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HARBOUR SPIEL

**MARCH 2015
ISSUE 291**





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EDITOR

Brian Lee

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- IGA Wilson Creek
- Oak Tree Market
- Painted Boat Resort
- Pearl's Bakery
- Pier 17
- Royal LePage Sussex Realty
- Roberts Creek General Store
- Sechelt Public Library

CONTRIBUTORS

This month we thank: Frank Mauro, J.M.J., Shane McCune, Sandra McLean and Amanda Peterson.

Cover: An eagle perched on a tree on Dusenbury Island as seen from the MV SloCat (Brian Lee photo.)

ADVERTISING

Please reserve by the 15th of the month prior to publication. Advertisers make publication of the *Harbour Spiel* possible — please say thank you, and support our community, by supporting them.

SUBSCRIPTIONS

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**APRIL ISSUE MAILES
APRIL 2**

editorial

Remembering privacy

By Brian Lee



Do you remember when there was privacy?

Not long ago, we expected secret things like passwords or the photo of you in your wife's lingerie to be safe inside your home.

But if one clear and ominous trend emerged in 2014, it was the fact that we can no longer control much of what we used to consider private.

As we wrestle with the implications of the recent Sony hacking episode, iCloud private photo spills and the all too frequent government data breaches, last month we were told Samsung's smart TVs listen to us.

From Samsung's privacy policy for its voice recognition capable and Internet-connected Smart TV line:

"Please be aware that if your spoken words include personal or other sensitive information, that information will be among the data captured and transmitted to a third party through your use of Voice Recognition."

Since this TV also has a camera that can be accessed remotely, experts suggest it's possible a hacker could assume control and watch you too.

So now, not only is everything on your computer available to Kim Jong-un or the NSA but it's possible someone is listening to you silly-talk with the dog while watching hockey.

And so what?

If you're not breaking any laws, you have nothing to hide, right?

Security camera use has encouraged governments and corporations to pour millions into polishing facial recognition software.

Experts predict that soon your face could be tracked just about everywhere you go.

And we're tracked now.

Even Disneyland security knows when you're getting a photo taken with Goofy or browsing the gift shop thanks to a radio frequency ID chip embedded in your wrist band.

But you also carry one in your credit cards and keyless entry car fob.

I read recently that thieves can learn your PIN by reading the infrared heat signatures left by your fingers on the ATM keys. How?

With an iPhone, of course.

We forfeit an incredible amount of control when agreeing to the privacy policies required to access our digital delights.

In the documentary "Terms and Conditions May Apply," it was calculated that to read those privacy policies, we would need to spend 180 hours every year.

So it's no surprise that we don't.

As we become increasingly dependent on digital services like Facebook, apps, LinkedIn, Amazon, Twitter, etc., we've accepted that privacy is the currency in which we pay.

And our privacy is valuable.

According to the documentary, the value of data collected from each person using Google is \$500 per year.

And Google just tracks your Internet use, unlike Facebook which has the world's largest known database of personal information and photos — all with your name attached to it.

Delete your account — but your photos will remain in their servers.

For a creepy read, pick up Thomas P. Keenan's *Techno Creep: The Surrender of Privacy and the Capitalization of Intimacy*.

Keenan is touted as "one of the world's top computer security experts" but after scaring the bejesus out of you for 200-plus pages, his advice?

Be careful.

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

DID YOU KNOW?

The stigma of a former
grow-op can decrease a
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spiel picks

SHÍSHÁLH NATION GATHERING: Feb. 28, 9:30 a.m.- 1 p.m.

The shíshálh Nation invites the community of Pender Harbour for a gathering of fellowship, learning and sharing on Feb. 28. The gathering will include food, ceremony and dialogue. It is an opportunity to set aside recent politics to engage, discuss and consider that our two communities have more in common than not. It's at the P. H. Community Hall, Feb. 28. All are welcome.

SARAH WRAY HALL GRAND OPENING: Feb. 28, 1-4 p.m.

The Pender Harbour Living Heritage Society invites everyone to an Open House on Saturday, Feb. 28, between 1 and 4 p.m. to celebrate the grand re-opening of the old Irvines Landing Schoolhouse as the Sarah Wray Hall community centre. On Jan. 1, the SCRd transferred management of the hall to the P. H. Living Heritage Society which will operate it for heritage programs and general community use.

P. H. MUSIC SOCIETY PRESENTS BOB EVANS: March 21, 7 p.m.

Bob Evans is an award winning, Canadian finger-style guitarist. He combines an eclectic mix of contemporary finger-style guitar and traditional roots music with a warm vocal style, tilted sense of humour and down to earth stage presence to provide a refreshing performance experience for music lovers in general. Definitely not just for "guitar geeks," Evans will perform at the P. H. School of Music on Sunday, March 21 at 7 p.m.

toon



Dan Murphy/Artizans
Harbour Spiel

'Spirit' sizzles at community organizations forum

Dispelling the notion that “nothing is going on around here,” the Pender Harbour Advisory Council hosted a community organizations forum on Feb. 18.

Chaired by Karen Dyck, it was the second of its kind, aimed at bringing together local non-profits to share information and work collaboratively on solutions to common issues.

It was also a chance for many organizations to announce what they had up their sleeves for the coming year — and there were a few surprises.

Discussions about regulating the installation and removal of road signage, sharing of equipment and training needs for local volunteers preceded a presentation by Dwayne Dobson for the Pender Harbour and District Chamber of Commerce.

Dobson, a local graphic designer, unveiled the logo for a community branding effort led by the PHDCC's economic development working group.

This “community identifier” will be available for use by local busi-



Brian Lee photo

Representatives from many local not-for-profit organizations met on Feb. 18 at the P. H. School of Music to swap news and discuss how to boost their effectiveness.

nesses, community organizations and hospitality service providers.

The campaign will include images of the area's natural attractions and heritage but Dobson said the uniting theme will be what makes Pender Harbour special — its community spirit.

The brand logo, “Pender Harbour Spirit,” uses a hand-drawn typeface and elements suggesting the movement of waves.

The plan was developed with input from community workshops and an online survey sponsored by the chamber and the PHAC in late 2014.

Up next, the P. H. Living Heritage Society reaffirmed their commitment to accept local historical resources like photos, journals and letters on behalf of the community.

They also announced plans for an upcoming graveyard census project to document and research unmarked local gravesites.

The project will also include a directory of the graves of local veterans.

The Rotary Club of Pender Harbour's Ian Grant noted that herring spawning season is upon us and his group is busy installing spawning curtains in various locations throughout Pender Harbour.

Grant also updated the group on planning for the upcoming Pender Harbour Days on July 10-12.

But, in what may have been the biggest announcement of the night, Michael Jackson of the Ruby Lake Lagoon Society announced its intention to team with Simon Fraser University to build two research centres.

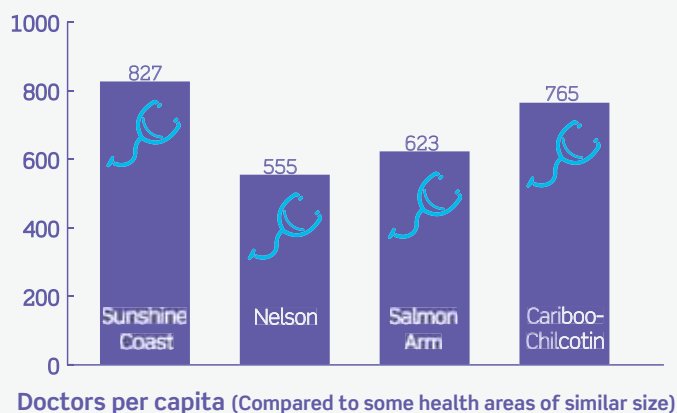
Preliminary discussions are hinting at a freshwater research centre at Ruby Lake near the Iris Griffith Centre and a marine centre in Pender Harbour, though its location is yet to be determined.

