fri 27	9.0	10.7	12.2	13.0	13.0	12.5	11.5	10.5	9.9	9.8	10.4	11.5	12.7	13.7	14.1	13.8	12.6	10.8	8.6	6.6	5.2	4.5	4.7	5.8
Sat 28	7.6	9.6	11.6	13.0	13.8	13.6	12.9	11.9	10.9	10.3	10.4	11.1	12.1	13.1	13.8	13.8	12.9	11.2	9.1	6.9	5.1	3.9	3.7	4.5
Sun 29	6.1	8.2	10.5	12.5	13.9	14.4	14.0	13.1	12.0	11.1	10.7	10.9	11.6	12.6	13.3	13.6	13.2	11.8	9.8	7.5	5.3	3.8	3.1	3.4
Mon 30	4.7	6.7	9.2	11.6	13.5	14.6	14.8	14.2	13.2	12.0	11.2	11.0	11.3	12.1	12.9	13.4	13.3	12.3	10.5	8.2	6.0	4.1	2.9	2.7

Barred owl (*Strix varia*)



iStock

A barred owl (*Strix varia*) in flight.

Brian Lee

The barred owl (*Strix varia*) is often a silent companion on walks through forested hiking trails.

The owl's hooting, "Who cooks for you? Who cooks for you-all?" is likely familiar to most, especially those who go outdoors at night.

Barred owls can be distinguished by their dark soulful eyes (most species of owl have yellow eyes) and vertical streaks of white across the chest region.

The birds usually weigh between 0.5 to 1 kilogram with a wingspan often stretching over a metre.

Though they can be spotted on branches, as on the cover image in the day, the owl is most active at night when they're out hunting.

This silent predator hunts by waiting on a perch until a small animal like a squirrel, chipmunk, mouse, rabbit, reptile, other birds (up to the size of grouse) or even fish appears.

They nest in elevated tree cavi-

ties in mature forests and rarely migrate.

One study found that of 158 birds that were banded and tracked, none had moved farther than 10 kilometres away.

The owl's population has increased approximately 1.5 per cent per year between 1966 and 2014, according to the North American Breeding Bird Survey.

Partners in Flight estimates their global breeding population at 3 million, with 91 per cent spending some time in the U.S., 7 per cent in Canada,

and 3 per cent in Mexico.

Though much more common in eastern North America, the barred owl has moved west during the 20th century, spreading through the Pacific Northwest and south into California.

Mating rituals begin in January with the males calling out loudly to the females.

To lure a barred owl in for a photo, experts suggest imitating the call with your voice and waiting quietly.

If you're lucky, a territorial barred owl may fly in for a closer look.



earthfair store
Supporting Our Natural World

NOVEMBER BIRTHDAYS

- Nov. 2 ~ **Carrie Hillhouse** and **Charles Lee**.
 Nov. 3 ~ **Charlene Cote**, **Sue Rayment** and **Trevor Ross**.
 Nov. 4 ~ **Sandy Boyd**, **Brennan Bennett**, **Pressley Silvey** and **Daphne Taylor**.
 Nov. 5 ~ **Diana Degraaf**, **Colton Edwardson**, **Finnley Silvey** and **Tanis Zayshley**.
 Nov. 6 ~ **Kathie Atherfold** and **Max Scoular**.
 Nov. 7 ~ **Joni Mitchell**.
 Nov. 8 ~ **Eleanor Reid**, **Ryan Boyd** and **Gerry Matheson**.
 Nov. 9 ~ **Candace Cruikshank** and **Matthew McKimm**.
 Nov. 10 ~ **Tom Duncan** and **Nicole MacDonald**.
 Nov. 11 ~ **Marge Campbell** and **Loretta McDonald**.
 Nov. 12 ~ **Roger Duncan**, **Dwayne Knock** and **Cooper Pantages**.
 Nov. 13 ~ **Hunter Edwardson**, **Tanya Cummings**, **Paul Jones**, **Darrin Jordison** and **John Maveety**.
 Nov. 14 ~ **Amber Kincaide**.
 Nov. 15 ~ **Josey Bennett**.
 Nov. 16 ~ **Ray Hansen** and **Janique Peters-Gray**.
 Nov. 17 ~ **Biada Priest**, **Rodney Kammerle**, **Bev McDonald** and **Barb Watt**.
 Nov. 18 ~ **Steve McCanse** and **Amanda Ross**.
 Nov. 19 ~ **Cheryl Jensen** and **Dennis Levasseur**.
 Nov. 20 ~ **Umeyo Kishimoto** and **Jill Wagner**.
 Nov. 22 ~ **Jennifer Girard**, **Alysa English**, **Brooke Fraser**, **Anne Fraser** and **Mark Raaflaub**.
 Nov. 23 ~ **Dodie Edwardson**, **May Silvey**, **Dave Daiken** and **Wayne Griffith**.
 Nov. 24 ~ **Maggi Guzzi** and **Chase Campbell**.
 Nov. 25 ~ **Neil Remmen**, **Paul Gaudet** & **Leah Pockrant**.
 Nov. 26 ~ **Gary Griffith**.
 Nov. 27 ~ **Betty Sladey** and **Natasha Landry**.
 Nov. 28 ~ **Ryder Noble** and **twins Paige** and **Lexi Pauls**.
 Nov. 29 ~ **Marie Coombes**, **Pete Hannah**, **John McDonald**, **Myrna Pickering** and **Kaila Silvey**.
 Nov. 30 ~ **Lori Clarke**, **Brayden Zayshley** & **Foster Willan**.

