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HARBOUR SPIEL

March 2018
Issue 327





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EDITOR

Brian Lee

CIRCULATION (2,300)

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

CONTRIBUTORS

This month we thank: Robert Livingston, Gladys McNutt, Frank Mauro, Shane McCune, Susan Nattall, Alan Stewart, and Pat Ardley.

Cover: Irvin's Landing and Pender Harbour on a crisp snowy morning from Daniel Point.

Photographer: Brian Lee

ADVERTISING

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NEXT ISSUE: March 29

www.harbourspiel.com

editorial

How Pearl Harbour hit home



Brian Lee

In recent issues, Gladys McNutt's 1956 column on the history of Egmont (p. 32) pokes an all but lost bit of local history.

Japanese pioneers played a significant role in the development of Egmont prior to their forced removal in 1942.

The Hatashita family purchased a general store and fish-buying station in Egmont in 1921.

Soon after, two other Japanese families, the Takais and the Maedas, opened another store "almost immediately in front of theirs."

Between the two businesses, they owned at least four fish packers and regularly ran mail and fish to Vancouver while returning with supplies.

By the 1930s, George Hatashita's daughter Kay ran the business.

She focused efforts to make the previously ignored store successful so it wasn't primarily a fish-buying station.

Kay brought in a large selection of goods and worked hard displaying it.

McNutt hints of an arranged marriage in Kay's future, "After a time, a young man was sent up to help her.

"This was Ted Hyashi."

If it wasn't for Pearl Harbour (and some institutional racism), the descendants of Kay Hatashita and Ted Hiyashi might still live here.

Instead of burgers, we might expect donburi on Egmont Day.

But it wasn't to be.

On March 15, 1942, 129 Japanese Canadians on the Sunshine Coast received notice they were to be evacuated.

"About 2 a.m. one morning, something crashed into our float," wrote McNutt.

It was Hiyashi — the Japanese were told to be ready with what they could carry by the next morning.

He was asking customers to clear up their bills before his 8 a.m. departure.

But this was during daylight savings time, something McNutt wrote many Egmonsters still ignored (DST was only adopted in 1918 — 24 years earlier).

Hyashi and Hatashita were gone by the time they arrived in the morning.

It may serve as the first recorded casualty of the phenomenon known as "Egmont Time."

A 2014 research article by the Sunshine Coast Museum's Kimiko Hawkes suggests there were six Japanese Canadians living in Egmont at the time.

At least another 10 Japanese lived in Pender Harbour, most likely clustered in Gerrans Bay.

My grandfather told me it was the saddest day of his life when he watched the Japanese fishermen's boats getting towed out of Pender Harbour.

In an interview included in the *Women of Pender Harbour*, Lewella Duncan recalled the families Kihara, Kawasaki and Ikeda:

Everybody in the Harbour went over to the steamship when they took the Ikedas away and everybody was crying, it was just terrible.

I know the family went to a camp in the Interior and my friend Bessie Ikeda lost a baby there.

This affected them terribly.

McNutt never learned what became of the Egmont families except that Ted and Kay were married and "in the photography business back in Ontario."

It's no surprise now that if you Google "Japanese Pender Harbour," you will find links to Mama's Japanese Kitchen and little else.

That's the problem with local history — it gets lost if you take away the locals and, sadly, not one of the families ever returned to live here.

For 76 years this month, it has been our loss too.

ST. PATRICK'S PODS UPDATE: March 17, 10:30 a.m. - 4 p.m.

The PODS architects will be making a presentation on the latest designs with updated, detailed drawings and artwork. PODS directors are actively seeking input and suggestions while they look to the future and explore possibilities for programming at the PODS facility. Dress in green and pick up a free PODS mug at the door (while stocks last). The PODS update will be held from 10:30 am. to 4 p.m. at the P. H. School of Music.

P. H. MUSIC SOCIETY PRESENTS THE SHARI ULRICH TRIO: Sunday, March 25, 2 p.m.

The expression "music legend" is often bandied about casually but, in the case of Shari Ulrich, it hits the mark. Since the early 1970s, her voice and her words have left an indelible mark on Canadian music and on several generations of dedicated fans. Still actively writing and performing, she particularly enjoys the opportunity to sing with daughter Julia Graff who clearly has inherited some impressive musical genes. Shari is joined by Graff and Cindy Fairbank.

P. H. BLUES SOCIETY PRESENTS BRICKHOUSE: Saturday, March 31, 8 p.m.

Brickhouse always promises one of the best nights you'll have at the Pender Harbour Community Hall. After 10 years as the famous Yale Hotel's house band, this band knows how to keep a dance floor jumping. Their stage presence alone is infectiously entertaining but as they belt out funky blues and groovy R&B, you'll have to tie yourself down to resist tapping along with them. Get your tickets for this P. H. Blues Society fundraiser at Java Docks in Madeira Park.

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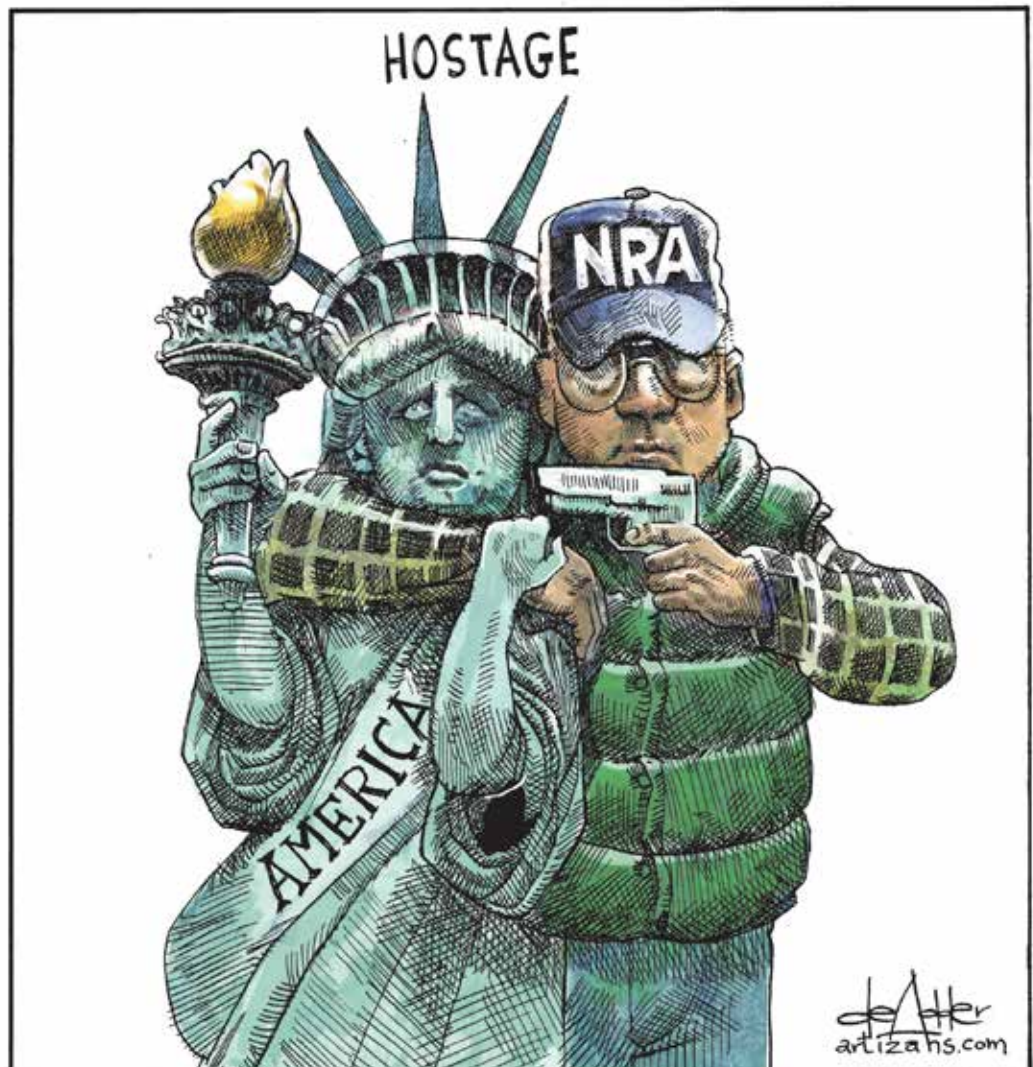
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Alan Stewart

Approximately 40 people attended a meeting held by the Pender Harbour Health Centre Society on Feb. 4. The volunteer board hoped to gauge the community's health care needs to assist with future planning.

news

SCRD wraps first round of budget discussions

The Sunshine Coast Regional District has now completed its first round of public budget meetings. Preliminary pre-budget reviews took place in November and December and are followed by two rounds of public budget meetings in January and March. In a Feb. 19 statement, Tina Perreault, SCRD chief financial officer, said the first round considered a wide range of projects and cost-based priorities including those from community organizations like libraries, museums, youth services and economic development entities.