*Pender
Harbour
Spirit*

Dwayne Dobson design

On Feb. 18, the Pender Harbour and District Chamber of Commerce approved a new community branding strategy. It will be the focus of an upcoming social media campaign for Pender Harbour featuring a new website and enhanced presence on Facebook, Instagram, Twitter and YouTube. The logo above will feature prominently in the branding strategy.

4. HEALTH AND WELLNESS



The Sunshine Coast is a very healthy place to live. But there are areas of concern for health professionals, particularly among youth at risk. There is also a need to attract more doctors here.



BCS Composite Index of Health



SCRD out of 26 regional districts.

(Study considered life expectancy, infant mortality, and potential years of life lost due to premature deaths.)

In 2012 the SCRD had 16.4 children and youth in government care per 1,000 population. The provincial average is 9.1.



A 2013 survey of Coast high school students:



54% said they had tried alcohol or drugs. Of those drinking alcohol, **42%** reported having five or more drinks on at least one occasion in the last month.

21% had tried tobacco. Of those using tobacco, **21%** said they started at age 12 or younger.

Vaccination-preventable diseases on the Sunshine Coast



In 2012-13, 92.8% of children received at least the first shot in the recommended series of immunizations for measles, mumps, and rubella.



During the same period, 87% of children received at least four doses of diphtheria, pertussis, and tetanus. (Rates were lower for subsequent doses.)



From 2011 to 2013, the only vaccine-preventable diseases reported among children under 6 were four cases of influenza and a case of pertussis.

Woman injured in serious collision near Madeira Park

At around 8 p.m. on Feb. 14, Sunshine Coast emergency personnel were called to a single vehicle collision on the Sunshine Coast Highway south of Madeira Park.

In addition to RCMP and the P. H. Volunteer Fire Department, two ambulances and an air ambulance also responded.

Preliminary investigation shows that three people were travelling northbound in an older van when the driver lost control.

The van collided head-on with a rock face adjacent to the highway.

The male driver and front female passenger, both 53 years old, were wearing their seatbelts and did not sustain serious injuries.

The driver was transported to hospital and released shortly after.

Also in the van was a 23-year-old female who had been riding in the back without a seatbelt because there were only two seats in the vehicle.

The female was ejected through the windshield in the collision.

She was airlifted to Vancouver General Hospital with serious injuries and underwent a lengthy surgery.

She has since regained con-



RCMP photo

One woman was airlifted to Vancouver General Hospital after this van collided with a rock bluff near Madeira Park Feb. 14.

sciousness.

The driver of the van had an odour of liquor on his breath and admitted to consuming liquor during the evening.

After failing a roadside screening device, the driver was detained for an impaired driving investigation and taken to the Sechelt detachment for further breath testing.

He was released from custody that night.

The RCMP's Integrated Collision Analyst and Reconstruction Service

are assisting members of the Sunshine Coast RCMP and RCMP Traffic Services with the investigation.

Police may recommend charges of impaired driving at a later date.

"This is a reminder of the devastating results of both impaired driving and not wearing a seatbelt," said Sunshine Coast RCMP Cst. Harrison Mohr.

"Seat belts save lives, that's the bottom line. We wish the young woman a full recovery, and hope others think twice before going anywhere without their seatbelt on."

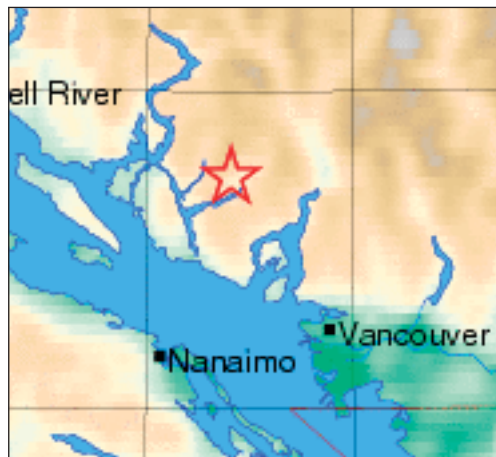
Valentine's earthquake centred on Coast

A magnitude 3.6 earthquake struck the Sunshine Coast on the evening of Feb. 14.

No damage or injury was reported but many reported feeling or hearing the quake around 8:12 p.m. on Valentine's Day.

Some witnesses described it as prolonged rumbling sound.

According to Earthquakes Canada, it was centred 30 kilometres NNE of Sechelt.



Earthquakes Canada image

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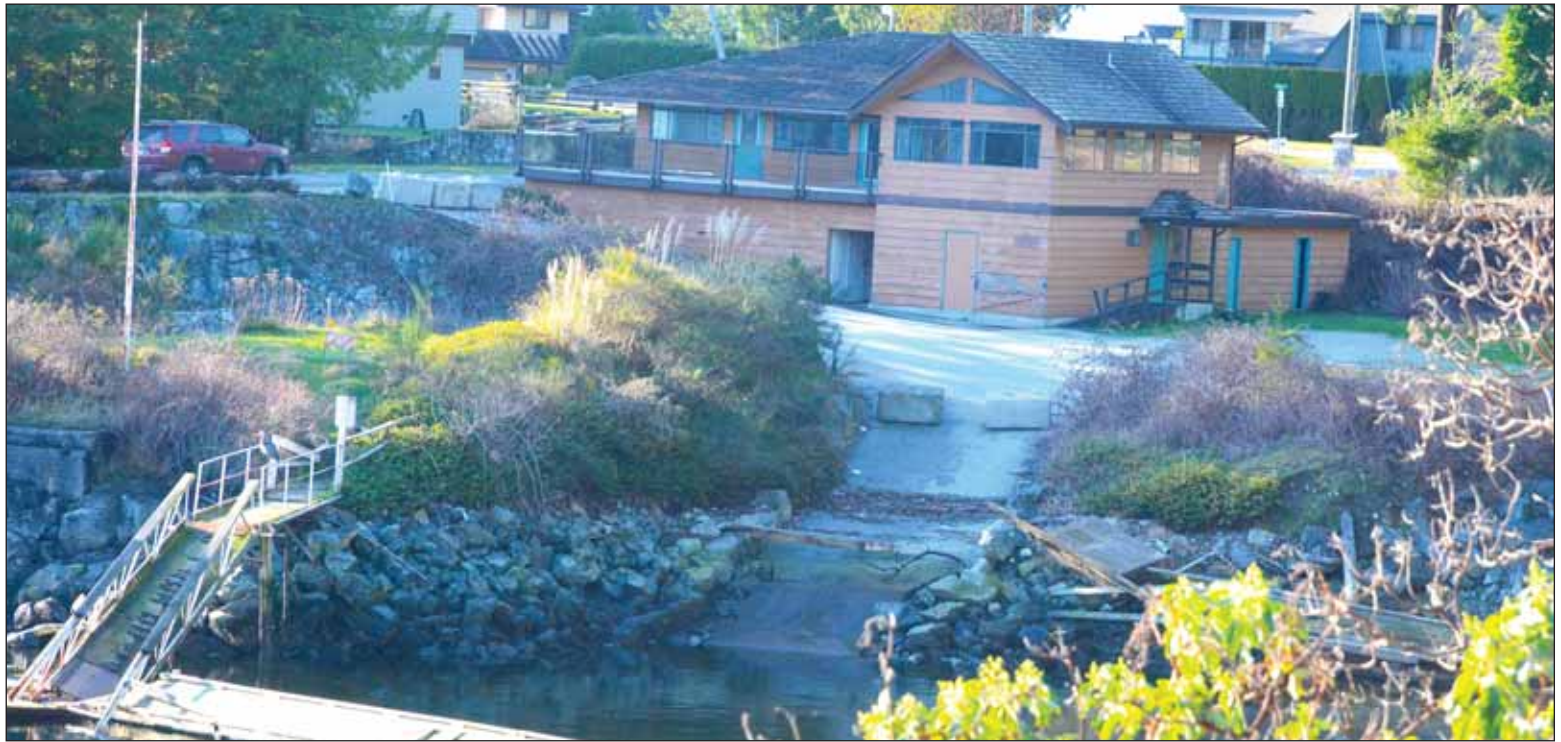
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Rona Centre