NOVEMBER ASTROLOGY



SCORPIO: OCT. 24 – NOV. 22

Scorpios are highly sensitive and compassionate, with a fierce pride and determination. With Pluto as the ruling ex-planet, people born under this sign are considered to be dynamic and extreme in their opinions. As planetary strength moves to the southern sector of the horoscope this month, adventure becomes top of mind. Travel opportunities will open up in coming months. Enjoy yourself because the stars portent that health concerns loom afterwards.



SAGITTARIUS: NOV. 23 – DEC. 21

Sagittarians love excitement and adventure. They are easily bored but often trendsetters. They are bold and impulsive, natural explorers who thrive on change and mental stimulation. Venus is moving and she is bringing romance until Nov. 21. You'll be quite powerless to resist the advances of attractive people, so don't try. How you take advantage of astrological opportunities is your business — the stars don't judge. Sagittarians should get out of the stock market until Dec. 23.

BC BESTSELLERS

For the week ending Oct. 10

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. **Takaya: Lone Wolf** by Cheryl Alexander (Rocky Mountain Books)
2. **The E. J. Hughes Book of Boats** by Robert Amos (TouchWood Editions)
3. **Raven Squawk, Orca Squeak** by Robert Budd, illustrated by Roy Henry Vickers (Harbour Publishing)
4. **When We Are Kind** by Monique Gray Smith, illustrated by Nicole Neidhardt (Orca Book Publishers)
5. **One Drum: Stories and Ceremonies for a Planet** by Richard Wagamese (Douglas & McIntyre)
6. **Vancouver Exposed: Searching for the City's Hidden History** by Eve Lazarus (Arsenal Pulp Press)
7. **Primary Obsessions** by Charles Demers (Douglas & McIntyre)
8. **Orange Shirt Day** by Orange Shirt Society, edited by Phyllis Webstad & Joan Sorley (Medicine Wheel Education)
9. **it was never going to be okay** by jaye simpson (Nightwood Editions)
10. **A Match Made for Murder: A Lane Winslow Mystery** by Iona Wishaw (TouchWood Editions)

~ Association of Book Publishers of BC



REMEMBRANCE DAY

Nov. 11, 1931

The first Remembrance Day in Canada, passed by the House of Commons to replace Armistice Day (previously held on the Monday of the week in which Nov. 11 fell).

2,300,000

The number of Canadians who have served in the armed forces throughout Canada’s history.

118,000

Canadian Armed Forces members who made the ultimate sacrifice.

4

Canadian provinces (Manitoba, Nova Scotia, Ontario and Quebec) where Remembrance Day is not a statutory holiday (it is only a federal statutory holiday in Canada).

54

Number of Commonwealth member states (such as Canada, the United Kingdom and Australia) that observe the tradition of Remembrance Day on the 11th hour of the 11th day of the 11th month.