Projects are prioritized based on four criteria — mandatory initiatives, those directly linked to the SCRD's strategic plan, those identified in the SCRD's integrated five-year plan and those of low cost and high value.

CORRECTION: Last month's story about a theft from a local RCM SAR vessel incorrectly listed the value of a pair of stolen night vision goggles as approximately \$700. The value of the stolen item is approximately \$8,000. March 2018

"Key items impacting preliminary taxation for 2018," said Perreault, "are changes in property assessments related to growth and market conditions which impact apportionment amongst the various service participants." Perreault said others include the full-cost impact of transit expansion and several "one-time" projects that were funded through taxation in 2017 which carry into the 2018 budget. Projects carried forward from 2017 do not have any financial impact on the 2018 budget.

Proposals brought forward for consideration during round one focused on maintaining SCRD assets and critical infrastructure — ensuring ongoing service delivery for fire and emergency services, ports, buildings and community recreation facilities, landfills and various water systems. The second round of budget meetings is scheduled to take place March 5 from 9:30 a.m. to 4:30 p.m. at the SCRD board room (1975 Field Road) in Sechelt. The final adoption of the budget is scheduled for March 22, 2018.



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Carly Bloch 604-740-7515	Bill Hunsche 604-740-1411	Mary Mackay 604-399-9936	Dave Milligan 604-885-5414	Teresa Sladey 604-740-7535



1. Ecclesiastical former Pender Harbour fish-buying station.

- ☐ a. Canon Point
- ☐ b. Pope's Landing
- ☐ c. Minister Bay
- ☐ d. Nunston

2. Where of the following is Area D of the Sunshine Coast Regional District?

- ☐ a. Halfmoon Bay
- ☐ b. Roberts Creek
- ☐ c. Elphinstone
- ☐ d. West Howe Sound

3. Where is the future site of PODS?

- ☐ a. Irvings Landing
- ☐ b. Irveens Landing
- ☐ c. Irvins Landing
- ☐ d. Irvines Landing

4. Which of the following was not written by 'Pender Harbour Cowboy,' Bertrand Sinclair?

- ☐ a. Inverted Pyramid
- ☐ b. Pirates of the Plains
- ☐ c. Poor Man's Rock
- ☐ d. Timber Riders

5. What is the maximum speed that water in the Skookumchuck rapids flows?

- ☐ a. @ 13km/hr
- ☐ b. @ 21km/hr
- ☐ c. @ 32km/hr
- ☐ d. @ 40km/hr

6. On which trail will you find Brown Lake?

- ☐ a. Skookumchuck Trail
- ☐ b. Francis Point Marine Park trail
- ☐ c. Smugglers Cove Marine Park trail
- ☐ d. Suncoaster Trail

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**



submitted

Eight of the 14 members of this year's graduating class from Pender Harbour Secondary School take a break from their studies to play a game. Apparently, they each start out with a heart and if someone makes someone else laugh, they take their heart. The one with the most hearts wins. l-r: Julian Chaisson, Tanner Haase, Cole Charlton, Kim Fielding, Mackenzie Sutherland, Lilah Donnahee, Hannah Stewart and Jessica Linnmann. (Missing are Ian McDonald, Jordan Haines, Cypher Clerx, Paolo Cogrossi, Thomas Silvey and Lexi Scoular.) The grad class is hosting a 'Beer and Burger' fundraiser at the Grasshopper Pub March 16.

rcmp news

BREAK AND ENTER

Late on Feb. 7, someone smashed a glass door at a business in the 12300 block of Sunshine Coast Highway (RONA Madeira Park) to gain entry and broke into an office and a safe, from which cash was stolen.

The thieves also stole a number of items including DeWalt and Milwaukee tools.

Police are reviewing video surveillance footage.

Anyone with any information about this break and enter is asked to contact RCMP, reference file 2018-837.

MVA

On the early evening of Feb. 5,

police attended a two-vehicle incident in the 13500 block of Highway 101, Madeira Park.

A driver from the United Kingdom pulled out onto the road and reverted back to his U.K. driving habit of driving on the left-hand side of the road.

The second driver, who didn't

realize the first vehicle was coming towards him, was unable to pull over and the two vehicles collided head on.

Fortunately, no life threatening injuries were reported but both vehicles had to be towed due to extensive damage.

The matter has been referred to ICBC.

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PENDER NORTH
FEBRUARY 18





Lower Coast's water woes continue



Frank Mauro

The SCRD board has had some considerable success mitigating the water supply issue caused by the droughts in recent years, mostly through reduction of leaks through meter installations and conservation measures.

Strategies to address water supply volumes for the Chapman System have been universal metering, which is well underway, investigation of groundwater sources, which is also underway with a feasibility report and planned test drilling budget, and the investigation of additional storage options.

A major project, to provide increased access to storage at Chapman Lake by increasing the drawdown, was fully planned, engineered and environmentally assessed with the only holdup being provincial approval.

The way forward was clear and supported by all directors except one in the 2015 vote.

Provincial approval should have been consistent with the original management plan the province implemented for the Chapman source, a source that was being used as a community water supply long before the provincial park was even considered.

Until recently, that was the only remaining hurdle until the ad-

dition of some directors who came with a different view of the situation.

Now we have a controversy with a split in board opinion.

In my opinion, the SCRD must have the certainty that was envisioned when the Tetrahedron Park management plan was written as the park was created.

The plan stated, and it is reinforced and repeated throughout, that there was a clear understanding that there would be work required for the Chapman to continue to be the community water supply and that the main reason for the creation of the park was to protect that supply.

Upon investigation of the 1995 Hansard by one director, the follow-

SUNSHINE COAST REGIONAL DISTRICT



UPCOMING MEETINGS

Special Infrastructure Services Committee
March 1 at 9:30 a.m.

Infrastructure Services Committee
March 15 at 9:30 a.m.

Special Corporate and Administrative Services Committee (Budget)
March 5 at 9:30 a.m.

Corporate and Administrative Services Committee
March 22 at 9:30 a.m.

Planning and Community Development
March 8 at 9:30 a.m.

Regional Hospital District
March 22 at 1:00 p.m.

Regular Board
March 8 at 1:30 p.m.

Regular Board
March 22 at 1:30 p.m.

Meetings are held at **1975 Field Road**, Sechelt.
Agendas are available at www.scrd.ca/Agendas-2017.

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ing discourse was noted between Sunshine Coast MLA Gordon Wilson and then-environment minister Elizabeth Cull:

“... What we need to hear from the minister is that nothing, through the designation of class A provincial park, will prevent the regional district and/or its agents from expanding that water supply system, when necessary, to supply municipal water.”

The environment minister responded:

“We will be addressing that through the master planning process.

“I guess what I’m saying is that ‘a park is a park is a park’ is not the case with all class A parks.

“The master plans can determine to what extent recreational activities of various kinds are allowed throughout the park, whether they are restricted and whether other uses, which might be unique to the area, are permitted under a park use permit.”

This reason for the park creation is acknowledged, and even quoted by environmental groups on the Coast today, yet there is opposition by the same groups to doing

any work in the park.

