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August 2021
Issue 368





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EDITOR
Brian Lee

CIRCULATION (2,500)

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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: Brian Croft, Leonard Lee, Robert Livingston, Brad Lowell, Shane McCune and Ian Wright.

COVER

Dan Bosch Park, July 3.
(Brian Lee photo.)

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Paq Press
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(604) 883-0770

editor@harbourspiel.com

www.harbourspiel.com

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editorial

Boats kill optimists



Brian Lee

I sometimes get called
a “pessimist.”

Usually by naive optimists who tell themselves that if they think positively, so it will be.

To those people I say, your pessimism is my realism.

And your optimism is a superstitious avoidance of truth.

An optimist walks into a casino knowing the odds are stacked against him but rolls the dice anyways.

Positive thinking just took \$20.

According to one estimate, about 80 per cent of the population displays an overly optimistic outlook.

Pessimism is its antithesis — looking at the world in a way that emphasizes negativity.

Somewhere in the middle, realism involves truth and objectivity — not necessarily seeing a situation as bad, just something to be dealt with.

As the philosopher Todd Bertuzzi said, “It is what it is.”

So, I tell the Pollyannas that trusting science and probability doesn’t make you a pessimist, it makes you prepared.

Case in point:

After 36 years, I finally bought my second boat.

But I did it under heavy duress.

The boat had sat in the chuck for the past couple of years and suffered infrequent use and maintenance.

Anyone who knows what a boat is knows what that means.

My partner, who grew up far from salt water and has never known a boat not to work, was exceptionally optimistic about the benefits of this purchase.

When I protested that it might take the rest of the summer to repair whatever was probably wrong with it, all I got was,

“You’re *sooooo* negative.”

Even our friends, most with their own boats, sided with her.

I suppose they were optimistic that if we bought the thing, we too could join the fraternity of deep misery shared by all boat owners.

I was optimistic that if we didn’t buy it, I might still find some leisure time this summer.

To that, one friend said I lacked a “growth mindset,” and possibly something about how certain crystals could pry open my positivity chakras.

I had been branded a gloomy curmudgeon without appeal.

After walking away from the deal, my partner, who told me earlier that she would go with whatever I decided, stopped talking to me.

That was nice for a while but on the second day I caved and called the guy back.

Luckily for me, a few hours after completing the purchase, the engine overheated.

Now, thoroughly vindicated that my fears were legitimate and not those of an inherently negative personality, I have yet to receive groveling apologies from the glass-half-full crew.

Instead, it seems optimists reconcile unfortunate circumstances with little aphorisms, “Awww, that’s just the way it is when you own a boat.”

(If I had a dollar for every time I’ve heard that in the last week, it would pay my repair bill.)

As we wait for the current mechanical problem to be fixed so we can head back out to find the next one, the realist is at peace with it.

This is my life now.

I *hope* it will run fine; I don’t *think* it will.

I read somewhere that an optimist sees the glass as half full; a pessimist sees it as half empty.

A realist drinks it.

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 Monday through Saturday from 8:30 a.m. to 4 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.

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Scott Doyle
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Invasive European green crab arrives in Pender Harbour

According to Fisheries and Oceans Canada, the European green crab (*Carcinus maenas*) “is one of the 10 most unwanted species in the world.”

And they’re here.

The recent discovery of two males in a shallow mud bay on Francis Peninsula has put the Loon Foundation’s (formerly Ruby Lake Lagoon Society) Coastal Waters Monitoring program on high alert.

Each year for the past eight, biologist Jenn Blancard has led 50 to 60 volunteer “citizen scientists” in efforts to monitor the health of 10 segments of the local marine ecosystem.

“We’ve been proactively monitoring for green crab for two years now,” Blancard told the *Harbour Spiel*.

“We didn’t know they were around here; we just knew they were moving north.”

To keep an eye out for the voracious predator, Blancard and dozens of CWMP volunteers have been setting traps.

“We put them out at low tide because the European green crab is a shore crab — it’s not very deep,” she said.

These crabs are more active at night so the traps are typically checked the next day.

After two years of successfully *not* finding a green crab, Blancard was contacted by Fisheries and Oceans Canada this past spring after someone found one in Malcolm’s Bay (also known as Churchill Bay) on southwestern Francis Peninsula in 2020.

Up to that point, Blancard’s team had only tested sites within Pender Harbour but quickly switched their focus and reset their traps on the shallow mud bottom of Malcolm Bay.



Loon Foundation

This European green crab was captured in Malcolm’s Bay on May 26.

Almost immediately, on May 26, they collected two male European green crabs, each 3 to 4 years old, from the exact location of the 2020 sighting.

Blancard said the problem with green crabs is that, like many invasive species, they are a voracious predator.

But, in the case of green crabs, they also have a nasty habit of rooting around muddy eel grass beds searching for soft shell clams.

As they do that, they literally rip out eel grass.

“In Boundary Bay and other places, they have had huge impacts and have killed off entire sea grass beds,” said Blancard.

Blancard describes eel grass beds as the “nursery of the sea” because they provide habitat for a huge variety of species that depend on them for food and shelter.

Their productivity makes eel grass beds crucial habitat for many of the species and it’s exactly why the green crab likes it there — there’s plenty of food.

Though eel grass is collateral damage, the effects the crab is having

elsewhere signal huge consequences for ecosystems within the Salish Sea as their numbers grow.

According to DFO, green crabs were first found in Canadian waters in 1951 in southwest New Brunswick and have since expanded to many other locations in Atlantic Canada.

The species arrived in B.C. likely through larval transport, between

(Continued p. 7.)

Coastal Waters Monitoring Program’s 10 areas of research

- Forage Fish
- Sea grass
- Intertidal
 - Macroinvertebrates
 - Seaweed
- Salmon escapement
- Juvenile salmon (smolts)
- Pinnipeds (seals and sea lions)
- Invasive species
 - Green crab
 - Clubbed tunicates (sea squirts)
- Common loon
- Nearshore birds
- Kelp

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European green crab (cont.)

(Continued from p. 5)
1998 and 1999.

Blancard said that, for some reason, the crab bypassed the Strait of Georgia at first and established itself in Washington State, on the west coast of Vancouver Island and around BC's north coast.

Since Blancard's discovery in May, another sighting of a green crab was recorded in Ladysmith, making it likely that the crab is now becoming established throughout the Salish Sea.

Blancard said it is inevitable that more will be found locally.

"On the East Coast, they've been there for a long time and they've just started using them as bait in lobster traps," she said.

"They've seen some of the habitat start to recover as they've been targeted commercially."

As her team spreads out in search of the nasty crustacean, Blancard welcomes tips from those who think they might have found a green crab but she cautions against killing them in case they are misidentified.

Blancard said green crabs can be confused with others like the northern kelp crab (*Pugettia producta*).

Rather than their colour, Blancard said the European green crab's defining feature are five distinctive "teeth" or peaks found on either side of the crab's carapace, from their eye to the widest point.

Red rock crabs (*Cancer productus*) have nine per side and Dungeness (*Cancer magister*) have 10 per side.

Anyone who thinks they have found a green crab is urged to record the location and date and email a photo to jenn@openpods.com.

Identifying features of the European green crab

(source: Fisheries and Oceans Canada)

- Adult size: Up to 10 centimetres.
- Shell is serrated and trapeze-shaped, with three spines between the eyes and five on each side.
- Two claws of different sizes.
- Tips of its back legs are pointed, slightly flattened and hairy.
- Colour variable: green, red or yellow.
- Aggressive, territorial and vigorous, can survive out of the water for several days



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BC Hydro negotiating the sale of Nelson Island's Sunray property

A 125-hectare property on which Harry Roberts historic Sunray cabin sits may soon be sold.