stephsbeautyboutique.com



Brian Lee photo

The abandoned Irvines Landing Marina and Pub development has changed ownership. Bob Fielding told the *Harbour Spiel* that he is overseeing the property's refurbishment on behalf of the new owner. That will involve a general clean up of the site and restoration of the docks but Fielding said it's too early to say what other plans the owner may have for the historic site or even if the former pub building will be considered salvageable.

HOW THEN SHALL WE LIVE?

A workshop for people who are looking for alternate retirement housing and lifestyles.

By 2026, one in six Canadians will be over 65. Baby boomers are looking for homes with less maintenance to provide more freedom. Plenty of seniors' housing exists yet many find the options limited or unaffordable.

This workshop will present diverse housing alternatives and attendees will explore their situations and preferences while developing ideas for themselves and their community.

Facilitator Rita Boehler-Wiebe has a strong and unique background in both health care and architecture and offers insightful understanding of lifestyle needs at any age.

Friday, March 20 • 9:15 am – 4:45 pm
Royal Canadian Legion #112

Registration is limited to 40 participants.
 The kitchen will be open for those participants who do not wish to pack a lunch.

To register:

Linda Curtiss: 604.883.2819 (lcurtiss@eastlink.ca) or Marlene Cymbalist: 604.883.9900

Brought to you by the Pender Harbour Seniors Initiative, a VCH SMART funded program

MOTOR VEHICLE ACCIDENT

On Jan. 28, police attended a single vehicle incident on Garden Bay Road near the Pender Harbour Landfill after passers-by reported a vehicle on its side.

It appears the vehicle was traveling eastbound and lost control of the vehicle on a curve.

The vehicle drifted over to the right, hitting the ditch with such force the vehicle flew back onto the road and flipped over onto the driver's side.

Fortunately, the driver did not sustain any serious injuries.

Police are still investigating why the driver lost control and the matter has been referred to ICBC.

SHOTS FIRED

A male in Madeira Park reported that during the night of Thursday Jan. 22, a male known to him shot at his truck near the intersection of Francis Peninsula Road and Warnock Road.

A male was later arrested, and has since been released with a pending court date.

No one was injured and there is not believed to be any ongoing risk to the public. However, anyone in the area at the time with information is asked to contact Const. Harrison Mohr with the General Investigations Section, at (604) 885-2266.

Anyone with more information wishing to remain anonymous can also contact Crimestoppers.

LIFE SAVING DEVICE STOLEN IN PENDER HARBOUR

The Pender Harbour Landfill office was broken into during the night of Feb. 5.

A staff member discovered the break-in when he arrived for work the next morning.

The intruder caused substantial damage to the facility, breaking through an exterior gate and multiple doors.

In addition to the damage done to the facility, items stolen included an automated external defibrillator, which had been donated to the landfill by the Heart and Stroke Foundation.

"This was a really low act," said RCMP Const. Harrison Mohr.

"The AED had been donated to be used in an emergency to save a life, and some thoughtless person took it for their own selfish reasons."

The suspect also set off a fire extinguisher inside a shed at the landfill.

Police attended and examined the scene, and have seized an item for analysis by forensic identification services.

The investigation is ongoing and police are asking for the public's assistance in locating the suspect, or at least recovering the AED.

Said Mohr, "The AED will likely be of little use or value to the person who took it, so we ask that they return it to the landfill or drop it off in a public place so that it can be returned,



Heart and Stroke Foundation photo

A Cardiac Science automated external defibrillator was stolen from the P. H. Landfill during the night of Feb. 5.

and be available should someone truly need it in a life and death situation."

Anyone with information can call Sunshine Coast RCMP, or if you wish to make an anonymous report, call Crimestoppers, at 1-800-222 TIPS (8477).

ALL WELCOME:

Carpet Bowling:

Wednesdays from 1-3pm. Drop-in at the P.H. Community Hall. Cost \$3

Yoga with Carol

March 6, 13 & 27 at 10-11am. Drop- In P.H. Community Hall. Cost \$2

Walking

Following Yoga on Friday's at 11am P. H. Community Hall (weather dependent)

Senior housing workshop

March 20. Call to pre-register.

Lunch Club

Tuesday, March 24 at 11:30am The Old Boot Eatery

Call Marlene for information and carpooling:

604-883-9900



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PENDER HARBOUR MUSIC SOCIETY PRESENTS:

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A contentious referral



*By Frank Mauro,
Area A Director*

The Ministry of Forests, Lands and Natural Resource Operations has asked the Sunshine Coast Regional District to provide comments on applications for private moorage.

The SCRD does not have jurisdiction on the applications so they are “referred” to the SCRD for comments only.

A well-publicized application was recently submitted for a property at Middlepoint.

For your information, and clarification of the process, here are the abridged comments that the SCRD board sent to FLNRO in regard to the application:

a. The SCRD confirms that dock use for private moorage is consistent with the upland residential zoning.

b. The OCP indicates a water-course hazard along the north boundary of the lot. There may be development limitations within that area.

c. The SCRD may require a building permit and/or a development variance permit for any structures.

d. The SCRD requests all eelgrass beds and meadows be protected.

e. Fisheries and Oceans Canada should be satisfied that the docks are placed in the optimal area in order to minimize the impact on foreshore habitat, including but not limited to the rockfish conservation area and existing eelgrass meadows.

f. The application area crosses riparian access from the Iska Road right-of way. The Ministry of Trans-

portation and Infrastructure should be consulted.

g. Since all floating docks and breakwaters would be located in the riparian access, the adjacent Lot 4, also owned by the applicant, the SCRD requests that a more permanent record than the letter of permission provided be required and that notice be recorded on title of Lot 4 (i.e. a covenant or easement.)

h. The area is within feeding grounds for the endangered marbled murrelet.

i. The SCRD requests that moorings (including anchors and floats) be made of clean material. If concrete anchors are used, they should be pre-cast and cured away from water before use.

j. The applicant should be aware that protected moorage in this area

We invite you to join the conversation at the SCRD committee meetings below:

Policing Committee
March 2 at 9:00 a.m.

Transportation Committee
March 2 at 10:15 a.m.