Some of the members of the groups claim to have been supportive of the creation of the park to protect the community water supply, yet today they oppose the project needed to supply that water in times of drought.

Unless something changes, this situation involving unreasonable delays, which takes important projects off track, is sure to recur in the future with other maintenance requirements such as upgrading or major work on the dam.

In fact, to enable the SCRD to reliably and responsibly meet its obligations to the public on the Chapman system, the province must change the park boundaries or pass an appropriate amendment to allow timely management of the water supply system.

This project has had a comprehensive environmental review and assessment.

It is still the best solution with no other viable storage options that can be implemented in less than several years.

This well-considered way forward was decided in 2015.

The folks who are supplied wa-

ter from the Chapman system have demonstrated their indignation that this delay is happening, and justifiably so.

CONTACT

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

On **March 17** everyone's **Irish!**



Happy St. Patty's Day

@ the Legion!

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Preventing theft from vehicles

Sunshine Coast RCMP

The Sunshine Coast RCMP would like to provide the public with the following tips and best practices in an attempt to prevent theft of, or from, motor vehicles.

PROPERTY LEFT IN VEHICLES

Do not leave any property in your vehicle or expect to find it gone when you return later.

Thieves will break in for as little as a few coins or a cigarette lighter.

If you must leave items in your vehicle, secure them in the trunk as many thieves check the glove box and under the seat for hidden items.

Typical items stolen from vehicles include purses, wallets, credit cards, GPS units, passports, house keys, cash, clothing and sunglasses

PERSONAL IDENTIFICATION

Do not leave any personal identification (driver's licence, financial documents, credit/debit information or mail that could identify who you are) in an unattended vehicle or you could become a victim of identity theft.

Often, thieves take only identification and credit cards from purses, but leave the purse behind and the owner may not realize a theft has occurred until much later.

Once armed with a few cards, thieves are able to then apply for, and receive loans in your name, additional credit cards, and cash advances.

If you don't notice the theft for a number of days, the damage done could be extensive.

ANTI-THEFT DEVICES

Invest in a good anti-theft device, particularly a passive immobilizer. Use a steering wheel lock every time



you park your vehicle.

LICENSE PLATES

Secure your licence plates with bolts.

Criminals commonly steal licence plates and use them to avoid being identified while committing other crimes.

AUTOMOBILE GPS DEVICES

Do not set the "home" function on your GPS device to your home address, but rather to a nearby intersection, thereby not allowing the suspects to know exactly where you live.

GARAGE DOOR OPENERS

Do not keep your garage door opener in your vehicle along with any identifying information as this could result in directing the suspects directly

to your residence.

If you have a garage, use it all the time when parking at home.

SPARE KEYS

Do not keep spare keys to your vehicle in the vehicle.

Police see this happen all the time — what would have been the theft of some change in the ashtray, turns into a theft of a vehicle.

REPORT SUSPICIOUS BEHAVIOUR

People often fail to report suspicious activity because they don't want to be embarrassed if their suspicions are unfounded.

The police prefer that you report suspicious activity so it can be investigated. This increases the chances that criminals are apprehended and further criminal acts are prevented.

*Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program*



Meal service has resumed.

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

Grizzlies, Gales and Giant Salmon: Life at a Rivers Inlet Fishing

by Pat Ardley

Excerpted from
*Grizzlies, Gales and Giant Salmon:
Life at a Rivers Inlet Fishing Lodge*
(Harbour Publishing)

YOU'D BETTER HAVE A GOOD EXCUSE

We were going to build a new float.

We needed to collect the logs, either by stroke of luck — finding ones that had broken away from a log boom — or by a great amount of effort on George's part.

There was still a public timber-cutting area about three miles from our bay, and we'd gotten float logs there before.

George had marked several giant cedar trees for our use.

He headed out in our work skiff at about 9:30 a.m. to cut one of the trees down.

It was the beginning of February 1983, cold and dry, and the days were short with the sun going down behind the hills by 2 p.m., leaving the channels and bays submerged in darkness and eerily still.

George would have to be back in our bay by 12:30 p.m., or I would

know that there had been a problem and, worst-case scenario, I would need the extra daylight hours to help him.

I potted around in the house and after lunch put baby Casey down for a nap.

After noon, I started watching the clock, minute by minute ticking by.

Usually, George would be home well before the cut-off time.

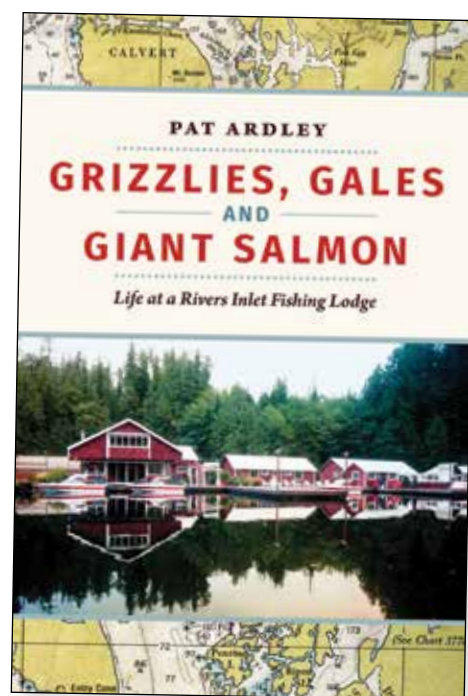
At 12:15 p.m., I started to get anxious.

By 12:25 p.m., I was getting mad.

Did he really think I wanted to take our two-month-old out in a boat on a freezing-cold winter day to find out that he had simply forgotten to look at his watch?

I bundled Casey up with a little sense of urgency, strapped him into his life jacket and settled him in his car seat, which sat on the floor of the boat.

We zipped out of the bay and pounded across the waves of Darby Channel and all the way to the farthest corner of Morgan Bay to where there was a tiny indent with no beach, just rock wall from the water to the trees.



I had the canvas top down on my speedboat and I stood as I drove so I could better see over the windshield.

As I rounded the last point at the entrance to the little bay, I immediately saw George standing on the rocks where a large creek tumbled into the ocean.

I was flooded with relief and at the same time I furiously shouted, "You better have a bloody good excuse for being late!"

I slowed the boat down and as we trolled closer to the shore, I could see what George was pointing at.

There was a tree, a tall alder with lots of branches, lying across his now submerged work skiff.

George was standing sheepishly on a rock and his big Stihl 090 chainsaw was balanced across two other rocks about ten feet above him.

I nosed the speedboat carefully up to the rock so George could clamber on and gingerly climb over the windshield and into the boat.

My anger had dissipated some-



Pat Ardley's husband George with their son Casey.

Pat Ardley

Lodge

what as soon as I saw that he did indeed have a good excuse.

He was so lucky that the tree hadn't fallen on his head.

He was also lucky that, in my relief in seeing him safe, I no longer felt the need to knock him over the head for sinking the engine, the extra chainsaw and all the other gear into the salt water.

He promised me he would be more careful next time.

He thought that he had put the undercut in the right place, but as he cut through the back side of the cedar tree it fell on a slight angle, and that made it knock over an alder, which knocked over two more alders, and the boat was tied to shore right under them.

Never again did I have to wrap up a baby to head out on a rescue mission for him.



Pat Ardley

'We acquired this twelve-foot speedboat that George dubbed *Patty's Page* in a futile attempt to entice me into the thrill of being in a boat. I did use it for a number of years for bottom fishing near the entrance of our bay and for picking up the mail from the Dawson's Landing post office.'

Grizzlies, Gales and Giant Salmon: Life at a Rivers Inlet Fishing Lodge

By Pat Ardley

Harbour Publishing (2018)

ISBN: 978-1-55017-831-9, 6" x 9" Paperback, 352 pages, \$24.95

At age 19, Pat Ardley packed up her belongings and left Winnipeg for Vancouver, looking for adventure. Little did she know that she'd spend the next 40 years in the wilderness, 30 of which would be spent with a man known as George "Hurricane" Ardley. Pat met George soon after arriving in Vancouver, and shortly thereafter, the two of them set out for Addenbroke Island to work as junior lightkeepers. The journey to the little island nearly 500 kilometres north of Vancouver meant a week aboard a rolling Coast Guard ship — and a drastic change in lifestyle.