1954

The United States previously commemorated Armistice Day on Nov. 11; however, in 1954 they changed the name to Veterans Day.

~ veterans.gc.ca, Wikipedia.com

NOVEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our November average daily high temperature is 8.8 C and our average low is 5.2 C, giving us a daily mean of 7 C. The highest November temperature recorded is 15 C (Nov. 4, 1975); the lowest is -7.3 C (Nov. 27, 1985).

PRECIPITATION (MERRY ISLAND)

November averages 55.8 hours of bright sunshine and 19 days with precipitation. November’s average monthly rainfall is 148.5 mm; snowfall is 2.5 cm. The highest November daily rainfall recorded at Merry Island is 50 mm (Nov. 3, 1989); snowfall is 9.6 cm (Nov. 25, 1985).

SKOOKUMCHUCK
VIEWING TIMES

NOVEMBER

DATE-TIME-SIZE (small, medium, large, extra large)
EBB (-), FLOOD (+) - Standing wave is best on large flood (tide flowing into Sechart Inlet).

- 1. 11:30 AM -M, 3:57 PM +M
- 2. 12:11 PM -M
- 3. 12:53 PM -M
- 4. 1:37 PM -M
- 5. 8:13 AM +XL, 2:25 PM -M
- 6. 8:13 AM +XL, 3:18 PM -M
- 7. 9:00 AM +XL
- 8. 10:01 AM +XL
- 9. 11:34 AM +XL
- 10. 12:31 PM +XL
- 11. 1:10 PM +XL
- 12. 7:53 AM -L, 1:44 PM +L
- 13. 9:07 AM -M, 2:19 AM +L
- 14. 10:10 AM -M, 2:57 PM +L
- 15. 11:04 AM -M, 3:37 PM +L
- 16. 11:54 AM -M
- 17. 12:42 PM -M
- 18. 1:32 PM -M
- 19. 8:19 AM +XL, 2:37 PM -M
- 20. 9:15 AM +XL, 3:42 PM -M
- 21. 10:01 AM +XL
- 22. 10:51 AM +XL
- 23. 11:38 AM +XL
- 24. 12:21 PM +L
- 25. 12:59 PM +L
- 26. 1:31 PM +L
- 27. 9:01 AM -S, 1:58 PM +M
- 28. 9:49 AM -S, 2:23 PM +M
- 29. 10:31 AM -S, 2:54 PM +M
- 30. 11:12 AM -S, 3:23 PM +M

These are estimates only and not intended for navigation.



Alan Moberg collection

This photo was taken in May of 1956 in Hospital Bay. The building in the upper left of the frame is the former St. Mary's Hospital (now Sundowner Inn) and the building in the centre is Lloyd's Store (now John Henry's).

The boats, according to Alan Moberg, are as follows:

At the government wharf (l-r): the stern of the Columbia Mission boat the *John Antle*, skippered by Canon Alan Greene, the stern of the little white gas boat is Red Nicholson's boat the *Arvida*. Still at the government wharf but one float over is Archie Walker's troller the *Caspian Sea*.

At Lloyd's Store float: the boat ahead of the gillnetter is the *Man Way Tay*, a familiar logging camp tender in those days, I'm quite sure for the camp at Vancouver Bay. "As for the gillnetter, I don't think it was really a local boat. I vaguely see a face when I look at the boat but can't quite place who it is."

ORGANIZATIONS DIRECTORY

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



A dedicated Mobile Financial Service Advisor to Pender Harbour, Holly understands her members' specific needs and helps them achieve their financial goals. If you're seeking strategic savings advice, lending or unique investment options, trust our advisors to guide you in the right direction. Available by phone, in-branch, or virtual appointment.

**Get in
touch!**

Holly McCrone
Mobile Financial Service Advisor
hmccrone@sunshineccu.net
604.989.5652

SOME CHOICES MATTER

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**Sunshine Coast
CREDIT UNION**

*Terms and conditions apply; see getyourshare.ca/terms for details.