Infrastructure Services Committee
March 5 at 1:30 p.m.

**Special Corporate and
Administrative Services Committee
- Round 2 Budget Review**
March 9, 10, and 11 at 9:00 a.m.

Our meetings are held at 1975 Field Road in Wilson Creek at the SCRD Board Room. Agendas for these meetings are available at www.scrd.ca/Agendas-2015.

**Planning and Development
Services Committee**
March 12 at 9:30 a.m.

Regular Board
March 12 at 7:30 p.m.

Community Services Committee
March 19 at 1:30 p.m.

**Corporate and Administrative
Services Committee**
March 26 at 1:30 p.m.

Regular Board
March 26 at 7:30 p.m.

Want to learn about what's going on at the Sunshine Coast Regional District?

Go to www.scrd.ca and click on "Sign up for our Newsletter" button to receive *Coast Current*, our quarterly newsletter.



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may be a challenge given seasonal prevailing winds.

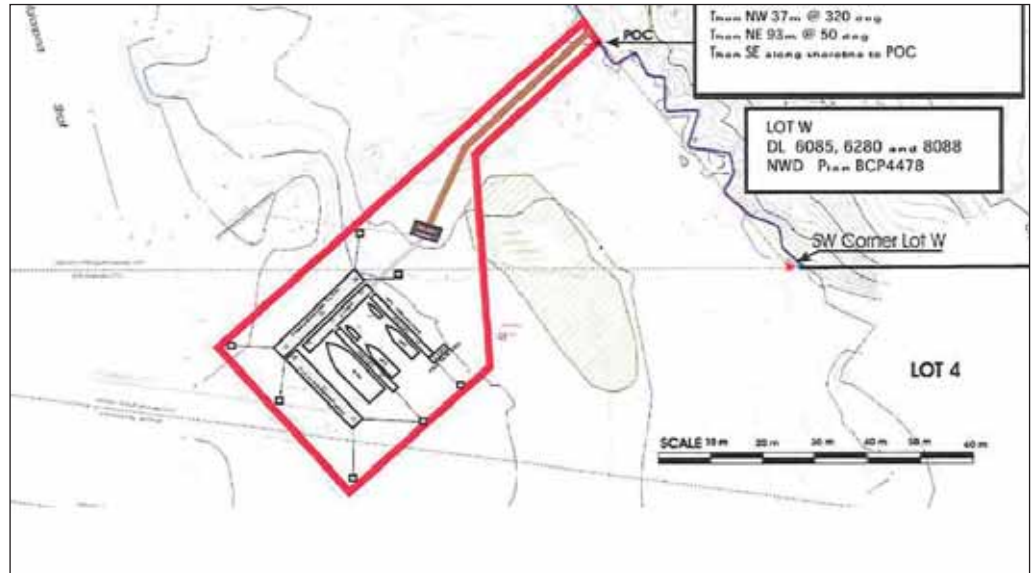
k. The SCRD notes the application contains several inconsistencies with FLNRO administered documents/policies named “Private Moorage Application Requirements List” and “BC Land Use Operational Policy – Private Moorage” including:

- Portions of the proposed floating facilities appear to encroach on the required six-metre setback area of the side property line of Lot 4/Iska Rd right of way.

- The proposed works in the application do not “remain sensitive to views, impacts on neighbours” as required by the policies. Several locations that have less impact are available to the applicant, including the existing tenure north of this current application.

- The application is for more than the definition of a dock for private moorage which states “works are to be limited to a single elevated pier/walkway leading to a ramp and one moorage float ... having a plain rectangular shape.”

- The application is for facilities in excess of private moorage guidelines and also appears to be in excess of the limits for “group moorage facilities for up to three berths.” This



SCRD image

From Lululemon founder Chip Wilson's Middlepoint dock application.

facility seems to have five berths. Therefore, “Private Moorage Specific Permission” does not appear to be the correct authorization for the proposed facility.

- The scale of the private proposed mooring facility is much larger than most applications the SCRD reviews. The SCRD requests that the Crown or applicant contact the adjacent property owners and those waterfront owners off Iska Road and Donley Drive for comment as their views will be the most impacted.

These comments are a compila-

tion from SCRD staff, Area A APC, residents, SCRD directors and me, and have been adopted by the board.

The application is now revised to a water lease and resubmitted.

FLNRO has again asked for comments so it will again be considered by the Area A APC, the SCRD and residents.

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Teresa Sladey
 604-740-7535

Dave Milligan
 604-885-5414

Carol Reid
 604-740-6188

PHSS girls tackle Elphinstone Cougars at home

Sunshine Coast senior girls basketball action saw the PHSS Sakinaws host south Coast rivals the Elphinstone Cougars on Feb. 12.

Pender has long faced tough odds when it comes to school sports.

With close to 800 students, Elphinstone is eight times larger than Pender.

The Cougars are classified as AA in the provincial school sports tier system while the Sakinaws have always landed in the single A tier.

That means the bigger school often prevails but, for some reason, that isn't always the case with the Sakinaws.

It was clear from the opening buzzer this would be a close game.

A high number of turnovers from both sides possibly betrayed the athletes' nerves as both teams scrambled for loose balls resulting in violent tug-of-war battles.

The quarter ended with Pender trailing by one, 8-9.

But they came out firing in the second, scoring four quick points and looking like they were going to open up a substantial lead.

Dani Pazur stepped up and scored a three-pointer while the rest of the team pulled down some dangerous defensive rebounds to keep their opponents at bay.

With three minutes left in the quarter, Pender was up 15-10.



Brian Lee photo

Jade Storoschuk elbows her way into the key for a shot.

But Elphi wasn't done yet.

The Cougars' strength is their surprisingly quick and accurate ball movement.

That gave them plenty of open shots and though their field goal percentage was fairly low, if you get the

shots, you're going to score.

And they did, ending the first half trailing by two, 18-16.

Both teams came out battling in the third but once again turnovers defined the play as the girls struggled to hold on to the slippery ball.

Pazur opened up the scoring by draining another three-pointer — her third of the game — to take her team up 21-16.

A foul on Jade Storoschuk allowed her to add two free throws to push Pender's lead to seven.

Both teams seemed to find their range but Elphi was able to control the ball a little better and clawed their

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way back to end the quarter down 33-28.

As fatigue set in, both teams' defences let up a bit allowing for some exciting end-to-end runs.

The style of play seemed to benefit the Cougars' superior ball control and with 6:32 left in the game, they had cut Pender's lead to one with the score 36-35.

And the nailbiting would con-

tinue to the end.

At 2:57, the score was 37-36.

At 1:55, it was 39-38.

With 1:10 left, Pazur took a leading pass, spun around an opponent and layed it up to make it 41-38.

But with 20 seconds left, Elphi came right back with a deuce of their own to return to a one-point deficit.

The other team can't score if they're playing defence, so Pazur took

the ball hard to the boards.

She got fouled for her efforts and with 1.8 seconds left, she made good on one of her two free throws to end the game 42-40.

Pazur was the game's top scorer with 24 points while Elphinstone's Ali Blattler chipped in 13 for Elphi.

Pender's other top scorers included Storoschuk with 7 and Kim Fielding who scored 6.



Brian Lee photo

Heated battles for loose balls and rebounds punctuated the game's play, as seen here after a missed free throw attempt late in the game with Pender leading by one.