In 1976, the Ardley's started their own remote fishing lodge in Rivers Inlet. Financed by their wilderness odd jobs, the lodge came together slowly but surely through the couple's hard work. In 2012, Pat Ardley sold Rivers Lodge and is now settled in West Vancouver.

Ardley will be at the EarthFair Store in Madeira Park to sign copies of her book at 2 p.m. on April 13, followed by a reading at the Sechelt Public Library at 7 p.m.





Brian Lee
Sakinaw Lake outflow trail.

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April Tools Wooden Boat Challenge: Crazy twists arrive April 28

submitted

After 16 years of quirky boat races, you might think the folks at the Pender Harbour Living Heritage Society would be tapped out of new ideas for April Tools.

But when the “twist” is announced on April 28 in Millennium Park in Madeira Park, the organizers promise a shock.

Keep in the dark until 10 a.m. on the day of the race, the builders will have one hour to figure out how to incorporate this new idea into their boat.

In the three-hour construction period that follows, they will have to make something that floats and can be paddled around the dockside course.

And they can only use hand tools and battery-powered screw guns



Brian Lee

The 2017 running of the April Tools Wooden Boat Challenge.

ADULT COMPETITION

Besides the fun, there are prize incentives for the fastest racers — \$750 for first, \$400 for second and \$250 for third.

Teams can range from two to four members and the entry fee is \$160 per team (\$140 if received before April 1).

All building materials are included in the entry fee and each team member will receive an April Tools T-shirt.

Having a great time is a key part of the event.

YOUTH COMPETITION

In addition to the adult races, teens who have built boats in their school shops will have a chance to show off their skills in the “Trophy Race.”

This is followed by their “Fun Race” that more likely demonstrates their sense of humour — and that April Tools is all about having fun.

FUN

Other April Tools regulars will be there as well — a big pile of boat hulls, wood blocks and lots of paint for the kids to hammer into the mini-boat of their dreams.

For the littlest ones there will be foam hulls, push-in and stick on additions and more paint.

There will be other craft projects as well, and all are free so everyone can have a good time.

For more information or to sign up your team for the April Tools Wooden Boat Challenge, call Jackie at (604) 883-0539 or cell (604) 989-3846 or go to www.apriltools.ca.

It's a blast!

pender harbour music society presents

Shari
Ulrich
Trio



The expression “music legend” is often bandied about casually but, in the case of Shari Ulrich, it hits the mark.

Shari is joined by Julia Graff and Cindy Fairbank.

Sunday, March 25 • 2pm • P. H. School of Music

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

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- Pender Harbour Diesel.....(604) 883-2616

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- Garden Bay Boatworks.....(604) 833-9040

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- Steph's The Beauty Boutique.....(604) 883-0511

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• Coast Guard Auxiliary, Unit 61	(604) 883-2572
• Community Policing.....	(604) 883-2026
• Egmont Community Club	(604) 883-1379
• Egmont & District Volunteer Fire Department	(604) 883-2555
• FLAIR Cancer Support Group.....	(604) 883-0660
• FOKUS (10:30 a.m., Fridays @ PHHC).....	(604) 740-1151
• GRIPS (Recycling Society)	(604) 883-1165
• Garden Bay Sailing Club	(604) 883-2689
• Guides, Brownies, etc.	(604) 883-2819
• Harbour Artists	(604) 883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.).....	(604) 883-9900
• Health Centre Society	(604) 883-2764
• Health Centre Auxiliary.....	(604) 741-2646
• InStitches (last Thursday of month, 10 a.m.).....	(604) 740-1151
• Lions Club, Egmont.....	(604) 883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.).....	(604) 883-1361
• Men's Cancer Support Group.....	(604) 883-2393
• P. H. Aquatic Centre Society.....	(604) 885-6866
• P. H. Blues Society.....	(604) 741-1186
• P. H. Choir (7 p.m., Tuesday).....	(604) 883-0681
• P. H. Community Club.....	(604) 883-9900
• P. H. Community School Society	(604) 883-2826
• P. H. Garden Club.....	(604) 883-9798
• P. H. Golf Club	(604) 883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	(604) 883-2274
• P. H. Living Heritage Society.....	(604) 883-0744
• P. H. Music Society (bookings)	(604) 883-9749
• P. H. Paddling Society (dragon boating).....	(604) 399-9596
• P. H. Piecemakers (quilters).....	(604) 883-2573
• P. H. Pipe Band.....	(604) 883-0053
• P. H. Power & Sail Squadron	(604) 883-2086
• P. H. Ramblers (hikers, every Tues. a.m.).....	(604) 883-1191
• P. H. Volunteer Fire Dept (Wed. evening).....	(604) 883-9270
• P. H. Reading Room (library)	(604) 883-2983
• Rotary Club (noon Fri. RC Legion No.112)	(604) 883-2843
• Royal Canadian Legion No. 112	(604) 883-2235
• Ruby Lake Lagoon Society	(604) 883-9201
• Skookumchuck Heritage Society.....	(604) 883-9994
• S. C. Health Care Auxiliary (2nd Wed., 1:30 p.m.).....	(604) 741-8413
• Seniors' Housing Society	(604) 883-2819
• Serendipity Child Care Centre.....	(604) 883-2316
• Sunshine Coast Better At Home.....	(604) 989-6171
• Sunshine Coast SHROOM.....	(604) 883-3678
• Wildlife Society (3rd Tues. PHSS).....	(604) 883-9853
• Women's Connection (2nd & 4th Tue.)	(604) 883-3663
• Women's Outreach Services.....	(604) 741-5246

organizations

PHSS GRAD FUNDRAISER

Start your Spring Break off right with a beer and a burger while supporting the PHSS 2018 graduating class as they raise funds for their graduation banquet and ceremony and help celebrate the hard work of the 2018 PHSS grad class.

The beer and burger fundraiser will take place Friday, March 16 at the Grasshopper Pub starting at 6 p.m. Tickets are \$25 and are available at IGA Madeira Park, Marina Pharmacy, Grasshopper Pub or from Lilah, (604) 358-7776 or Hannah (778) 875-5341.

PENDER HARBOUR GARDEN CLUB

The Pender Harbour Garden Club is pleased to present Radina Jevdevic on Monday, March 12 at 1 p.m. at the Pender Harbour School of Music. Radina is a Vancouver-based, award-winning garden designer and floral artist with a lifetime love and passion for plants, gardens and art.

Her work has been presented in GardenWise magazine and at the VanDusen Botanical Garden Show, and has been featured in the gardening section of the Vancouver Sun.

Jevdevic's topic at our garden club will be "Container Gardening by Design." A \$15 annual membership or \$5 drop in fee includes coffee/tea and goodies.

SOM COFFEEHOUSE

The next Coffee House will be Friday, March 9 at 7:30 p.m. at the School of Music.

The lineup is:

- Shboom, the popular men's singing group, playing half the show;
- Malin Vassev, a local tenor presenting folksongs of his homeland, Bulgaria, and
- Tamara Goble, a vocalist performing folk, country and pop/rock tunes.

P. H. WOMEN'S CONNECTION

On March 13, Coast Cable producer Gary Pennington, will stir up our "Childhood Memories" of games and activities. Join the meeting and tell us what you did for fun and relaxation as a child.

One March 27, Tasters, located in Sechelt, offers the finest and freshest of extra virgin olive oils as well as a selection of balsamic vinegars that are both reasonable and affordable. Join us in tasting some of their selections, learning about the health benefits of olive oil and perhaps purchasing some of your favourites.



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Pender Harbour and Egmont bursary fund society aiming higher

submitted

The Pender Harbour and Egmont Bursary Fund Society is a registered charity.

It was started in 1982 with a jar in the Marina Pharmacy, which was then owned by Margaret Swigart and Shelly Kattler.

Thanks to the generosity of the people of Pender Harbour and Egmont, the society has been able to award over \$17,000 in bursaries to graduates of our high school.