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

Monika Miller – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Lyn Rondeau – Adult Mental Health

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 885-2257

Drs. Forgie & Robinson

By appointment only

CHIROPRACTORS – (604) 883-2764

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

- Wednesdays, call (604) 883-2764 to book appointment

Dr. Terry Dickson, DC, BSc, ART provider

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



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

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

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

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

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

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

SOCIAL WORKER: Weekly Tuesday, Wednesday & Friday ~ call to book an appointment.

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

It's never been more important to boost your immune system

Roslyn Mundy, RN

These are worrying times.

With COVID in our midst, and the flu season upon us, it can be hard to know how to maximize our health and resistance to disease.

It might be reassuring to know that our immune systems are working for us 24/7 to detect infections and cell mutations and activate immune responses quickly.

How best to support this process?

NUTRITION

Many nutrients are needed for a healthy immune system, including vitamins A, C, B6, B9, D and E, zinc, selenium, iron and protein.

The good news is that a diet rich in whole fruits and veggies, whole grains and legumes will provide most of what we need.

You don't have an ideal diet?

In that case, current recommendations are to add a simple multivitamin daily.

For seniors, extra vitamin D is a good idea, 650 to 1350 milligrams daily, for bone health and immunity.

Turmeric shows promise in enhancing antibody and antiviral processes, but more good quality research is needed.

WHAT ABOUT VITAMIN C?

This nutrient does so much for our bodies.

Research is clear that it does not decrease the risk of catching a virus, unless someone is engaged in extreme exercise (like marathon running).

Once we are sick, there is evidence that extra vitamin C may reduce the duration of symptoms by 1.5 days for some people.

The safe upper limit is 2,000



mg per day, but even this intake can have side effects like irritation of the gastrointestinal tract and bladder and kidney stones.

The best bet is to eat plenty of fruits and veggies, with that extra multivitamin if needed.

If you drink fruit juices, the vitamin C in frozen is better absorbed than in ready-to-drink beverages.

LOWER STRESS

Stress increases the hormone cortisol, which inhibits immune function.

Finding healthy ways of dealing with stress is so important to our lives.

Exercise, laughter, sharing our burdens, spiritual beliefs, creativity, relaxation exercises, better time management and counselling are just some of the things that can help us feel better.

LOWERING ALCOHOL INTAKE

Chronic alcohol use negatively affects the immune system, in complex ways.

It damages cells in both the gut and the lungs.

Also, when our bodies metabolize alcohol, a valuable antioxidant called glutathione is depleted.

Glutathione is critical to immune response, and we produce less of it as we age.

A deficiency can lead to severe

lung injury in the presence of infection or trauma.

Reducing alcohol intake is the best option during this time of concern regarding respiratory viruses.

SLEEP

During sleep our bodies have a chance to refresh and repair tissues.

Lucky folks get the recommended seven to nine hours per day.

For others, doing our best to maintain a regular sleep schedule, along with regular exercise and exposure to daylight, will help us maximize the hours we have.

EXERCISE

Regular exercise will improve circulation and sleep, and reduce stress — all factors involved in immunity.

P. H. HEALTH CENTRE AGM

On Nov. 22 at 1 p.m., the P. H. Health Centre will hold their annual general meeting online via Zoom.

If you would like to attend, please contact the P. H. Health Centre and provide your email address so that we may send you a Zoom meeting invitation as well as any important notifications for the future.

If you are not able to attend by Zoom, we will be posting the annual report on our website.

Spreading Kindness

LYN'S COMMUNITY FUNDRAISER

P. H. LIONS CLUB *Holiday Helper* *(at Christmas)*

Donations go to purchase children's toys, books, clothing & other gifts

Donate Online:

<https://portal.clubrunner.ca/1875/donate>

See p. 15 for more details

P. H. COMMUNITY SCHOOL *Youth & Family Program* *(year-round support)*

Donations support youth & families in need with essential supplies, grocery cards, etc.

Supported by the PH Rotary



**PENDER HARBOUR
COMMUNITY
SCHOOL**

**HARBOUR
LEARNING
CENTRE**

5012 Gonzales Road
Box 232
Madeira Park, V0N 2H0

Tue/Wed/Fri
from 9am to 3pm

604.883.2826

phcs@dccnet.com

SUNSHINE COAST EMERGENCY PREPAREDNESS

Thursday, Nov 5, PH Community Hall @ 10:30am

Join SCRD representative Matt Treit to receive info. on the risks that face our community, how to prepare as individuals and how to ensure extra attention is paid to seniors safety, people with disabilities and pet safety. A brief update on how the SCRD policies/guidelines have shifted with regard to COVID-19. Come and share your questions and concerns.