BC Hydro spokesperson Ted Olynyk told the *Harbour Spiel* that the Crown corporation is in the midst of negotiating its sale to the shíshálh First Nation who he said “expressed an interest” in it.

Since 1989, Margaret Pearson has leased two small waterfront lots on which Sunray cabin and a smaller guest house sit.

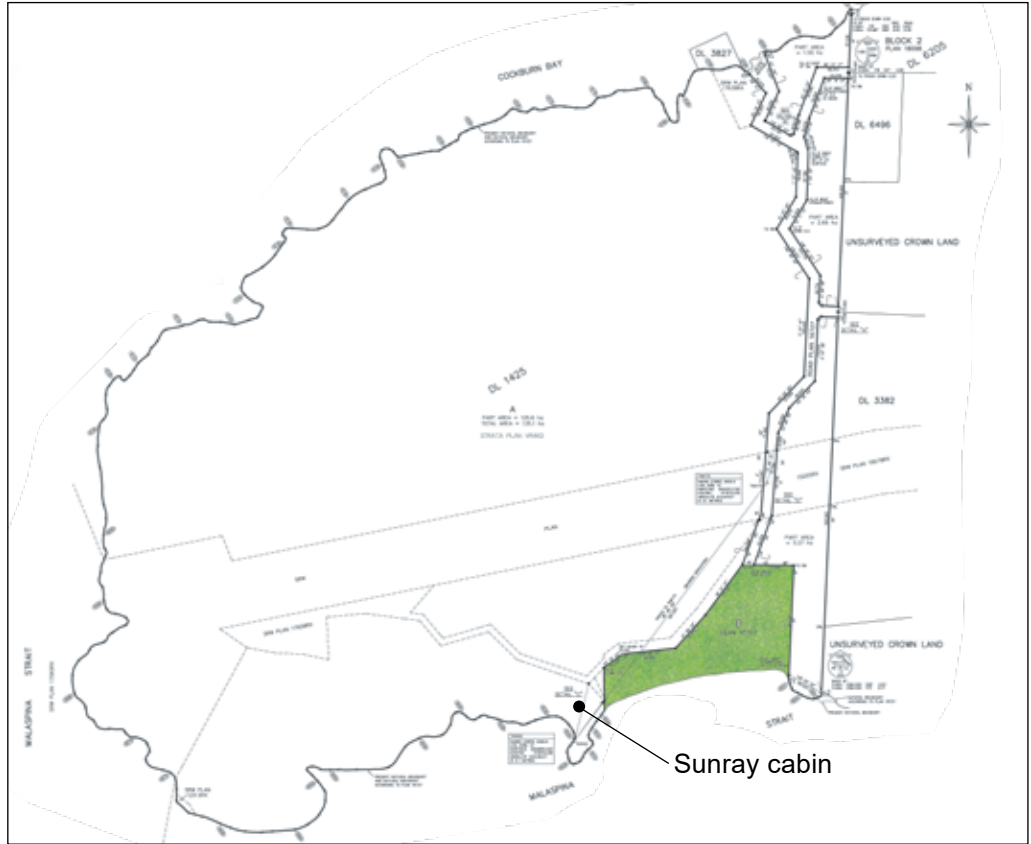
Pearson and her late husband Barry restored the cabin and have maintained it to let visitors enjoy its unique design.

Now, Pearson admits the cabin is in rough shape and as the work required to maintain the buildings became too much, she worked to have the properties folded into the existing 4.2-hectare regional park fronting what is known as Roberts Beach.

“The SCRD said that we would have to form a society and promise to tend to the house and the buildings because they didn’t want to assume the maintenance,” said Pearson.

In 2014, Pearson and her supporters formed the Harry Roberts Sunray Society, with help from the late Billy Griffith.

Pearson said her group was willing to do whatever was needed to maintain the buildings as part of an



BC Hydro (with editing by Brian Lee)

BC Hydro is negotiating the sale of a 125 hectare property (DL 1425) on Nelson Island to the shíshálh First Nation. The area in green is a 4.2 hectare regional park that will remain intact after the sale.

expanded park.

“After years, there was nothing, so I sent a letter to the SCRD and, of course, they didn’t answer,” said Pearson.

“Then I sent a note to BC Hydro asking the same kinds of questions and I got this phone call last week (mid-July) that my lease would soon be terminated and the property sold.”

BC Hydro said it is following protocol.

“When we dispose of property, and we determined the property was surplus to our needs, as a Crown corporation there’s a certain process we have to follow,” said Olynyk.

“We offer it to other Crown agencies and then following that, it is first made available to First Nations.

“And that happens with all properties.”

Olynyk said BC Hydro plans to retain approximately 10-12 hectares for the hydro corridor that passes through the middle of the property but the rest of DL 1425, which includes Sunray cabin, would be sold.

“I’m still kind of reeling because it’s been 30 years since we’ve been there and always I thought I could let



Brian Lee

A 2008 photo of Sunray cabin and the property currently being negotiated for sale.

go of this if it goes to the SCRD as a park,” said Pearson.

“But it doesn’t seem like it’s going to be.”

HARRY ROBERTS AND SUNRAY

Harry Roberts spent half his life in “Sunray” the cabin he built on his 141-hectare Nelson Island homestead.

Roberts finished the cabin in 1938, the date inscribed in the fireplace in the main room.

To withstand southeast storms, Roberts built Sunray low to the ground with the south-facing roof extending only five feet off the ground.

Sunray has at least 16 different standing walls, designed in a labyrinthine spiral.

Each room is constructed on a different level, often with dangerously low beams that ambush the unwary adult — Roberts wasn’t very tall.

Another example of Roberts’ flair for building design — and one often missed by visitors — is his quaint guest cabin.

A short walk from Sunray west along a deer trail a few feet above the high tide line, it too boasts unique features.

Late in his life, Roberts sold the

land to a developer with the provision that he could live there until he died.

Roberts lived in Sunray until the mid-1970s when severe arthritis in his knees made walking impossible.

He was moved to a home in nearby Hidden Basin where he died in 1979 at the age of 95.

After his death, the property was subdivided into 35 lots with four hectares along the beach beside the house becoming SCRD park land.

The property was later purchased by BC Hydro to put the Cheekye Dunsmuir hydro line through to Texada Island.

rcmp news

THEFT

Between June 19 and 23, a thief gained access to a garage in the 4800 block of Francis Peninsula Road, Madeira Park, and stole a variety of tools including two Stihl chainsaws.

No signs of forced entry were noted and it appears the suspect broke in through a poorly secured window.

BOAT THEFT

Between July 10 and 18, a boat moored in Ruby Lake was stolen, described as a homemade pontoon.

Anyone with information should contact RCMP, police file 2021-4832.

WILDFIRE ACT

On July 13, a witness reported seeing a driver toss a lit cigarette out the window of his orange Subaru east-bound on Redroofs Road near Fawn Road, Halfmoon Bay.

No brush fire resulted, but the witness said this man has been seen tossing lit cigarettes out his window on numerous occasions.

The witness recorded a vehicle licence plate number and police will

follow up with the registered owner.

BREAK & ENTER

At approximately 4:30 a.m. on July 19, a break and enter alarm was triggered at a business in the 12800 block of Madeira Park Road.