It is a registered non-profit so-

ciety, run by volunteers, and continues to raise money with the coin jar program.

Currently, there is one at Mountainview Service Petro Canada station (Kleindale) and also one at Marketplace IGA in Madeira Park.

People can donate to the fund at either of these locations.

In addition, donors large and small have contributed to the endowment account, which was established to provide perpetual funding of the bursaries.

Their goal is to raise an additional \$70,000 to bring our endowment account up to \$100,000 to ensure the future of the fund and to provide for more and larger bursaries to our deserving graduates.

As the fund is a registered charity, tax receipts are available for your donations.

If you wish to contribute to this worthwhile cause, please contact Sage, PHEBFS chair, at (604) 883-9205 or John, PHEBFS treasurer, at (604) 883-9522.

harbour seals



Note your approval or **disapproval**.

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

Harbour Seals of Approval to the **Royal Canadian Legion in Madeira Park**. My family and I had the pleasure of attending the Super Bowl Party at the Legion in Madeira Park last month. We are new to the Coast, having relocated from Saskatchewan this past summer.

Thank you for making our adjustment easier.

Annette Kjargaard & family

Harbour Seals of Approval to thank all the **gals at the Pender Harbour Health Clinic, Cheryl Jensen and the home care nurses** who helped us through a difficult time with Ab's ongoing health issues.

We are very fortunate to have such a good service in Pender Harbour. Hugs to all.

Ab and Wendy Haddock

A humongous Seal of Approval, to **Joy and the rest of the staff and owners of Oak Tree Market**, in helping me avoid much anxiety by keeping my forgotten debit card.

Thank you.

Alex Pernat



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SKOOKUMCHUCK VIEWING TIMES

MARCH

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

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

1. 10:40 AM -L, 3:33 PM +L
2. 11:24 AM -L, 4:36 PM +L
3. 12:05 PM -L, 5:31 PM +L
4. 12:44 PM -L
5. 1:22 PM -L
6. 1:51 PM -L
7. 7:37 AM +L, 2:30 PM -L
8. 8:09 AM +M, 3:10 PM -L
9. 9:08 AM +S, 3:54 PM -L
10. 10:18 AM +S, 4:46 PM -L
11. 12:47 PM +S, 6:46 PM -L
12. 8:59 AM -M, 1:47 PM +S
13. 9:45 AM -M, 2:36 PM +M
14. 10:24 AM -M, 3:21 PM +M
15. 11:00 AM -L, 4:03 PM +L
16. 11:34 AM -L, 4:45 PM +L
17. 12:07 PM -L, 5:28 PM +L
- 18. 12:38 PM -L, 6:23 PM +XL**
19. 1:07 PM -L
20. 1:36 PM -L
21. 2:07 PM -L
- 22. 7:49 AM +L, 2:36 PM -XL**
- 23. 8:37 AM +L, 3:29 PM -XL**
24. 9:36 AM +M, 4:34 PM -L
25. 10:58 AM +S, 5:45 PM -L
26. 7:44 AM -M, 12:32 PM +S
27. 8:51 AM -M, 1:45 PM +M
28. 9:46 AM -L, 2:45 PM +M
29. 10:33 AM -L, 3:49 PM +L
30. 11:08 AM -L, 4:44 PM +L
- 31. 11:45 AM -L, 5:36 PM +XL**

These are estimates only and not intended for navigation.

ALBERTA + BC TRADE

17.2 million

The number of bottles of BC wine that Albertans purchased in 2017.

2.9 million

The number of overnight trips to B.C. that Albertans took in 2017, accounting for 14 per cent of B.C.'s overall overnight visits.

\$1.4 billion

The amount Albertan tourists spent in BC in 2017.

\$554 million

The value of Albertan beef and veal that British Columbians imported in 2017.

\$83.7 million

The value of grains and other crop products that BC imported from Alberta in 2014.

\$21.4 billion

Alberta's share of imports and exports that travelled through the Port of Vancouver in 2016.

\$3.3 billion

The value of natural gas that Alberta purchased from BC in 2014 (the latest trade figures available from B.C. Stats).

104%

The percentage interprovincial trade from BC to Alberta has grown since the inception of the Agreement on Internal Trade in 1995 (to 2005).

~ StatsCan, Vancouver Sun

MARCH WEATHER

TEMPERATURES, MERRY ISLAND

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

PRECIPITATION, MERRY ISLAND

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

MARCH ASTROLOGY



PISCES: FEB. 19 - MAR. 20

Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Your Piscean vanity comes to the forefront this month with the onset of summer body image obsession. As unhealthy as it seems to your family, your self-obsession will help you achieve ambitious weight loss goals. Seven weeks of rain starting June 27 will bring that familiar Piscean depression for much of the summer.



ARIES: MARCH 21 - APRIL 19

The sign of the ram gives Arians loyalty, generosity, high energy and courage. They love adventure and often fiercely defend the underdog. March and April 2018 promise to be an emotional rollercoaster for Aries born between March 29 and April 4. If you are in a relationship, expect it to end and if you're not, something equally unsettling will occur. For those born outside those dates, life will essentially model last spring (minus that embarrassing run-in with authorities).

BC BESTSELLERS

For the week ending Feb. 17, 2018

The BC bestseller list uses sales data from over 80 independent bookstores in BC representing sales of BC published books released within the calendar year.

- | | |
|---|---|
| 1. Whitewater Cooks: More Beautiful Food by Shelley Adams (Alicon Holdings Ltd) | 6. You Hold Me Up by Monique Gray Smith (Orca Book Publishers) |
| 2. The Inner Life of Animals: Love, Grief, and Compassion - Surprising Observations of a Hidden World by Peter Wohlleben (Greystone Books) | 7. On Island: Life Among the Coast Dwellers by Pat Carney (TouchWood Editions) |
| 3. As A Dog Thinketh: Daily Words of Wisdom by Monique Anstee (TouchWood Editions) | 8. First, We Brunch by Rebecca Wellman (TouchWood Editions) |
| 4. Speaking Our Truth: A Journey of Reconciliation by Monique Gray Smith (Orca Book Publishers) | 9. The Haunting of Vancouver Island by Shanon Sinn (TouchWood Editions) |
| 5. Hello Humpback! by Roy Henry Vickers & Robert Budd (Harbour Publishing) | 10. The World's Most Travelled Man: A Twenty-Three-Year Odyssey to and through Every Country on the Planet by Mike Spencer Bown (Douglas & McIntyre) |