FINANCIAL HEALTH: MORTGAGE & DEBT?

Tuesday, Nov 17 via ZOOM, 6-7:30pm and Wed, Nov 25 at HLC, 1:00-2:30pm

Join Linda Cordell to learn to strategize and prepare for a meeting with your banker/mortgage broker. What are the benefits, advantages and risks? What are the costs? Guest: Natasha Pahljina local PH Broker. Interest rates have dropped 1-3% over the past 4 years. Are your deferred mortgage payments getting back to regular payments? Now could be the time to explore renewal options. Call to sign up for this Zoom session. \$10 each session

NARCAN TRAINING

You are invited to learn more about the opioid crisis on the Sunshine Coast, to hear the latest statistics, get hands on training and receive a Narcan kit, practice CPR and learn to use an AED machine (automated external defibrillator). Call 604-883-2826 for Nov. dates.

ZOOM COOKING WITH MARCUS

Join trained Chef Marcus, from the comfort of your own kitchen? Learn and participate simultaneously creating a new dish. Supplies provided before class. Register early as space is limited for this pilot session. Call for date and cost.

DANCING WITH YOUR "BUBBLE" PARTNER

Dust off your dancing shoes and come out for some dance classes. If you are interested, please call us ASAP so we can confirm dates with our instructor. Register early as space is limited. Four sessions in Nov & Dec.





PENDER HARBOUR SENIORS INITIATIVE

Sponsored by:
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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, Nov. 4, 18 & 25

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

**Please note: No carpet bowling Nov 11

CHAIR YOGA: Mondays & Fridays, Nov. 2, 6, 9, 13, 16, 20, 23, 27 & 30

At the Pender Harbour Community Hall, 11am – 12 noon with Carole Logtenberg.

Improve your balance, strength & flexibility with gentle moves Cost: \$3

HARBOURSIDE FRIENDSHIPS: Thursdays, Nov. 5, 12, 19 & 26

Thursdays drop-in program. We will be meeting inside the hall and following self-distancing rules. No lunch will be served at this time. We do encourage all to bring your own packed lunch to enjoy as a group following the program.

Thursdays in the P.H. Community Hall at 10:30am:

November 5 – Speaker Matt Treit Emergency Co-ordinator from the SCRD in collaboration with the PH Community School.

November 12 – Speaker April Struthers, “Thoughtful approach to navigate through the pandemic.”

November 19 – Armchair travel to “destination surprise.”

November 26 – To be announced at a later date.

NOVEMBER EVENTS FOR SENIORS!



PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

On lower level of
PH Secondary School:

13639 S. C. Hwy.

604 885-6866

phaquatic@scrd.ca

www.scrd.ca/myrecreation

MYPASS is now available!

This monthly pass includes unlimited admissions to pre-registered drop-in activities:

- Aquatic fitness classes
- Fitness classes
- Arena programs
- Swim sessions
- Weight room sessions



Valid at Pender Harbour Aquatic & Fitness Centre, Sechelt Aquatic Centre, Sunshine Coast Arena and Gibsons & Area Community Centre.

PH Gym & Swim passes are now available!

Includes admission to the following pre-registered drop-in activities:

- Swim
- Weight room sessions

Valid at Pender Harbour Aquatic & Fitness Centre

Learn more at: www.scrd.ca/recreation-passes

During the COVID-19 Pandemic, patrons **MUST** pre-register before attending the above pre-registered drop-in activities. Drop-ins are not permitted at this time.

Purchase your pass or register for a visit:

- Online: www.scrd.ca/pender-harbour-aquatic-fitness-centre
- By phone 604-885-6801*

*The PHAFC phone number is redirected to this line.

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.

NOVEMBER

COVID-19 has made planning difficult. Check with organizers for updates regarding scheduling for events.