The suspect appears to have gained entry through a sliding window and once inside, they pried open multiple locked drawers and a safe before making off with a sum of cash.

A property crime examiner attended the scene and the file is still under investigation.

Anyone with information is asked to contact RCMP, police file 2021-4842.



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Egmont and Pender Harbour assessments explained



*Leonard Lee
Area A director, SCRD*

Presented in June, the SCRD 2020 annual report shows the year's activity versus the first year of a five-year plan or forecast.

The report, full of data, graphs, and charts, shows "net taxable property value" for Area A at about \$2.05 billion, the second-highest on the Coast.

Assessed values determine the percentage of taxes each area pays for joint services like solid waste, 9-1-1, planning, and general government.

So, Area A pays 15.45%, Sechelt pays 27.83%, Area E (Elphinstone) pays 14.39%, Area B (Halfmoon

Bay) pays 12.36%, Area F (West Howe Sound) pays 11.60 %, Area D (Roberts Creek) pays 10.71 %, and the Sechelt Indian Government pays 1.54%.

When only rural areas are in a service, such as elections, rural planning, and bylaw enforcement, Area A pays 26.40%, Area B, 21.10 %, Area F, 19.82%, Area D, 18.30%, and Area E, 14.39%.

There are services only Area A contributes to, paying 100%, including the P. H. Health Centre, P. H. Aquatic Centre and the P. H. Reading Room.

We are not in all services (the Sechelt and Gibsons arenas and pools, ports, transit, and animal control for example) so, overall, our contribution of 11.5% is less than other areas.

Although our population is equal to or less than most other areas and average house prices are significantly lower than all areas except the SIGD, our total property assessments are higher than everyone but Sechelt's.

Looking at the graph totalling permanently occupied and seasonally occupied homes, we have more homes than shown in the stats, so in spite of a lower average value per home, our total assessed values are second-highest.

Only permanent residents are counted for our population, so when you multiply the number of homes by the number of taxpayers per home (two on average), Area A has the second-highest population in the SCRD, second only to Sechelt.

There is a wealth of information in the annual report including depart-



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Pender Harbour Satellite Office
12828 Lagoon Road, Madeira Park
604-885-6877 infrastructure@scrd.ca

mental activities and accomplishments, vehicles we bought, money borrowed for water projects, pools, etc. will be paid off, the amount put aside for parks acquisition and more.

View the report at www.scrd.ca/Annual-Reports.

WATER METER AAP

Electors, through an alternative approval process, approved financing of up to \$7.25 million over 15 years to install water meters in Sechelt.

Area A residents voted in the AAP, but North and South Pender is excluded from regional water service area taxpayers who will contribute to repaying the loan.

Meters should reduce consumption by 20-30 per cent with leak repairs and more mindful water use, which we saw after meters were installed in rural areas and Gibsons.

Software to automate leak detection and provide usage data is under development, and it could be used in a pay-per-use system.

COOPERS GREEN HALL IS A GO

After years of discussions, planning, and necessary government work, the Coopers Green Hall replacement project, a partnership with the SCRd and Halfmoon Bay Community Association, will proceed.

HBCA has raised \$345,000 so

far, and will continue, but we can expect a property tax increase between \$1.13 to \$2.87 per \$100,000 of assessed value.

RETURN TO THE WORKPLACE

As part of Phase 3 of the BC Restart Plan, the SCRd Field Road offices are returning to pre-pandemic opening hours and directors will gradually move back into the boardroom.

On July 15, director Darnelda Siegers and yours truly were joined by CAO Dean McKinley at the boardroom while the other directors and public attended via Zoom or YouTube.

Zoom technology and recent boardroom media upgrades have made it a seamless experience, proving that a mix of in-person and work-from-home meetings are not only possible, but desirable.

In-person meetings and work days are extremely valuable when working through complex issues, as written communications are a painfully slow way to resolve complex issues and can't replace the give and take of individual, face-to-face discussions.

Zoom will never replace casual interaction where directors, staff, guests and the public can be actively or passively involved in discussions of emerging issues, as staff are free to chat off the record, you get to hear what others think about issues and

solid friendships are forged, which greatly helps with governance.

So, we have opened our boardroom to the public for committee and board meetings, but participation of staff and elected officials in these meetings will continue to be a mix of virtual and in-person attendance.

Members of the public can attend board meetings or participate from home via the Zoom platform.



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Falconbridge Rd. residents oppose Katherine Lake improvements

This letter was sent to the P. H. and Area Residents Association, SCRD, Leonard Lee, Area A Director, and cc'ed to the Harbour Spiel.

Editor,

I am writing in regard to the proposed Katherine Lake improvement, pathway and boardwalk around Katherine Lake.

There are great concerns about the environmental impact this infrastructure will create by increasing future recreational use.

Creating access from all sides will only increase the amount of users year-round.

It will negatively impact the wildlife and shoreline and increase contamination to the water.

The residents do not want any more trail development at Katherine Lake Park.

Katherine Lake beach and campground is jam-packed all summer from opening days in May until it is

closed in September.

Its popularity for dog walkers and recreational use continues even through its closure.

The impact of existing recreation on this small lake has already reached its threshold.

The proposed trail and boardwalk will invite easy access from all sides of the park.

Users will be able to easily access the trails from Falconbridge Road and increase the amounts of visitors to the lake.

Where will the users park?

Katherine Lake Park cannot host an influx of cars and parking for hikers, nor can Falconbridge Road.

Who will control the campfires and number of recreational users who will be accessing the park year-round?

How do we prevent others from creating their own swim access points that further destroy the shoreline, increase contamination and drive out wildlife?

Pender Harbor is a recreational destination.

Instead of densifying small parks why not increase the number of parks?

We are seeing an incredible influx of visitors to the Garden Bay area.

Rows of cars line Garden Bay Lake.

Users remove vegetation from the shorelines, create random campfires and leave behind garbage on a regular basis.

More parks are needed for the amounts of recreational users, not overpopulation of existing sites.

I strongly encourage you to think about the impact this new trail will have and reconsider the proposed project.

Create a new park somewhere else to share the load and conserve Katherine Lake.

Amanda Peterson
(On behalf of Falconbridge Road residents)

Harrison: Hotel Lake faces numerous threats

Editor,

Hotel Lake is just above Irvines Landing, which was established as a Union Steamer stop and hotel by Charles Irvine in 1865.

For the past 50 years of my experience with local government, potable water contamination has been a continuing concern in Hotel Lake.

Today the outlet creek from Hotel Lake flows east and north down to Mixal Lake and then down to Sakinaw Lake before finally meeting

the ocean though a short unnavigable creek.

In the 1970s, various subdivisions around Hotel Lake sprang up, accessed by road or small boat from the current domestic water intake near the Irvine's Landing Community Hall (now Sarah Wray Hall).

Ever larger volumes of untreated, contaminated residential groundwater from sewage drain fields around Hotel Lake now flow into Hotel Lake or Garden Bay Lake before draining into Mixal and Sakinaw Lakes.

This is especially so during our wet winters.

Occasional high coliform bacteria counts in Hotel Lake require continuous testing and chlorination of all domestic tapwater by Garden Bay water district (SCRD) staff.

The use of treated wood for docks and toxic boat exhaust are also significant health concerns, but these are largely unregulated.

Joe Harrison
Area A Quality Water Assoc.

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

Butt why?

Editor (and cigarette smokers),

I have just finished one of my many beautiful walks around our lake and trails in Garden Bay where I live.

What a cherished gift we have here.