~ Association of Book Publishers of BC

MARCH BIRTHDAYS

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

pendender harbour tides ~march 2018

March	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Thu 01	6.1	8.8	11.7	14.0	15.5	15.7	15.0	13.5	11.7	10.1	9.3	9.4	10.3	11.7	13.1	14.0	14.1	13.1	11.2	8.7	6.2	4.2	3.2	3.4
Fri 02	4.8	7.2	10.1	12.8	14.9	15.9	15.6	14.4	12.6	10.6	9.0	8.3	8.6	9.8	11.4	13.0	14.0	14.1	13.1	11.1	8.7	6.4	4.7	3.9
Sat 03	4.4	6.1	8.6	11.4	13.8	15.5	15.9	15.2	13.5	11.4	9.4	8.0	7.5	8.1	9.5	11.3	12.9	13.9	13.9	12.9	11.0	8.8	6.8	5.4
Sun 04	5.0	5.8	7.6	10.1	12.6	14.6	15.7	15.5	14.4	12.5	10.2	8.3	7.1	6.9	7.8	9.3	11.2	12.8	13.8	13.7	12.7	11.0	9.1	7.4
Mon 05	6.4	6.3	7.4	9.2	11.4	13.5	15.0	15.5	14.9	13.3	11.3	9.1	7.4	6.5	6.6	7.6	9.3	11.1	12.7	13.5	13.5	12.6	11.2	9.6
Tue 06	8.3	7.6	7.8	8.9	10.6	12.4	14.0	14.9	14.9	13.9	12.2	10.2	8.2	6.7	6.1	6.5	7.6	9.2	11.0	12.5	13.3	13.3	12.6	11.5
Wed 07	10.2	9.3	8.9	9.2	10.2	11.6	13.0	14.1	14.5	14.1	12.9	11.2	9.2	7.5	6.3	6.0	6.4	7.6	9.1	10.8	12.2	13.0	13.2	12.7
Thu 08	11.9	11.0	10.3	10.1	10.4	11.2	12.2	13.2	13.8	13.9	13.2	12.0	10.3	8.6	7.1	6.1	5.9	6.4	7.5	8.9	10.5	11.9	12.8	13.1
Fri 09	12.9	12.4	11.7	11.2	11.0	11.2	11.7	12.4	13.0	13.3	13.2	12.4	11.2	9.6	8.1	6.8	6.0	5.9	6.4	7.4	8.7	10.2	11.6	12.7
Sat 10	13.3	13.3	12.9	12.4	11.8	11.5	11.5	11.8	12.2	12.6	12.8	12.6	11.9	10.7	9.2	7.8	6.6	5.9	5.8	6.1	6.9	8.1	9.4	10.8
Sun 11	12.0	13.0	13.5	13.6	13.3	12.8	12.1	11.6	11.4	11.5	11.9	12.3	12.5	12.3	11.6	10.4	9.0	7.6	6.4	5.7	5.6	6.1	7.2	8.7
Mon 12	10.3	11.9	13.2	13.8	13.9	13.5	12.7	11.9	11.3	11.0	11.1	11.6	12.1	12.4	12.3	11.6	10.4	8.9	7.3	6.1	5.4	5.3	6.0	7.3
Tue 13	9.0	10.8	12.4	13.6	14.1	13.9	13.2	12.2	11.3	10.6	10.4	10.8	11.4	12.1	12.5	12.4	11.6	10.3	8.6	7.0	5.7	5.1	5.2	6.1
Wed 14	7.6	9.6	11.5	13.1	14.1	14.2	13.7	12.6	11.4	10.4	9.8	9.9	10.5	11.4	12.3	12.8	12.6	11.7	10.1	8.3	6.6	5.3	4.9	5.2
Thu 15	6.5	8.4	10.5	12.4	13.8	14.3	14.0	13.0	11.7	10.3	9.3	9.0	9.5	10.5	11.7	12.6	13.1	12.8	11.6	9.8	7.9	6.2	5.1	4.9
Fri 16	5.7	7.3	9.4	11.6	13.3	14.3	14.4	13.5	12.1	10.5	9.1	8.3	8.4	9.3	10.6	12.0	13.0	13.4	12.8	11.4	9.4	7.5	5.9	5.1
Sat 17	5.3	6.5	8.4	10.7	12.7	14.1	14.6	14.0	12.7	10.9	9.2	7.9	7.5	8.0	9.2	10.9	12.4	13.4	13.6	12.8	11.2	9.1	7.2	5.9
Sun 18	5.4	6.0	7.6	9.7	11.9	13.7	14.6	14.5	13.3	11.5	9.5	7.8	6.8	6.8	7.7	9.3	11.2	12.8	13.8	13.7	12.7	11.0	9.0	7.3
Mon 19	6.2	6.2	7.1	8.9	11.0	13.0	14.3	14.7	14.0	12.4	10.3	8.2	6.6	5.9	6.3	7.6	9.5	11.6	13.2	14.0	13.8	12.6	10.9	9.1
Tue 20	7.6	6.9	7.2	8.5	10.3	12.3	13.8	14.6	14.4	13.1	11.2	8.9	6.9	5.6	5.3	6.0	7.6	9.7	11.8	13.4	14.1	13.8	12.7	11.1
Wed 21	9.5	8.3	8.0	8.5	9.8	11.5	13.1	14.3	14.5	13.8	12.1	9.9	7.7	5.9	4.8	4.8	5.8	7.6	9.8	11.8	13.4	14.0	13.8	12.8
Thu 22	11.4	10.1	9.2	9.1	9.7	10.9	12.4	13.6	14.3	14.1	13.0	11.1	8.9	6.8	5.2	4.4	4.6	5.7	7.5	9.7	11.7	13.2	13.9	13.8
Fri 23	13.0	11.9	10.9	10.2	10.2	10.7	11.8	12.9	13.8	14.0	13.5	12.2	10.3	8.2	6.3	4.9	4.2	4.5	5.6	7.3	9.4	11.4	13.0	13.9
Sat 24	13.9	13.4	12.5	11.7	11.1	10.9	11.3	12.1	12.9	13.5	13.6	13.0	11.6	9.8	7.9	6.1	4.8	4.2	4.4	5.4	7.1	9.1	11.1	12.8
Sun 25	13.8	14.1	13.8	13.1	12.3	11.6	11.3	11.5	12.0	12.6	13.1	13.2	12.7	11.4	9.8	7.9	6.2	4.9	4.2	4.3	5.3	6.9	8.9	11.0
Mon 26	12.8	14.0	14.4	14.2	13.5	12.6	11.7	11.2	11.1	11.5	12.1	12.7	12.9	12.6	11.6	10.0	8.2	6.4	5.0	4.3	4.3	5.2	6.9	9.0
Tue 27	11.2	13.1	14.4	14.8	14.5	13.6	12.4	11.3	10.5	10.4	10.8	11.5	12.3	12.8	12.8	12.0	10.5	8.6	6.7	5.2	4.4	4.4	5.4	7.1
Wed 28	9.4	11.7	13.6	14.8	15.1	14.5	13.3	11.8	10.4	9.5	9.4	10.0	11.0	12.1	12.9	13.1	12.4	10.9	9.0	7.0	5.4	4.5	4.6	5.8
Thu 29	7.7	10.1	12.4	14.3	15.2	15.1	14.1	12.5	10.7	9.2	8.3	8.4	9.3	10.7	12.1	13.2	13.5	12.8	11.3	9.3	7.3	5.7	4.9	5.2
Fri 30	6.5	8.6	11.1	13.3	14.9	15.4	14.8	13.4	11.4	9.4	7.9	7.2	7.6	8.8	10.5	12.3	13.5	13.8	13.1	11.6	9.6	7.6	6.1	5.5
Sat 31	6.0	7.5	9.8	12.1	14.1	15.2	15.2	14.1	12.2	10.0	8.0	6.6	6.3	7.1	8.6	10.6	12.5	13.8	14.1	13.3	11.7	9.7	7.9	6.6

Robert Livingston (with data provided at www.tbone.biol.sc.edu/tide)

Cooler colour codes indicate lower tides. For kayaks and small boats accessing Canoe Pass (Beaver Island), these colour codes (right) indicate what should usually provide sufficient depth for passage. Note: variability occurs due to barometric pressure and wind conditions etc.

Canoe Pass:



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Journey south: Patagonia and Antarctica

submitted

Have you ever wondered about Patagonia's rugged coastline and Antarctica's timeless mystique?

On March 27, Pender Harbour Wildlife presents Alexis Harrington's Patagonia and Antarctica at Pender Harbour Secondary School at 7 p.m.

Note that this meeting is one week later than the PHWS's usual monthly meeting due to spring break.

Join Harrington on a voyage to the end of the world, focusing on Patagonia's small villages and changing landscape.

The voyage next explores the frozen continent's vast expanses, research stations, seals, whales and of course penguins.

She will discuss her trip from Santiago, Chile to Buenos Aires, Argentina and relives her experiences and relationship with extreme landscapes and animal life through her



Alexis Harrington

The Antarctic peninsula

love of photography.

Prepare for adorable penguin photos as these little charmers vied for the camera.

The presentation is free and refreshments will be served.

For updates, email info@pender-harbourwildlife.com.



Alexis Harrington

The gentoo penguin (*Pygoscelis papua*) is easily recognized by a wide white stripe extending like a bonnet across the top of its head and its bright orange-red bill. It has pale whitish-pink webbed feet and a fairly long tail — the most prominent tail of all penguins. (Wikipedia).