March 2015

IN TOUCH
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Brian Lee photo

This 1959 Euclid C-6 sits camouflaged with moss alongside Oyster Bay Road waiting for a lift to the Egmont Heritage Museum. It was purchased new and barely used with intact paint still clinging to moving parts. It is also rare; possibly only a dozen C-6s were built with this configuration. A group of local volunteers are looking for either donations of money or equipment to transport it to the EHM and save it from being cut up for scrap metal. Call Billy Griffith at (604) 883-2434 if you can assist.



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LEONARD BRILLON



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julie.goingcoastal@gmail.com



Bill Thompson

MAY 19, 1926 — FEBRUARY 1, 2015



Bill passed away in St. Mary's Hospital after a short illness.

Bill is survived by his loving wife Wilma, sons Garry (Cheryl), Lenard, Michael, Patrick and Wendy (David).

He had seven granddaughters and nine great-grandchildren.

Bill lived a very full life, having served in the Second World War in the Royal Canadian Air Force twice. The first time he was underage, was found out and discharged.

He then went to work in the Boeing Plant in Vancouver where he learned many skills he would later use on his own planes.

When of age, he went back into the air force until near the end of the war. At war's end he was at sea in the merchant navy.

Bill and his family moved to Pender Harbour in January of 1956. In the early 1960s he formed his own successful tugboat company, Tillicum Towing.

Later he bought Hyak Marine in Gibsons and serviced his boats there.

The tug *Nanaimo Tillicum* served

the people of Pender Harbour in many ways including 46 years of leading the annual carol ship parade at Christmas.

But flying was his first love.

He loved to share his joy of flying in his N3N, the yellow biplane often seen flying over Pender Harbour on summer evenings.

During these flights, he never went alone and took well over 300 people for a ride.

Bill was also a founding director of the Canadian Museum of Flight at the Langley airport. He devoted a lot of time, equipment and expertise in recovery projects and building up the museum.

There will be no service by request but donations in Bill's memory can be made to the Canadian Museum of Flight.

Lucille Anne Oakey

APRIL 24, 1950 — FEBRUARY 3, 2015



Sadly, sisters Lois Thomson and Barbara (Dave) Parker, nieces Jennifer and Melissa Parker, nephew Terran Tasci as well as many relatives and friends share the passing of our beloved Lucille, after a tragic car accident in November.

Lucille nursed for many years in VGH, Children's Hospital, G. F. Strong, Royal Inland and Lillooet General Hospitals, interluded with two years as a fisher woman on *Moonshadow*.

In 2004, she moved to Garden Bay. She wholeheartedly contributed to many local charities and causes in Pender Harbour as well as sponsoring several children in foreign countries. She was a member of the Pender Harbour Dragontini dragon boat team as well as the seniors' swim team, competing and winning many medals provincially.

Spring to fall she swam daily in Garden Bay Lake.

She helped organize a local

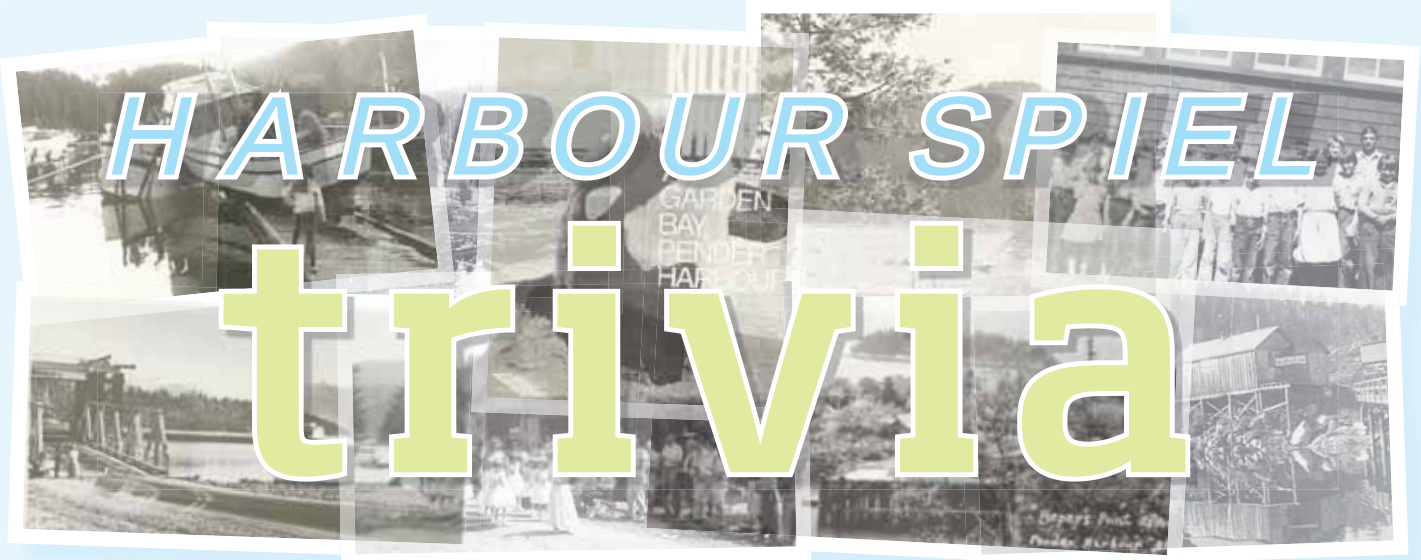
breast cancer candlelight vigil as well as the cancer daffodil campaign held in April. More information on her life can be found at www.facebook.com/groups/lucilleoakey/.

Donations to a scholarship fund in her name to yearly assist a local individual who overcame adversity with regards to physical fitness or health care goals are gratefully accepted.

Donations should be made payable to School District No. 46 c/o Lois Thomson.

Interment and graveside service will be held April 20 in Lillooet.

A memorial service to honour Lucille and celebrate her generous spirit will be held on April 18, 2015 at the Pender Harbour Community Hall at 1:30 p.m..



HARBOUR SPIEL

trivia

1. Where can you find Jack Crabb's five-foot carving of Portuguese Joe Gonsalves?

- ☐ a. Irvines Landing
- ☐ b. Madeira Park gardens
- ☐ c. Madeira Park government wharf
- ☐ d. John Henry's Marina

2. Which famously wealthy family summered in Pender Harbour during the 1920s and '30s?

- ☐ a. Rogers (sugar)
- ☐ b. Seagrams (liquor)
- ☐ c. Bronfman (liquor)
- ☐ d. Reifel (liquor)

3. What's at the top of Mount Hallowell?

- ☐ a. Cellphone tower
- ☐ b. Covered picnic table
- ☐ c. Historic survey pin
- ☐ d. Forest fire lookout

4. Of these commercial fishing methods, which is not a preferred method to harvest salmon?

- ☐ a. Gillnetting
- ☐ b. Trawling
- ☐ c. Seining
- ☐ d. Trolling

5. What local tree is alternately named "Pacific madrone?"

- ☐ a. Western yew
- ☐ b. Pacific dogwood
- ☐ c. Red alder
- ☐ d. Arbutus

6. What is Egmont named after?

- ☐ a. British racehorse
- ☐ b. British warship
- ☐ c. British pudding
- ☐ d. British admiral

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Why an obstacle course race?



By Amanda Peterson

Peterson is co-organizer of the Mountain Grind, a nine-kilometre obstacle race to be held in Pender Harbour on April 26.

Why would anyone want to compete in an obstacle course race?