Sun. Nov. 1.....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Wed. Nov. 4.....SCCU's "REBOUND, a Coast Economic Forum" - www.sunshineccu.com/Rebound, 9 a.m.

Thurs. Nov. 5.....PHCS presents "Sunshine Coast Emergency Preparedness" - P. H. Community Hall, 10:30 a.m.

Sun. Nov. 8.....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Wed. Nov. 11.....Remembrance Day

Thurs. Nov. 12.....SCRD planning and development committee meeting - SCR D website, 9:30 a.m.

Thurs. Nov. 12.....Harbourside Friendship (speaker April Struthers) - P. H. Community Hall, 10:30 a.m.

Thurs. Nov. 12.....SCRD regular board meeting - SCR D website, 1:30 p.m.

Sun. Nov. 15.....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Thurs. Nov. 19.....SCRD infrastructure services committee meeting - SCR D website, 9:30 a.m.

Thurs. Nov. 19.....Harbourside Friendship (armchair travel) - P. H. Community Hall, 10:30 a.m.

Sun. Nov. 22.....P. H. Health Centre AGM - via Zoom, 1 p.m.

Sun. Nov. 22.....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Thurs. Nov. 26.....SCRD corporate and administrative services committee meeting - SCR D website, 9:30 a.m.

Thurs. Nov. 26.....Harbourside Friendship (TBA) - P. H. Community Hall, 10:30 a.m.

Sun. Nov. 29.....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Sun. Nov. 29.....Serendipity Child Development Society virtual AGM (contact Tasha at presidentserendipity@gmail.com)

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

FERRY DEPARTURES

Effective to May 2021

Masks are now required to be worn at all times at terminals and on board vessels.

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

Crossing time: Langdale 40 min./Earl's Cove 50 min. Ticket sales end 10 min. before sailing for foot passengers, 5 min. before for vehicles.

HORSESHOE BAY

7:30 am - Daily
9:45 am - Daily
11:55 am - Daily
2:10 pm - Daily
2:40 pm - Dec. 23, 26, 27, Apr 1, 4 only
4:20 pm - Daily
5:30 pm - Daily
7:50 pm - Daily
10:55 pm - Daily

LANGDALE

6:20 am - Daily
8:40 am - Daily
10:50 am - Daily
1:05 pm - Daily
3:15 pm - Daily
3:50 pm - Dec. 23, 26, 27, Apr 1, 4 only
5:25 pm - Daily
6:40 pm - Daily
8:55 pm - Daily

EARLS COVE

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

SALTERTY BAY

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

To comment on ferry service, contact MLA Nicholas Simons:
(604) 741-0792 (Sechelt constituency office) or nicholas.simons.MLA@leg.bc.ca

"Never think that war, no matter how necessary, nor how justified, is not a crime."

~ Ernest Hemingway, 1946



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AND HONEST APPROACH. HIS
PROFESSIONALISM, DILIGENCE,
ATTENTIVENESS TO OUR
QUERIES AND OUR NEEDS
EXCEEDED OUR EXPECTATIONS."

- DOUG AND SUZANNE



Royal LePage Sussex | 604-740-2353



HARBOUR LIQUOR STORE @ Pender Harbour Hotel

➤ Open 9:30am to 9pm daily ◀
(Pub/Restaurant closed on Tuesdays)

Buy 4 or more bottles of wine
and receive 10% off!

**The Grasshopper Pub will be closed for
Remembrance Day, Wednesday Nov. 11.**



The Harbour Liquor Store will be open 9:30am to 9pm



Stay safe and healthy.

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www.penderharbourhotel.com

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Stay & Play with our November Specials!

The Shelter in Place - Two nights accommodation in a room type of your choice. A package of board games in your cabin for use during your stay. Your choice of a Local Novel by a Local Authors to cozy up with and take home. Starts at \$121/night.

Highlights Tour and Stay - 2 nights accommodation and a 2 hour marine sight seeing tour. Starts at \$227/night.

Please Note - The Backeddy Pub is closed for the season but Backeddy Resort and Marina will remain open this winter. Several of our cozy ocean front cabins have kitchenettes and wood burning fireplaces.

www.backeddy.ca | info@backeddy.ca | 604.883.2298