March 2018

The Pender Harbour Blues Society is proud to present

BRICKHOUSE

SATURDAY • MARCH 31

Pender Harbour Community Hall

Easter Long Weekend

DOORS 8:00
Music 8:30 • Tickets \$30
tickets at www.phblues.com, Strait Music (Sechart), and Java Docks (Madeira Park)

Fundraiser for the 15th annual Pender Harbour Blues Festival



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

Jennifer Mejia – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

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

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSIOTHERAPY – (604) 989-4828

Jeanette LeBlanc

Book online at backstream.janeapp.com

PHYSICIANS – (604) 883-2344

Drs. Forgie, McDowell, Robinson & Smith

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

CHIROPRACTORS – (604) 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 741-8972

Dr. Terry Dickson, DC, BSc, ART provider

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



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

ALCOHOLICS ANONYMOUS meets Wednesdays at 7 p.m. – everyone welcome.

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

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

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

Symptoms of post-traumatic stress disorder

Susan Nattall, RN

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it.

For example, a car collision, physical/sexual assault, long-term abuse, torture, a natural disaster or any life-altering experience.

It is natural to feel afraid after a traumatic event.

Fear triggers the body's fight or flight response to help it defend against or to avoid danger.

This is a normal reaction meant to protect a person from harm.

Symptoms of PTSD usually arise within three months but can happen years later.

The diagnosis of PTSD usually comes from a general practitioner, psychiatrist or psychologist.

Symptoms must last more than a month and be severe enough that it is affecting daily life, work or relationships in order to qualify as PTSD.

This condition can last six months or longer and in some cases, it can become chronic.

The following are signs and symptoms of PTSD:

PHYSICAL PAIN

Headaches, migraines, dizziness, fatigue, chest pain, breathing difficulties, stomach/ digestive issues.

NIGHTMARES/FLASHBACKS

PTSD can involve re-experiencing or reliving the event in a repetitive manner.

It can enter dreams or come during waking hours, causing difficulties in sleeping and anxiety about leaving the safety of one's home.



DEPRESSION OR ANXIETY

Mental phobias, irrational and persistent fear, avoidance of certain situations or objects that can cause extreme anxiety, paranoia or depression.

WITHDRAWAL

Sudden loss of interest in hobbies, activities and friends, seeking out risky behaviour, escapism through drugs and alcohol or thrill-seeking.

AVOIDANCE

Avoiding any physical or mental stimuli that reminds them of a past traumatic event, or places or people reminiscent of traumatic experiences.

REPRESSION

Intentional blockage of memories associated with event, destroying pictures or memorabilia of a time in their life.

EMOTIONAL NUMBING

Symptoms include withdrawal or

complete isolation.

HYPER AROUSAL

The patient may become edgy, jumpy or easily frightened.

IRRITABILITY

Indecisiveness, lack of concentration or sleeplessness.

GUILT AND SHAME

Negativity, questioning or blaming themselves.

The main treatments for post-traumatic stress disorder are medication and psychotherapy.

Family, friends and support groups can also play an important role in recovery.

Physical activity, setting realistic goals and priorities are also important.

Expect symptoms to improve gradually, not immediately.

Be kind to yourself and know that you are not alone.

Carpet Bowling is . . .

Learning something new that is challenging, fun, exciting and a great way to exercise while enjoying a social event with friends.

Come join us!



Missing from photo are: Bill Padgham, Bob Walsh, Helen Boyd, Ireen Kuzonski, Sylvia Woodsworth and Marlene Cymbalist.

**Seniors
Helping
Seniors**

**PENDER HARBOUR
SENIORS INITIATIVE**

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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**

WALKING GROUP: Tuesday, March 13

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

CARPET BOWLING: Wednesday, March 7, 14, 21 & 28

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

CHAIR YOGA CLASSES: Fridays, March 2, 9, 16 & 23

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

BUS TRIP: Sunday, March 25, 2pm

Live stage performance with the Funtastics in "Hooray to Hollywood" – Cost \$30 includes bus & performance. Dinner to follow at extra charge.

WALK IN TYNER PARK: Tuesday, March 20, 10:30am

Park on Bargain Harbour Road and we will walk together through the park and boardwalk trail.

HARBOURSIDE FRIENDSHIPS: Thursdays

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

March 1 – Maryanne Brabander ("Navigating Senior Services")

March 8 – Music by Ken Johnson (playing tunes from the past)

March 1 – Speaker Dianne Paulus (registered dietitian)

March 22 – Learn a new or play a favorite game

March 29 – Lets celebrate Easter!



**PENDER HARBOUR
COMMUNITY
SCHOOL**

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

Box 232
Madeira Park, VON 2H0

5012 Gonzales Road

604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

HARBOUR LEARNING CENTRE: New hours! Monday-Friday, 9am-3pm.

We are pleased to announce that the Community School is now open five days a week!

INDIAN COOKING with Sushma

Mon Mar 12, 6:30-8:30pm in the PHSS Foods Room ~ \$55

Learn to prepare Tiki, Curry Cauliflower, Potatoes & Lentils

CONSERVATION & OUTDOOR RECREATION EDUCATION

March 9-11, Fri 6-9pm, Sat 9am-5pm, Sun 9am-3pm, Community School, \$180, Andy Ross

BREADMAKING

Wed Mar 7, 6:30-8:30pm in PHSS Foods Room ~ \$20

Learn to bake bread from scratch, take home a loaf, with Ferdinando

DROP IN SPORTS @ PHSS

Pickleball Tues & Thurs, 5:30-7:30pm ~ \$7 drop in, all ages

Floor Hockey Tues, 7:30-9:30pm ~ \$3 drop in, Grade 10+ Boys

Soccer Wed, 7-9pm ~ \$3 drop in, Grade 10 boys and older

Basketball Fri 7-9pm ~ \$3 drop in, ages 12+

INCOME TAX ASSISTANCE AVAILABLE

Every Tues in March & April, 9am-12pm at the Harbour Learning Centre/Community School.

Call Volunteer Tax Service: 604-741-5132 for appointment

EMPLOYMENT SERVICES AVAILABLE

Open Door Group Job Fair, Fri Mar 9, Community Hall in Madeira Park. Next at the Harbour Learning Centre by appointment, Wed. Mar 14, call 604.885.3351



**PENDER HARBOUR
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PH Secondary School:

13639 S. C. Hwy.

604 885-6866

phaquatic@scrd.ca

www.scrd.ca/Recreation

CLASSICAL PILATES: Mondays, 6:15-7:30pm, March 5-April 16

Six classes/\$72. No experience required. Instructor Cara Mackenzie, advanced classical Pilates.

KICKBOXING FOR PARKINSONS: Tuesdays & Thursdays, 12:30-1:30pm

March 6 - April 12, 12 classes/\$144. Recommended by the Parkinsons Society as an effective therapy for symptoms of the disease. Participants report improvement in steadiness and mobility, mental health and overall fitness. Instructor: Lois Randle

YOGA WITH BRIGIT COGROSSI

Core Back: Mondays 9:15-10:45am March 12-May 7. 8 classes/\$96 (Registration required)

Restorative: Tuesdays 3:30-4:45pm March 13-May 1. 8 classes/\$96 (Registration required)

MYPASS/Drop In Hatha Flow: Fridays 9:15-10:45 March 16-June 8

HEALTHY NEW START: Mondays & Wednesdays, 1-2pm, March 12-May 7

16 classes/\$160. A program for those with chronic disease such as diabetes, heart, kidney and/or history of stroke and weight management challenges. Instructor: Silke Linnmann