This is a terrific question and it led me to do some research.

First off, if you haven't heard of obstacle course racing, I suggest you do some research too.

It is an enormous and fast growing race trend.

Some of the bigger events carry names like "Spartan," "Tough Mudder" or "Warrior Dash."

These are not new events but have exploded with interest from thousands of excited and driven participants.

Whether you aim to win or just need an excuse to push your limits, they are fun.

Think of it as an opportunity to spend a day getting dirty, climbing, swinging and running — on a playground for adults.

Some of the larger races host over 10,000 racers in a day, all banding together to take on whatever challenges they may face.

With a "no one gets left behind" attitude, they build a stunning sense of camaraderie.

Many get addicted to this new type of race that comes with a fresh breath of adventure.

There is more to it than just a trendy fitness race, and there is certainly more to it than getting a beer and a T-shirt upon completion.

OCRs are a great excuse to play outside.

They challenge competitors to



photo submitted

It's a mud pit and you will run through it.

take on new training goals outside of the usual running or gym workouts.

No matter where you are with your personal fitness goals, OCRs enable you to race alongside everyone else to achieve the same goal.

OCRs are not about beating your opponents, they are about achieving your personal goal.

That gives anyone a reason to race.

Whether it's your first race or your fifth, you can always train to be stronger, faster in the pursuit of greater endurance.

The best thing about pursuing a training goal is that once your training starts and you feel the benefits, it's likely you won't want to stop.

Every step along the way becomes a great achievement, a milestone toward race day.

Then, every obstacle you overcome, crush, complete or that completes you is a humble fulfilment on its own.

What's next but a new race?

Some are five kilometres and some run over 20 kilometres but all provide obstacles that test your abilities in exciting ways.

You will be dirty, muddy, freezing, tired and sore and that's what makes them so invigorating.

Getting out of your comfort zone and experiencing the rush of the race is what separates the ones who want to conquer from the ones who play it safe.

Why would you do an obstacle course race?

So you can say you did it.

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- Hormone Balancing
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Ling cod, Prairie cops and clams



By J.M.J.

“Poacher Turned Gamekeeper” was a regular column in the Harbour Spiel for a few years after the turn of the century. This story was not one of those published.

Some of the funniest things that have ever happened to me have happened in Pender Harbour.

They bring a warm flood of memories and a smile to my face.

Once a year we used to go clam-digging at a little spot we always thought was secret.

Pender Harbour has very few secrets.

Anyway, because we only went digging once a year, we general ignored the 75 clam limit.

On this day we had two big buckets of the little morsels, enough for a feed, some chowder and share a bucket with our neighbours.

We had around 350 clams.

We were allowed 150.

As I stood on the deck of the boat 100 yards from shore, rinsing them from one bucket to another — we like them clean — I looked up and there, standing on the water beside me was a member of the RCMP in full uniform.

It was dead quiet.

My motor was off and we were drifting.

I looked at him and blinked, not believing my eyes.

I looked over the gunwale to find him standing in a one man Zodiac with a Seagull outboard.

The whole outfit couldn't have weighed more than a couple of hundred pounds and was so quiet he could have snuck up on me in the bathtub.

“Well,” he says.

“What have we here?”

“Clams,” I say.

“Clams,” while holding one out like an idiot.

To my surprise, he took it, turned it over in his hand, squeezed it hard,

bit it and looked at it again.

“What are they for?” he says.

“You boil them up and eat them,” I say.

“Oh,” he says.

“I'm from the Prairies and we don't have clams there. Are they any good?”

“Here,” I say.

“I'll give you a lunch baggie full and you can try them.”

“Staying in a motel — can't,” he says.

“You haven't seen a body floating anywhere, have you?”

“Not today,” I say, stunned at what was happening.

“Well, somebody offed their mis-sus in that shack over there and we're looking for the body,” he says.

“All I have are clams. Sure you don't want some?”

He refused again and off he went like some ethereal being from Planet X.

poacher turned gamekeeper

Prairie policeman.

Had never seen a clam before.

What a break.

We left immediately and passed the RCMP mothership a few minutes later.

We waved. Whew.

Another time I was fishing with a Pender local along a shoal edge trying for some of the spring salmon rumoured to be there when my friend caught a dandy ling.

He reached over the seat, grabbed the gaff and had that big lunker in the boat in two seconds.

Bonk!

"Jeez," I say.

"They're out of season."

"Not this one," says my friend.

"This one is for the pot."

"Not on my boat," I say, feeling a bit angry about it.

"Damn things' dead and gone," he says.

"Let me in there and I'll clean it," as he reached for the cutting board.

I told him I would do it and so I did, throwing the carcass overboard after removing the two fillets which I wrapped in a plastic grocery bag.

"What are you grumbling about?" he says.

"We threw it back, didn't we? Sure we took a couple of fillets off it but the damned thing will be swimming again in no time."

And he chuckled.

I wanted to clean the boat so I placed the fillets on the boat stairs right where I was standing and got to work with the hose and paper towel.

I had just finished when the big police boat roared up with one of the officers standing in the bow.

As it surged against my boat, he

leapt off and landed on our deck.

When he landed, he slipped a bit in his stupid leather shoes and I bent my knees, put both hands behind my back, picked up the bag of fillets and dropped it overboard.

"Stand over here," he says.

With a big grin on his face, he whipped open the fish hatch.

Empty.

He tried the other one.

Also empty.

Well, they took the boat apart, he and another officer, stopping only at the cylinders in the engine.

The fillet bag had air in it and took an agonizingly long time to sink but eventually it did.

After they left my cocky "one for the pot" friend was as white as a sheet.

It is no small matter to be charged with fishing ling cod out of season.

A small harbour is Pender and by the time the week was out, people would have been heard saying we had over a hundred ling on board and had been poaching for years.

"Where the hell did you hide the fillets?" asked my friend.

I said nothing, just let him stew for a bit.

He was much subdued and I was still fuming.

We pulled lines and headed over to Anderson Bay to fish for springs.

I still hadn't told him how the fillets disappeared but we got into the springs and forgot about it.

We had a couple aboard when an RCMP seaplane, plainly marked, set down in the little bay right beside us.

My friend turned white again.

They taxied into beach and went up to the gas pipeline building.

I told him then how the fillets had come to "disappear" and we both had a laugh.

But we brought home no cod that day.

BC Bestsellers:

(For the week of Feb. 15, 2015)

1. **Whitewater Cooks With Passion** by Shelley Adams
2. **When Everything Feels Like the Movies** by Raziel Reid
3. **The Dirty Apron Cookbook** by David Robertson
4. **Knitting Stories** by Sylvia Olsen
5. **Buried** by Ken Wylie
6. **Who We Are** by Elizabeth May
7. **Cardboard Ocean** by Mike McCardell
8. **Great Bear Wild** by Ian McAllister
9. **Cloudwalker** by Roy Henry Vickers
10. **Echoes of British Columbia** by Robert Budd

~ Assn. of Book Publishers of BC



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business directory

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The Harbour Spiel Business Directory is your best bet for services from longtime and trusted community members.

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- Coast Group Chartered Accountants885-2254

AUTO REPAIRS & SERVICE

- Pender Harbour Automotive and Tire883-3646
- Pender Harbour Diesel883-2616

B.....