Today I was saddened more than usual about the many cigarette butts left on our nature trails.

I understand it must be a relaxing break for some people to our usual hectic life, by going for a walk in our amazing naturally forested trails and having a smoke.

That is not the problem I have.

My dad always said to leave the places we visit just a little nicer and a little cleaner than when we found it.

That has always stuck with me and makes me feel good when I do.

Surprisingly it doesn't take a lot of effort compared to the pride and joy I feel when am a steward of our planet.

If we all just pitched in a little bit and disposed of cigarette butts and garbage and did a small part in cleaning up around us, just think how great

our little piece of paradise would look.

I could go further and talk about the danger to our wildlife, our pets, and worst of all, a forest fire but I am sure that is pretty obvious to most.

So, my message is...enjoy your cigarette, enjoy your hike, but please bring a small bag with you and leave our most beautiful places just a little better than how you found it.

Thank you, from a fellow nature lover.

Gwen Christensen
Garden Bay

seals



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

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

A big Pender Harbour Seal of Approval to **everyone who attended our dock concert** in Gunboat Bay on July 1.

In addition to tips for Peter Van Deursen and his band, approximately \$1,200 was raised to support local charities on the Sunshine Coast.

Kenneth Mellquist

A Harbour Seal of Approval to all the **Healthy Meal volunteers** for their wonderful meal they put together for the 60 seniors in our community.

They were all well received and appreciated.

Marlene Cymbalist
P. H. Seniors' Initiative

Bunches of Harbour Seals of Approval to **Healthy Meals** for lunch, to the **Bargain Barn** for a spree certificate and to **Marlene Cymbalist of the P. H. Seniors' Initiative** for putting it all together.

Alex Pernat

Harbour Seals of Approval to **CA Towing** for coming back and helping me.

Krys Parranto

Harbour Seals of Approval to **Ken and Joanne Mellquist** for hosting the Canada Day concert and for their personal donation of \$1,000 to the P. H. Rotary Club for the P. H. community washrooms.

A total of \$1,300 was raised for P.H. Rotary Club and youth development for the shíshálh First Nation.

Lorraine Wareham
Rotary Club of Pender Harbour

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- ★ Royal Canadian Legion, No. 112
- ★ Rod Webb Contracting
- ★ Madeira Park Fire Hall
- ★ Garden Bay Fire Hall
- ★ Sunshine Coast Credit Union
- ★ Pender Harbour Dental
- ★ Pender Harbour Health Centre
- ★ Java Docks
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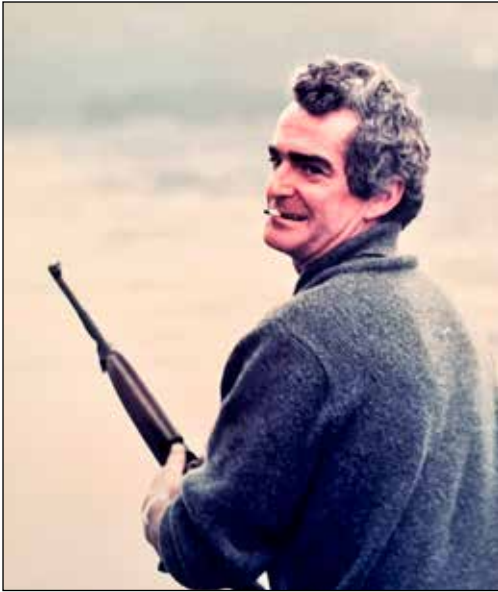
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Christopher (Gus) Angus

MARCH 14, 1950 — JUNE 12, 2021



After 71 years of high adventure, and 49 of those with wife Dana, Gus Angus has gone on to enliven the spirits of great friends and family who have gone before him.

Angus lost a short but determined battle with leukemia — an unusual result for him.

Angus was predeceased by par-

ents Forrie and Patsy Angus, father-in-law, Dave Manning and brother-in-law, Paul Manning.

He is survived by his wife Dana, son Toby (Dylan), daughters Chloe (Gabe) and Sophie, sons Ben (Lisa), and Charles (Jesa), brothers Norman and Mark (Jim), grandchildren Vanessa, Taylor, Sasha, Ashley, Lily, Cody, Brittany, Angus, Jason, Stella, Patsy, Kaytlin, great-grandsons Bowie and Grey, and the many members that make up the Angus clan.

For Angus, life was adventure.

From expeditions in the Arctic to walking the Rift Valley in Africa, he led a very storied life that he would tell with animation and enthusiasm to any open ear.

He was a revered storyteller.

Angus was an independent, hard-working man who was a leader in all that he did.

From early years working with orcas and the Vancouver Aquarium,

to pioneering organic standards in aquaculture in Canada, working and fishing in Hakai Pass, to many other mischievous and fortuitous escapades.

With the love of his life Dane, he raised a large family in the remote paradise known to all as “The Bay,” where they lived for 44 years.

It is where his spirit will continue to soar and to watch over Dane, the family and his beloved bay.

He had a huge heart for humans and animals alike and inspired those around him to always do their best.

This is evident in his family’s approach to life and in their commitment to continue his legacy.

Due to COVID restrictions, the family will advise for details of a celebration of life at a later date.

In lieu of flowers, please send stories and any photos you would like to share to chloe@chloeangus.com.

For now, raise a glass or have a puff in memory of Gus.

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





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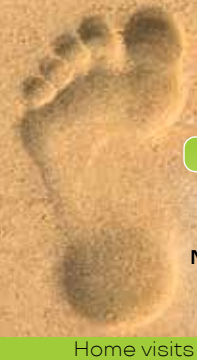
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Brian Lee photos



After Eight at anchor in Pender Harbour



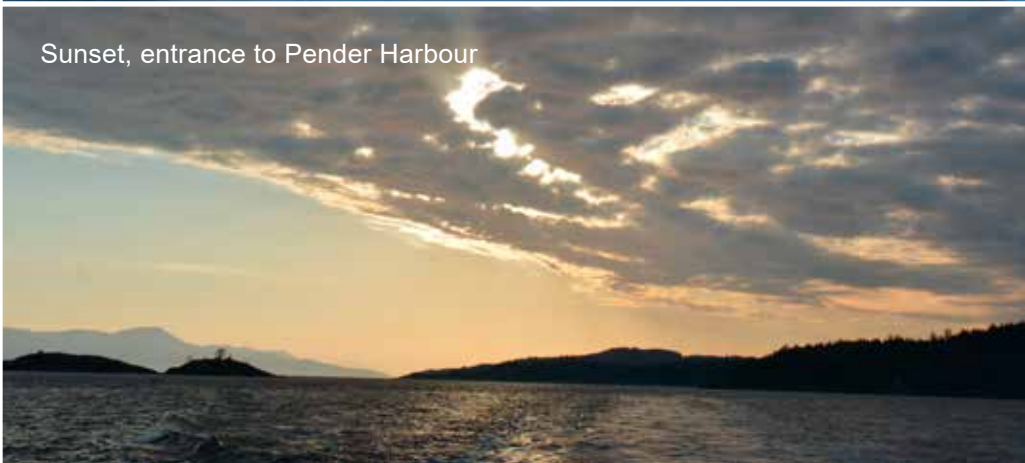
Hospital Bay morning



Dan Bosch Park, Canada Day weekend



Exiting Pender Harbour



Sunset, entrance to Pender Harbour



Freil Falls, Hotham Sound



Darlene Fowle

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pender harbour tides ~ august 2021

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:



August	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	13.8	12.8	11.4	9.7	8.1	6.9	6.2	6.3	6.9	7.9	9.1	10.4	11.4	12.0	12.1	11.8	11.4	11.0	10.9	11.2	11.8	12.6	13.3	13.7
Mon 02	13.7	13.0	11.8	10.2	8.5	7.0	5.9	5.4	5.6	6.3	7.4	8.9	10.3	11.6	12.5	12.9	12.7	12.4	11.9	11.7	11.8	12.2	12.7	13.1
Tue 03	13.3	13.1	12.2	10.8	9.2	7.5	6.0	5.0	4.6	5.0	5.9	7.3	9.0	10.7	12.1	13.2	13.6	13.4	13.0	12.4	12.0	12.0	12.2	12.6
Wed 04	12.9	13.1	12.6	11.6	10.0	8.2	6.5	5.1	4.2	4.0	4.5	5.8	7.5	9.4	11.3	12.9	13.8	14.1	13.8	13.2	12.5	12.0	11.9	12.1
Thu 05	12.5	12.8	12.9	12.3	11.0	9.3	7.4	5.6	4.2	3.4	3.5	4.3	5.9	7.9	10.1	12.1	13.6	14.4	14.3	13.8	13.0	12.1	11.6	11.6
Fri 06	12.0	12.5	12.8	12.8	12.0	10.5	8.6	6.5	4.7	3.4	2.9	3.2	4.5	6.4	8.7	11.1	13.0	14.3	14.7	14.3	13.5	12.4	11.6	11.2
Sat 07	11.4	11.9	12.5	12.9	12.7	11.7	10.0	7.9	5.7	3.9	2.8	2.5	3.3	4.9	7.2	9.8	12.1	13.9	14.8	14.7	14.0	12.9	11.7	11.0
Sun 08	10.8	11.2	11.9	12.6	13.0	12.6	11.4	9.5	7.2	5.0	3.3	2.4	2.6	3.7	5.8	8.4	11.0	13.2	14.7	15.0	14.5	13.4	12.1	10.9
Mon 09	10.3	10.4	11.0	11.9	12.7	13.0	12.5	11.0	8.9	6.6	4.5	3.0	2.5	3.0	4.6	7.0	9.8	12.3	14.2	15.2	15.0	14.1	12.7	11.2
Tue 10	10.0	9.6	10.0	10.9	12.0	12.8	13.0	12.3	10.7	8.5	6.3	4.3	3.2	3.0	4.0	6.0	8.6	11.3	13.6	15.0	15.4	14.7	13.3	11.6
Wed 11	10.1	9.1	8.9	9.5	10.6	11.8	12.7	12.8	12.0	10.4	8.4	6.3	4.7	3.9	4.1	5.5	7.6	10.2	12.7	14.5	15.4	15.2	14.1	12.3
Thu 12	10.5	8.9	8.1	8.2	9.0	10.3	11.6	12.4	12.6	11.9	10.4	8.6	6.8	5.5	5.1	5.7	7.2	9.4	11.8	13.8	15.1	15.4	14.7	13.1
Fri 13	11.1	9.2	7.7	7.1	7.3	8.3	9.7	11.1	12.1	12.4	11.8	10.6	9.1	7.7	6.8	6.7	7.5	9.0	11.1	13.1	14.6	15.3	15.0	13.9
Sat 14	12.0	9.9	7.9	6.5	6.0	6.4	7.5	9.0	10.5	11.7	12.2	12.0	11.1	10.0	9.0	8.4	8.4	9.3	10.7	12.4	13.9	14.9	15.1	14.4
Sun 15	12.9	10.8	8.6	6.7	5.4	5.0	5.5	6.6	8.2	9.9	11.3	12.1	12.3	11.8	11.1	10.4	10.0	10.1	10.8	11.9	13.2	14.3	14.9	14.7
Mon 16	13.7	12.0	9.8	7.6	5.7	4.5	4.1	4.6	5.7	7.3	9.2	10.9	12.1	12.8	12.7	12.3	11.7	11.4	11.3	11.8	12.6	13.6	14.3	14.6
Tue 17	14.2	13.0	11.1	8.9	6.7	4.8	3.6	3.3	3.7	4.9	6.7	8.6	10.6	12.2	13.3	13.6	13.3	12.8	12.3	12.0	12.2	12.8	13.5	14.1
Wed 18	14.3	13.8	12.5	10.5	8.3	6.0	4.2	3.0	2.6	3.1	4.4	6.4	8.6	10.8	12.7	13.9	14.3	14.1	13.4	12.7	12.2	12.2	12.6	13.2
Thu 19	13.8	14.0	13.6	12.2	10.2	7.9	5.6	3.6	2.4	2.1	2.8	4.3	6.5	9.0	11.4	13.4	14.6	14.9	14.4	13.5	12.6	11.9	11.7	12.1
Fri 20	12.8	13.5	13.8	13.4	12.1	10.1	7.6	5.2	3.3	2.1	1.9	2.8	4.6	7.0	9.7	12.2	14.1	15.1	15.1	14.3	13.2	12.0	11.2	11.1
Sat 21	11.6	12.4	13.3	13.7	13.3	12.0	9.9	7.4	5.0	3.1	2.1	2.1	3.2	5.3	7.9	10.7	13.1	14.8	15.4	15.0	13.9	12.4	11.2	10.4
Sun 22	10.4	11.1	12.1	13.1	13.6	13.2	11.8	9.7	7.2	4.9	3.1	2.3	2.7	4.1	6.4	9.2	11.9	14.0	15.2	15.3	14.5	13.0	11.5	10.2
Mon 23	9.6	9.8	10.7	11.9	13.0	13.4	13.0	11.6	9.5	7.1	4.9	3.4	3.0	3.6	5.4	7.9	10.6	13.0	14.7	15.3	14.9	13.7	12.0	10.3
Tue 24	9.2	8.8	9.3	10.4	11.8	12.8	13.2	12.7	11.3	9.3	7.1	5.2	4.1	4.0	5.0	7.0	9.4	11.9	13.9	15.0	15.1	14.2	12.6	10.8
Wed 25	9.2	8.3	8.2	8.9	10.2	11.6	12.7	13.0	12.5	11.1	9.3	7.4	5.9	5.2	5.4	6.7	8.6	10.9	13.0	14.4	14.9	14.4	13.1	11.3
Thu 26	9.5	8.1	7.5	7.7	8.7	10.1	11.5	12.5	12.8	12.3	11.1	9.5	7.9	6.8	6.5	7.0	8.3	10.2	12.1	13.6	14.5	14.4	13.5	11.9
Fri 27	10.1	8.4	7.2	6.9	7.4	8.5	9.9	11.3	12.3	12.6	12.2	11.2	9.9	8.7	8.0	8.0	8.6	9.9	11.4	12.8	13.8	14.1	13.6	12.3
Sat 28	10.7	8.9	7.4	6.6	6.5	7.1	8.2	9.7	11.1	12.1	12.4	12.2	11.5	10.6	9.8	9.3	9.4	10.0	11.0	12.2	13.1	13.6	13.4	12.6
Sun 29	11.2	9.5	7.9	6.7	6.1	6.1	6.8	8.0	9.4	10.8	11.9	12.4	12.4	11.9	11.3	10.8	10.5	10.6	11.0	11.8	12.5	13.0	13.1	12.6
Mon 30	11.6	10.2	8.6	7.2	6.1	5.7	5.8	6.5	7.7	9.1	10.5	11.7	12.5	12.7	12.5	12.1	11.6	11.4	11.3	11.6	12.0	12.4	12.7	12.5
Tue 31	11.9	10.8	9.4	7.9	6.6	5.7	5.3	5.5	6.2	7.4	8.8	10.3	11.6	12.6	13.1	13.0	12.7	12.3	11.8	11.7	11.7	11.9	12.2	12.3

Aerial acrobats aboard *La Loupiote* wow crowds at the GBP

This story originally appeared in the Aug. 2011 issue of the Harbour Spiel.