HAPPY HIPS AND KNEES: Wednesdays 10:45-11:30am, March 21-May 23

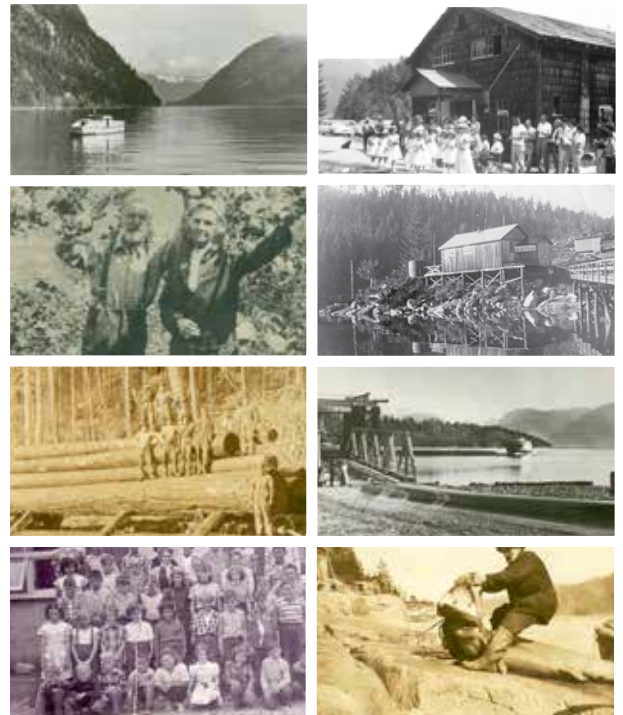
10 classes/\$60. Water-based class for those who are pre- or post-joint replacement surgery or for those wishing to improve balance, muscle strength, cardio and joint range of motion. Instructor: Gwen Walwyn

**FACILITY WILL BE CLOSED GOOD FRIDAY MARCH 30
AND EASTER MONDAY APRIL 2**

The Egmont Story

In the 1920s, Gladys Disney married Egmont logger Fred McNutt and moved to Egmont. She had previously taught school in Roberts Creek and Wilson Creek and would later teach at the Egmont School.

McNutt wrote a series of articles about the history of Egmont that appeared in the Coast News in 1956. McNutt died in 1968.



Gladys McNutt

*This article appeared in the
Coast News, April 19, 1956.*

(Continued from Feb. 2017 issue)

A school of Blackfish was swimming around outside the Skookumchuck.

They sometimes went into Narrows Arm and swam around in the fresh water at its head in order to get rid of the barnacles and other pests clinging to their bodies.

We decided they were waiting for the slack tide too.

When they disappeared, we decided it was time, so we climbed into the boat and were off.

It still wasn't slack as we soon found out.

By that time it was too late to turn back.

Away we went sliding along the water in great arcs but managing by constantly swinging the wheel to keep the bow headed in the right direction.

By that time I was too tired to be very frightened but I have to admit I had a quite a turn when I

saw a huge log slowly but surely making its way towards us.

Gradually, it upended and what was visible of it began to move in a wide circle.

After a few more gyrations, it once more lay flat and was still for awhile as if making up its mind which way to go next.

By that time, we were well past it.

Except for a drizzling rain which had us all wet, we got to Porpoise Bay by about 4 a.m.

We learned later that Kathleen



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Closed Wednesdays and statutory holidays. Multi-material Recycling Beverage Container Refund Centre
Refunds: 8:30 am to 3:30 pm Recycling 8:30 am to 3:30 pm Hwy. 101 & Menacher Rd.

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

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had been sent back to Japan.

Taki's boys, Yukeo and Lobo, were sent up to take charge of the store.

They were quite popular with the young local fishermen.

In the meantime, Hatashita's family was also growing up.

Daughter Kay had taken a commercial course at Britannia High School.

In time she got the job of running the store.

A sister became secretary of the Japanese consul.

Kay found herself running the post office, the store and buying fish.

One day, she said a huge run of blueback (coho) came in. Everyone was so busy catching fish that she closed the store and rowed around into the bay where the fish bit so steadily that she was kept busy hauling them into the boat.

After a time, a young man was sent up to help her.

This was Ted Hyashi.

It is hard to say just what his status was — some say adopted, others say protegee.

Whatever it was, it was generally accepted that he was to marry Kay.

He was a clever young man

interested in radio, photography and carpentry.

It was he who renovated the living quarters and added an upstairs and even built furniture.

The whole place got a much-needed coat of fresh paint.

As I have said before, the main purpose of the Japanese was to get fish.

The store was there mainly to supply the fishermen and their families.

However, when Kay got the store, she decided she was really going to make it pay.

So she got in a large stock of goods and had quite a display.

So things went from the 1920s until the outbreak of the Second World War.

Even then, it was pretty quiet until the war began to warm up.

Then the Japanese made their attack on Pearl Harbour.

The first repercussion locally was a petition to have the post office removed from the store.

This was done and the job of postmaster went to Imer Beamish who built a small place on the float and tied it up to the store where it served as post office for several years.

(Continued next month.)



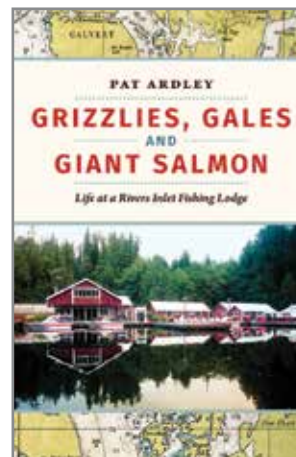
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EXPLORE BC MEMOIRS



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SUMMER OF THE HORSE
BY DONNA KANE

An adventure in the wilderness of BC's Northern Rockies.

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**HARBOUR
PUBLISHING**
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MARCH

- Mon. March 5.....Pender Harbour food bank pickup - P. H. Community Church, noon
- Wed. March 7.....Wellness support for chronically ill women meetup - P. H. Health Centre 1:30 - 3 p.m.
- Wed. March 7.....Alan Stewart presents "Market Update and Top Tips When Selling" - Euspiria Cafe, 3-4:30 p.m.
- Fri. March 9.....School of Music Coffeehouse - P. H. School of Music, 7:30 p.m.
- Mon. March 12.....P. H. Garden Club presents Radina Jevdevic - P. H. School of Music
- Tues. March 13.....P. H. Women's Connection hosts Gary Pennington - P. H. School of Music
- Tues. March 13.....P. H. Seniors Initiative walking group - P. H. Community Hall, 10:30 a.m.
- Fri. March 16.....PHSS grads host a beer and burger night - Grasshopper Pub, 6 p.m.
- Sat. March 17.....St. Patrick's Day PODS Update - P. H. School of Music, 10:30 a.m. - 4 p.m.
- Sat. March 17.....Free permaculture course (register: info@lagoonsociety.com) - Iris Griffith Centre, 9 a.m - 5 p.m.
- Sat. March 17.....Happy St. Patty's Day @ the Legion - RCL No. 112, 11 a.m. to 8 p.m.
- Mon. March 19.....Pender Harbour food bank pick up - P. H. Community Church, noon
- Wed. March 21.....Wellness support for chronically ill women meetup - P. H. Health Centre 1:30 - 3 p.m.
- Sun. March 25.....P. H. Music Society presents the Shari Ulrich Trio - P. H. School of Music, 2 p.m.
- Sun. March 25.....P. H. Seniors Initiative "Funtastics" bus trip - P. H. Community Hall, 2 p.m.
- Sun. March 25.....Grizzly Bear Birthday Party ([info./RSVP: leeann@lagoonsociety.com](mailto:info./RSVP:leeann@lagoonsociety.com)) - Iris Griffith Centre
- Tues. March 27.....P. H. Women's Connection hosts Tasters - P. H. School of Music
- Tues March 27.....P. H. Wildlife Society presents Alexis Harrington - PHSS, 7 p.m.
- Sat. March 31.....P. H. Blues Society presents Brickhouse - P. H. Community Hall, doors 8 p.m.

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



FERRY DEPARTURES

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HORSESHOE BAY

7:30 am - Daily
9:10 am - March 30 only
9:45 am - Daily
11:55 am - Daily
2:10 pm - Daily
3:40 pm - March 29 only
4:20 pm - Daily
5:30 pm - Daily
7:50 pm - Daily
10:55 pm - Daily

LANGDALE

6:20 am - Daily
8:40 am - Daily
10:15 am - March 30 only
10:50 am - Daily
1:05 pm - Daily
3:15 pm - Daily
4:50 pm - March 29 only
5:25 pm - Daily
6:40 pm - Daily
8:55 pm - Daily

EARLS COVE

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

SALTERY BAY

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

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