BACKHOE

- Glenn's Backhoe Services883-2840

BEAUTY SALONS

- Miss Sunny's Hair Boutique883-2715
- Steph's The Beauty Boutique883-0511

BUILDING SUPPLIES

- RONA Sunshine Coast883-9551
- Gibsons Building Supplies885-7121

RECYCLING & BOTTLE DEPOT
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Recycling 8:30 am to 4 pm

Sundays: 10 a.m. to 2 p.m.

C.....

COMPUTER SALES AND SERVICE

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CONCRETE

- Swanson's Ready-Mix Ltd.....883-1322

D.....

DINING

- The Cove Restaurant883-9414
- Harbour Pizza883-2543
- Triple B's Burger Stand883-9655

DOCK & RAMP CONSTRUCTION

- Garden Bay Marine Services883-2722

E.....

ELECTRICIANS

- L.A. Electric883-9188
- Reid Electric883-9309

F.....

FINANCIAL INSTITUTIONS

- S.C. Credit Union, Pender Harbour.....883-9531

G.....

GENERAL CONTRACTOR

- Andrew Curtiss Contracting.....883-2221
- Carpentry and renovation.....883-1170

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- Bathgate General Store, Resort & Marina883-2222
- Oak Tree Market883-2411

H.....

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- Steph's The Beauty Boutique.....883-0511
- Sweet Pea's Hair Studio883-9888

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L.....

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P.....

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- Road Runner Plumbing.....740-2103

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- Tyee Pacific Marine Operations.....399-8688

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- Garden Bay Pub.....883-2674

R.....

REAL ESTATE

- Dave Milligan, Sunshine Coast Homes.....883-9212
- John Thompson, Re/Max Oceanview883-1178
- Julie M. Hegyi, Sutton Westcoast Realty740-2164
- Royal Lepage Sussex Pender Harbour.....883-9525

S.....

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T.....

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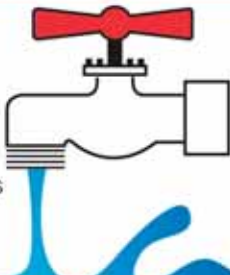
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Dave Milligan

Skookumchuck

viewing
times

March

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

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

March 1	8:36 am -M, 1:14 pm +M
March 2	9:26 am -M, 2:03 pm +M
March 3	10:01 am -M, 2:47 pm +M
March 4	10:32 am -M, 3:30 pm +L
March 5	11:00 am -L, 4:21 pm +L
March 6	11:26 am -L, 5:03 pm +L
March 7	11:50 am -L, 5:46 pm +L
March 8	1:14 pm -L
March 9	1:39 pm -L
March 10	2:08 pm -XL
March 11	7:59 am +L, 2:44 pm -XL
March 12	8:47 am +L, 3:29 pm -XL
March 13	9:46 am +M, 4:24 pm -L
March 14	11:07 am +M, 5:36 pm -L
March 15	12:38 pm +M, 6:48 pm -L
March 16	8:48 am -M, 1:48 pm +M
March 17	9:41 am -M, 2:44 pm +L
March 18	10:28 am -L, 3:36 pm +L
March 19	11:10 am -L, 4:37 pm +XL
March 20	11:51 am -L, 5:32 pm +XL
March 21	12:31 pm -XL, 6:26 pm +XL
March 22	1:04 pm -XL
March 23	1:51 pm -XL
March 24	7:31 am +L, 2:40 pm -XL
March 25	8:09 am +M, 3:30 pm -XL
March 26	9:07 am +M, 4:23 pm -L
March 27	10:26 am +S, 5:20 pm -L
March 28	11:54 am +S, 6:23 pm -L
March 29	8:08 am -M, 1:07 pm +S
March 30	9:04 am -M, 2:05 +M
March 31	9:47 am -M, 3:04 +M

These are estimates only and not intended for navigation.

harbour almanac

THE DAYS

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 Zayschley**.

March 17 ~ **Bill Bradshaw, Jim Weir, Michelle Cymbalist** and **Chris Cavie-lier**.

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**.

March 31 ~ **Merv Charboneau**.

MARCH WEATHER

TEMPERATURE

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

PRECIPITATION

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).

OF MARCH

PREPARING FOR AN EARTHQUAKE

Be prepared to be on your own without help for 72 hours or more — at home, in your car, at work. Assemble these emergency supplies and keep them in your emergency kit, stored in a secure place, ideally accessible from outside.

- First aid kit and instruction booklet.
- Shelter — a plastic tarp, a small tent, emergency blankets or even large garbage bags.
- Water — at least four litres of water per person, per day, in tight-lidded non-breakable containers.
- Keep a supply of water purification tablets in your emergency kit. Water also can be made safe to drink by using four drops of liquid household bleach in 4.5 litres of clear water or 10 drops in 4.5 litres of cloudy water. Replace stored tap water at least every six months.
- If the water is still running, fill a bathtub and other containers. Remember, there's water available too in a hot water tank and toilet reservoir.
- Food — keep a supply of non-perishable food handy, such as canned and dehydrated food, dried fruit and canned juices. Remember a manual can opener.
- Flashlight and spare batteries. Keep the flashlight near your bed. Batteries should be separate in your kit.
- Battery AM/FM radio and spare batteries, stored separately in waterproof bags.
- Essential medication and supplies for infants, elderly persons and those with special needs. Keep at least a one-week supply in your emergency kit. Include copies of prescriptions for your medicine and glasses.
- Personal toiletry items — toilet tissue, soap, toothpaste, toothbrush, etc.
- Class ABC fire extinguisher. Keep it in a handy location in your home, after testing according to directions.
- Wrench (crescent or pipe) to turn off natural gas. Keep it in a handy place or in your emergency kit.
- Shoes — heavy enough to protect from broken glass and other debris. Keep them handy, wherever you are.

~Emergency Management BC

MARCH ASTROLOGY

PISCES: FEB. 19 - MARCH 19

Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. For this month, predictions foretell that you should be aggressive and independent in the pursuit of your targets. You have the power of the divine forces behind you which will help overcome all obstacles. Your diligence will be recognized and you will be financially rewarded. This month: consider avoiding those with orange auras.

ARIES: MARCH 20 - APRIL 20

The sign of the ram gives Arians loyalty, generosity, high energy and courage. They love adventure and often fiercely defend the underdog. While your chakras will overflow with cosmic energy this month, faces from your past will re-enter your life and some old bonds will be re-forged. While this is certain to occur, astrology is not an exact science, thus making it difficult to determine whether it will be a positive or negative experience.

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ORGANIZATIONS DIRECTORY

• Blues Society	883-2642
• Bridge Club	883-2633
• Chamber of Commerce, P. H. & Egmont	883-2561
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Club, Egmont	883-1379
• Community Club, Pender Harbour	883-2583
• Community Policing.....	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	885-1365
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.).....	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont.....	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.).....	883-1361
• Men's Cancer Support Group.....	883-2393
• P. H. Aquatic Centre Society.....	885-6866
• P. H. Choir (7 p.m., Tuesday).....	883-9248
• P. H. Garden Club.....	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2054
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society.....	883-3678
• P. H. Piecemakers (quilters).....	883-2573
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-1366
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society.....	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed., 1:30 p.m.)	883-2563
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre.....	883-2316
• Sunshine Coast Better At Home.....	989-6171
• Sunshine Coast SHROOM.....	883-3678
• TOPS (Take Off Pounds Sensibly).....	740-1509
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services.....	741-5246

**Many of the above organizations
urgently require volunteers.**

If you have some spare
time and talent, please
contact one of the clubs
or societies to offer help.



organizations

P. H. WOMEN'S CONNECTION

Yvonne Stowell from the Fibreworks Studio and Gallery will share her vision and experiences as an artist, a gallery owner and artistic mentor. Fibreworks showcases fibre art — basketry, paper, textiles and wood created by local, national and international artists in an innovative collection of yurts. See www.fibreworksgallery.com.