Aerial acrobats Franck Rabilier and Delphine Lechiffart wowed crowds for two shows at the Garden Bay Pub on July 17.

Crowds cheered from shore as the two showed off their comedic and aerial talents while suspended from the mast of their sailboat *La Loupiote*.

The two are travelling around the world with their daughter and will perform at Granville Island early this month before heading south through Washington.



Brian Lee photos



HARBOUR SPIEL

trivia

1. What is the name of the resort formerly known as Lord Jim's?

- ☐ a. Pender Harbour Resort
- ☐ b. Rockwater Secret Cove Resort
- ☐ c. The Painted Boat Resort
- ☐ d. Sunshine Coast Resort

2. Who was the star of "Vipers," the 2007 film production shot in Garden Bay?

- ☐ a. Jennifer Love Hewitt
- ☐ b. Tara Reid
- ☐ c. Courtney Cox
- ☐ d. Shannon Doherty

3. What is the June 28 record for the highest temperature recorded on the Sunshine Coast?

- ☐ a. 35.6 C
- ☐ b. 36.9 C
- ☐ c. 39.6 C
- ☐ d. 40.8 C

4. Which Kleindale man was known for performing his "Jake the Peg" act for local audiences?

- ☐ a. Frank Roosen
- ☐ b. Dwight Young
- ☐ c. Joe Harrison
- ☐ d. Ken Klein

5. Which California town shares an association with the entrance to Princess Louisa Inlet?

- ☐ a. Ventura
- ☐ b. Oxnard
- ☐ c. Malibu
- ☐ d. Morro Bay

6. What do you call a resident of Egmont?

- ☐ a. Egmontonian
- ☐ b. Egmonter
- ☐ c. Egmontite
- ☐ d. Egmonster

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Give yourself one point: Last month's question regarding average July precipitation erroneously listed the answers in millimetres and not inches. Apologies. ~ Ed.



Brian Lee

These shots taken on the Canada Day long weekend (July 3) show a very typical day of parking overflow at Dan Bosch Park in which cars impede traffic along the highway.

~~VINTAGE SPORTS MEMORABILIA & ANTIQUES AT THE MINK FARM GALLERY IN HALFMOON BAY!~~



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AUGUST BIRTHDAYS

- Aug. 1: **Linda Drought, Kelly Marko** and **Jen Hardwick.**
- Aug. 2: **Enya Delaney** and **Jessica "Lu-Lu" Kammerle.**
- Aug. 4: **Kathleen White, Daniel White, Carol Reid, Jessica Sutherland** and **Gloria Keene.**
- Aug. 5: **Genevieve Patterson** and **Bill Purnell.**
- Aug. 9: **Shirley Adams.**
- Aug. 10: **Bryan Clerx** and **Norma Martin.**
- Aug. 12: **Ileana McBain, Mary White** and **Helga Morin.**
- Aug. 13: **Peter Kenny.**
- Aug. 15: **Shane Hennen.**
- Aug. 16: **Sandy Hegyi, Paul McKimm, Anna-Maria Massullo** and **Justin Tiefenbach.**
- Aug. 17: **Bob Forsyth.**
- Aug. 18: **Charles Dougan.**
- Aug. 20: **June Reeder, Glen Spencer, Helga Thiele** and **Rachel Wilson.**
- Aug. 21: **Kory Francis** and **Klisala Harrison.**
- Aug. 22: **Buzzard Edwardson.**
- Aug. 23: **Kelly Reid.**
- Aug. 25: **Aubree Daniel.**
- Aug. 27: **Warne Clay, Kailee Yablonski** and **Danette Raaflaub.**
- Aug. 28: **Wilma Thompson, Mike Ough** and **Brent Metcalfe.**
- Aug. 29: **Karen O'Leary.**
- Aug. 30: **Donna Hobson, Megan Watters, Barbara Loftin** and **Roman Rand.**
- Aug. 31: **Eric English, Bryce Higgins, Corinne Gamble** and **Lillea Hohn.**

AUGUST ASTROLOGY

LEO: JULY 23 – AUGUST 22



Lions are idealists and romantics, honourable and loyal. Always individualistic, they are usually stylish, charismatic and flamboyant. After all the sex you had last month, you'll probably be happy to learn that as Jupiter enters your sign, your love life will take a dip. This bit of planetary influence will provide a welcome break from all that messy business and, if you're female, it will reduce the confusion around which lucky guy is responsible for your pregnancy that will reveal itself on or around Aug. 23. Congratulations.

VIRGO: August 23 - September 22



Virgos value knowledge highly and their methodical approach to life ensures that nothing is left to chance. Although you can be tender, your heart might be closed to the outer world. It's one of the reasons people find it hard to like Virgos. TAKE NOTE: The recent heat wave has pushed Mars out of your sign and replaced it with an unnamed asteroid. This has never happened before and even astrologists are confounded about how this might affect your life. So tread easy — you're travelling blind for awhile.

BC BESTSELLERS

For the week ending July 17, 2021

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. **A Is for Anenome** by Robert Budd, illustrated by Roy Henry Vickers (Harbour Publishing)
2. **Destination Hikes: In and Around Southwestern British Columbia** by Stephen Hui (Greystone Books)
3. **The Heartbeat of Trees: Embracing Our Ancient Bond with Forests and Nature** by Peter Wohlleben (Greystone Books)
4. **Butter Honey Pig Bread** by Francesca Ekwuyasi (Arsenal Pulp Press)
5. **A Lethal Lesson: A Lane Winslow Mystery** by Iona Whishaw (TouchWood Editions)
6. **Always Pack A Candle: A Nurse in the Cariboo-Chilcotin** by Marion McKinnon Crook (Heritage House Publishing)
7. **Here on the Coast: Reflections from the Rainbelt** by Howard White (Harbour Publishing)
8. **Backpacking in Southwestern British Columbia** by Taryn Eyton (Greystone Books)
9. **Unravelling Canada: A Knitting Odyssey** by Sylvia Olsen (Douglas & McIntyre)
10. **When We Are Kind** by Monique Gray Smith, illus. by Nicole Neidhardt (Orca Book Publishers)



WILDFIRES

1,352

The current 10 year average (2011 to 2020) of the number of wildfires in the province each year.

42%

The percentage (on average between 2011 and 2020) of BC wildfires that were human caused.

59%

The percentage of human-caused wildfires in BC in 2020.

1,194

The number of wildfires recorded in BC in 2021 so far (to July 23).

76.8%

Percentage of 2021 BC wildfires that are listed as "out" (to July 23)

361,370

The number of hectares in BC destroyed by wildfire in 2021 so far (to July 22).

670

Total number of wildfires in BC in 2020

14,536

The number of hectares destroyed by wildfire in 2020.

2,117

Total number of BC wildfires in 2018.

1,354,284

The number of hectares destroyed by wildfire in 2018.

~ BC Wildfire Service, www2.gov.bc.ca

AUGUST WEATHER

TEMPERATURES (Merry Island)

Our average August daily high temperature is 21 C and our average daily low is 14.6 C, giving us a mean daily temperature of 17.7 C. August averages 22 days with temperatures above 18 C, and the highest August temperature recorded is 32.2 C (Aug. 4, 1961); the lowest is 8.9 C (Aug. 18, 1973).

PRECIPITATION (Merry Island)

August averages seven days with rainfall and a total of 38.1 mm for the month (the lowest of the year). The highest daily rainfall recorded in August was 42.4 mm (Aug. 4, 1962). August averages 275.3 hours of sunshine.

SKOOKUMCHUCK VIEWING TIMES

AUGUST

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

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

1. 1:09 PM +L, 6:27 PM -S
2. 7:06 AM -L, 2:20 PM +L
3. 8:34 AM -L, 3:21 PM +L
4. 9:26 PM -L, **4:06 PM +XL**
5. 10:06 AM -L, **5:05 PM +XL**
6. **10:36 AM -XL**, **5:43 PM +XL**
7. **11:02 AM -XL**, **6:21 PM +XL**
8. **11:30 AM -XL**, **6:55 PM +XL**
9. **12:02 PM -XL**, **7:23 PM +XL**
10. **12:46 PM -XL**, **7:46 PM +XL**
11. 6:45 AM +M, **1:18 PM -XL**
12. 7:51 AM +M, 2:07 PM -L
13. 8:49 AM +M, 2:55 PM -L
14. 10:08 AM +M, 3:59 PM -M
15. 11:25 AM +L, 5:26 PM -S
16. 12:52 PM +L, 6:45 PM -S
17. 2:14 PM +L
18. **7:13 AM -XL**, **3:33 PM +XL**
19. **8:45 AM -XL**, **4:25 PM +XL**
20. **10:13 AM -XL**, **5:17 PM +XL**
21. **11:15 AM -XL**, **6:01 PM +XL**
22. **12:03 PM -XL**, **6:38 PM +XL**
23. **12:11 PM -XL**, **7:08 PM +XL**
24. **12:48 PM -XL**, **7:33 PM +XL**
25. 7:10 AM +L, 1:25 PM -L
26. 8:00 AM +L, 2:04 PM -L
27. 9:01 AM +L, 2:51 PM -M
28. 9:59 AM +L, 3:56 PM -S
29. 11:14 AM +L, 4:55 PM -S
30. 12:26 PM +L, 6:02 PM -S
31. 1:35 PM +L, 7:12 PM -S

These are estimates only and not intended for navigation.

Record number of sailors vie for top spot at Malaspina Regatta



Ian Wright

The start (between Pearson and Martin Islands) of the 32nd running of the Malaspina Regatta

by Brad Lowell

Great wind and great weather made for a great race.

The start for Garden Bay Sailing Club's annual Malaspina Regatta on Saturday, July 3 saw near perfect conditions.

This year was the 32nd running of the race and saw 39 boats register — the largest turnout in the club's history.

Boats and crews from other clubs in Vancouver, Gibsons and Schooner Cove sailed to Pender Harbour to join in the race.

Sunny warm weather this year with stronger than usual winds provided the perfect venue for a longer race course of 18 nautical miles (34 kilometres).

By 10 a.m. Saturday morning the sailboats were circling near the mouth of the Harbour awaiting the five minute countdown for the start.

It is always a stressful time for skippers and crew as they maneuver in close quarters vying for an advantage without crossing the start line before the horn sounds.

When it did, at 10:30 a.m., a clean start saw all boats head out between Martin Island and Pearson Island towards Texada Island and the first mark at Hospital Reef.

The strong winds saw some of the smaller boats fighting to maintain speed in the choppy waves.

Larger boats reveled in the conditions with *Cheeky Monkey*, the eventual winner of the "first across the line" trophy, flying past all others to round the Hospital Reef mark with a strong lead.

The second leg was another beat north into the wind to Ackland's Rock by Quarry Bay on Nelson Island.

Strong winds provided tight racing with several boats swapping



Brian Croft

A Vancouver crew on the *Cheeky Monkey* was first across the line but after handicap rules corrected its time, had to concede victory to the *About Time*.



Brian Croft

Overall winner of the 32nd annual Malaspina Regatta, *About Time*.

places in the standings.

The tough conditions led to damage on four of the boats causing them to withdraw from the race.

After rounding the buoy at Ackland's Rock, the boats flying spinnakers provided a spectacle of multi-coloured sails racing back towards the Harbour.

All boats then rounded Pearson Island and headed once more out to Hospital Reef before making a final second spinnaker run back into the Harbour.

The finish line was inside Pender Harbour this year near Duncan Cove where the committee boat recorded each sailboat's time across the line.

First across the line by a large margin was *Cheeky Monkey* owned August 2021

by Kim Alfreds with the winner of the fastest boat under handicap rules going to John Polglase on *About Time*.

Polglase usually sails out of Vancouver but came to Pender Harbour for the race.

"Overall the course, the organization and the community vibe made for a really fun event," said Polglase.

"We were happy to be part of it and hope to be back next year."

DIVISION II WINNER

Pretender

DIVISION III WINNER

Peregrine

DIVISION IV WINNER

Yippee-ki-aye

Pender Harbour Community Club

Bingo's back!

Thursday, August 5

Cash prizes every Thursday at the Pender Harbour Community Hall!

Doors ~ 5pm

Early Bird Bingo ~ 6:30pm

Regular Bingo ~ 7pm

~ 19 and over only ~



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

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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

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

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- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 883-2764

Dr. Colin Sutton

By appointment only

CHIROPRACTORS – (604) 883-2764

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

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

Dr. Alexandre Axenov

- Fridays, appointments via website:
treeoflifechiropractic.ca

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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 & Thursday ~ call to book an appointment.

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

Watch out for creeping cholesterol

*Compiled by Pender Harbour Health
Centre nursing staff*

If you have high blood cholesterol, you are more likely to have a heart attack or a stroke.

You are at higher risk for high blood cholesterol and heart disease if someone in your immediate family (parent, brother or sister) has high blood cholesterol.

It is especially dangerous for people who smoke and for people with high blood pressure or diabetes.

Extra cholesterol can lead to blocked arteries and if one of those happens to supply blood to your heart, you experience a heart attack.

If an artery that supplies blood to the brain becomes blocked, a stroke occurs.

There is “good” cholesterol and “bad” cholesterol.

The good stuff is called HDL, or high density lipids, and it helps to clear out the bad cholesterol from inside the arteries.

The bad stuff (LDL or low-density lipids) tend to block the arteries.

Getting your blood cholesterol checked requires fasting and a blood test.

You must fast for 10 hours and have no alcohol for 48 hours before the test.

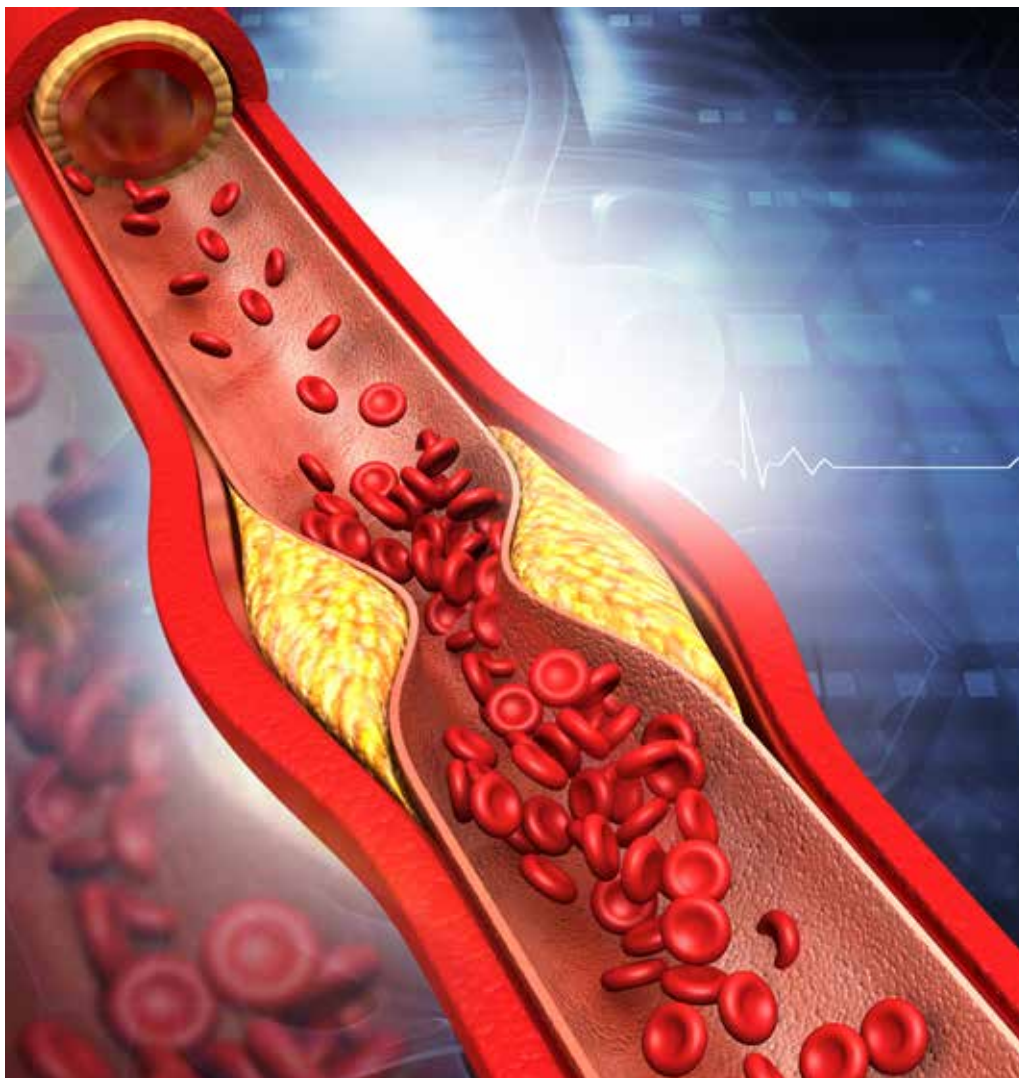
The lab will report on both types of cholesterol, as well as triglycerides.

Triglycerides are the most common fat in the diet and in the blood.

If you have a high reading of LDL or a low reading of HDL, you may have a higher risk of having heart disease.

TOTAL CHOLESTEROL

Ideal: less than 5.2 mmol/L



Borderline high: 5.2 to 6.2 mmol/L

High: 6.2 mmol/L or more

HDL OR “GOOD CHOLESTEROL”

Desired: more than 0.9 mmol/L

LDL OR “BAD CHOLESTEROL”

Ideal: less than 3.5 mmol/L

Borderline high: 3.5 to 3.9 mmol/L

High: 4.0 mmol/L or more

TRIGLYCERIDES

Ideal: less than 2.0 mmol/L

Borderline high: 2.0 to 3.0 mmol/L

High: more than 3.0 mmol/L

If you already have heart disease or other risk factors, your doctor may advise you to lower these levels even further. You need to be responsible for your cholesterol values.

Six ways to control your blood cholesterol:

- Eat less fat and cholesterol.
- Eat more vegetables, fruits, whole grains and legumes.
- Control your weight.
- Be active.
- Don’t smoke.
- If you are taking medication for cholesterol, take it as your doctor prescribed it.

The Pender Harbour Aquatic & Fitness Centre is now open!

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

The pool fully reopened
on July 19 (including the sauna).



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20m, 4-lane pool
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WELCOME BACK AND DROP IN TO SEE US!

Now that we are in Step 3 of the BC Restart Plan, we are pleased to be able to welcome you to drop-in to our facility. Pre-registration is not required.

SUMMER HOURS OF OPERATION

July 19 to September 10

Monday to Friday: 7:30 am to 1:00 pm

Facility will be closed on August 2 and September 6.

COVID-19 INFORMATION

Mask wearing is recommended in all indoor public spaces for everyone 12 years and older who is not yet fully vaccinated. Learn more at

➡ www.scrd.ca/recreation-restart

SUMMER DROP-IN ACTIVITIES

Come swim with us! Use our weight room! Drop-in during hours of operation.

DROP IN TO AN AQUATIC FITNESS CLASS!

View schedules at

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

PASSES

Do you plan to drop-in frequently? A pass is convenient and can be cost effective. Learn more about our passes at

➡ www.scrd.ca/recreation-passes

We invite you to subscribe to our Recreation Newsletter at

www.scrd.ca/Newsletter-Signup

OR

Follow us on facebook:

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



Pender Harbour Community School

is pleased to announce our newly elected
BOARD OF DIRECTORS for 2021-2022

Executive: Helga Grout (Chair), Linda Cordell (Treasurer)
& Mary Beth Alsop (Secretary)

Directors at large: Sylvia Showler, Carol Goulette, Lyn
Charlton, Patrick Munro, Karen Gunn & Natalie Ingram

With huge thanks to outgoing long time directors
Loretta McDonald & Debra Rand



We are back!

HARBOURSIDE FRIENDSHIPS: Thursday drop-in

We will be meeting outside at the back of 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.

August 5 – TBA

August 12 – Music by Joan & Ted

August 19 – TBA

August 26 – Music by Ken Johnson

CARPET BOWLING: Wednesdays, August 4, 11, 18 & 25

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

CHAIR YOGA: Mondays & Fridays, August 6, 9, 13, 16, 20, 27 & 30

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

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

AUGUST EVENTS FOR SENIORS

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Helping
Seniors**

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HARBOURSIDE FRIENDSHIP PROGRAM

Sponsored by:

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

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

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.

AUGUST

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

Thurs. Aug. 5.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.

Thurs. Aug. 5.....Pender Harbour Community Club Bingo is back - P. H. Community Hall, doors 5 p.m.

Sat. Aug. 7.....39th Sunshine Coast Festival of the Written Arts kicks off, Rockwood Centre (Sechelt)

Mon. Aug. 9.....Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon

Thurs. Aug. 12.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.

Sat. Aug. 14.....Musician Eddy Edrik - John Henry's Resort and Marina, 4 p.m.

Thurs. Aug. 19.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.

Sat. Aug. 21.....Musician Eddy Edrik - John Henry's Resort and Marina, 4 p.m.

Mon. Aug. 23.....Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon

Thurs. Aug. 26.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.

Sat. Aug. 28.....Musician Eddy Edrik - John Henry's Resort and Marina, 4 p.m.

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



FERRY DEPARTURES

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.

MASKS ARE NOW REQUIRED TO BE WORN AT ALL TIMES AT TERMINALS AND ON BOARD VESSELS.

Summer service schedules change regularly,
visit www.bcferries.com for current schedules.

"People don't notice whether it's winter or summer when they're happy."

~ Anton Chekhov



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