At 10 a.m. on March 10, at the P. H. School of Music in Madeira Park.

P. H. GARDEN CLUB

The Pender Harbour launches its spring season with a new time: 1 to 3 p.m. on the second Monday of the month (for selected months only). At 1 p.m. on Monday, March 9, we will welcome Carole Rubin, author of *How to Get Your Lawn & Garden Off Drugs*, and *How to Get Your Lawn Off Grass*. Carole has also written for *Harrowsmith*, *Canadian Living Magazine*, and *Lawn Care for Dummies*.

Carole's talk, "My Green Thumb/Green Planet" is a hard-hitting and hilarious presentation about the environmental and social justice choices we make and the consequences we create when we garden. Everyone is welcome. This meeting is also the Garden Club's AGM.

SUNSHINE COAST EARLY YEARS CENTRE

The Sunshine Coast Early Years Centre is excited to offer the program Bellies and Babies to Madeira Park Elementary School.

Bellies and Babies is a free drop-in program where pregnant women and new parents can meet others, share experiences and learn more about nutrition, birthing, breast feeding and formula, parenting, early childhood development and other community services. Free diapers, baby clothes, formula and small baby equipment are available as needed and nutritious snacks are offered.

The drop-in program runs Thursdays from 1 p.m. to 3 p.m. and continues to March 12 at the Madeira Park Elementary Library. For more information please contact Bellies and Babies programming co-ordinator Marlee Ber- man at (604) 885-2332.

APRIL TOOLS WOODEN BOAT CHALLENGE

The date is set for the April Tools Wooden Boat Challenge. This marks the 14th year for this annual event which takes place April 25, starting at 10 a.m. at Millen- nium Park (government dock) in Madeira Park.

Teams of up to four people build a boat from materi- als provided (and no one knows what they will be until

(Continued next page)

class ads



**Buy and
sell it here
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fashioned
way.**

Classified advertising must be prepaid — \$20 for 25 words maximum for non-commercial ads: editor@harbourspiel.com.

FOR SALE

- **Quality 4 X 8 lattice** made of 1x2 cedar \$45. Also cedar lumber for sale. Call Dave: (604) 883-2132.

WORK WANTED

- **Free scrap car removal.** Hiab crane service. Reasonable rates for large/heavy items brought from Lower Mainland. Curt (604) 740-7287.

organizations

the day of the race) and then race it around the harbour for cash prizes. There are also youth races and mini-boat building for the kids as well.

The entry fee is \$160 (early bird is \$140 if received before April 1). Entry forms are downloadable from www.apriltools.ca or contact Jackie at (604) 883-0539 for details.

P. H. WILDLIFE SOCIETY

The Pender Harbour Wildlife Society will meet on Tuesday, March 17 at 7 p.m. at the Sarah Wray Hall (formerly Irvines Landing School) on Irvines Landing Road. The speaker for the evening is Dianne Sanford.

Sanford has been mapping and monitoring eelgrass on the Sunshine Coast since 2001.

Her presentation will be on eelgrass, forage fish and their importance and connection to our shoreline.

March 2015

harbour seals



**Approve or
disapprove
publicly.**

Send to:
[editor@
harbourspiel.com](mailto:editor@harbourspiel.com)
Include full

name and telephone number for confirmation. Editor reserves the right to edit for length and clarity.

Harbour Seals of Approval to **the person who found a small brown envelope of jewelry in front of the IGA** Friday evening or Saturday morning. It fell out of my husband's pocket somehow when he went into the store. The jewelry was given to me by my children and could never have been replaced. We are truly grateful to you.

Max and Bernie Kretschmer



Russell and
Kath Gilberd of
New Zealand
would like to
announce the
engagement of
their daughter,
KATHRYN GILBERD
to
ASH FIELDING,
son of Bob and
Diane Fielding of
Pender Harbour.

**CONGRATULATIONS
AND LOVE TO YOU BOTH
FROM YOUR FAMILIES.**

PUBLIC NOTICE

ANNUAL GENERAL MEETING:

**HARBOUR AUTHORITY
OF PENDER HARBOUR**

**March 30, 2015
7 p.m.**

**P. H. School of Music
Madeira Park**

There is currently a vacancy on our board. Anyone interested in joining the Board of Directors, please contact the Harbour Managers at (604) 883-2234.

*Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program*



**Thanks for saving your Canadian Tire dollars for us —
please leave at the Legion.**

Call Linda: 604.883.2819 or Anky: 604.883.0033.



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – 883-2764

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

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

DENTISTRY – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

PUBLIC HEALTH NURSE – 883-2764

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

FAMILY NURSE PRACTITIONER – 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell, Robinson & Justin L Smith

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

CHIROPRACTORS – 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 885-5850

Dr. Terry Dickson, DC, BSc, ART provider

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

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT:

CHILD AND YOUTH MENTAL HEALTH

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

- P. H. Clinic Tues. & Wed. afternoon
- Mental Health Assessments & Therapy:
Children age 0-19
- For more information call: Child & Youth Mental Health
Intake (604) 740-8900 or (604) 886-5525



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

ALCOHOLICS ANONYMOUS meets Wednesdays at 8 p.m. – everyone welcome.

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

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

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

Complementary and alternative medicine

By Sandra McLean, RN

Complementary and alternative medicine has never been more popular.

Nearly 70 per cent of Canadian adults report using some sort of alternative therapy or medicine, often congruently with mainstream medicine.

Health care professionals as well as patients and their families have become increasingly knowledgeable about complementary therapies that can be helpful to patients with illnesses such as cancer.

Most health care professionals, including myself, embrace alternative medicine, combining it into their personal life and professional practice.

Health care professionals call this “integrative medicine.”

There are hundreds of complementary and alternative therapies including vitamins and minerals, herbal products, homeopathic medicines and other natural health products.

According to Health Canada, other categories of complementary and alternative medicine include naturopathy, reflexology, aboriginal healing, chiropractic, reiki, acupuncture, massage and even yoga.

All are aimed at symptom control and an enhanced quality of life.

In fact, alternative practices such as mindfulness meditation and tai chi have been clinically proven to do just that, relieve symptoms of a variety of conditions and enhance quality of life.

Many health care practitioners do not hesitate to recommend these types of practices, often in conjunction with conventional medicine.

But do not assume that because a health product is labelled “natural,” it is safe to use.

Like drugs, natural health care

products may have potentially serious side effects.

Whether natural or synthetic, any substance that has an effect on the body has the potential to be a risk to a person’s health.

Pregnant or breastfeeding women, seniors, children, those diagnosed with a serious disease or those scheduled for an operation are particularly vulnerable to risk.

Read labels and ask questions.

If you regularly consume a natural health product, it is extremely important to tell your primary health care givers the types you use.

It is also important to learn as much as you can about the product and evaluate why you are taking it.

I often come across people who take a natural health product for a self-diagnosed condition that may be serious and may result in the failure to receive effective treatment for a medical condition.

Be mindful about health choices.

THANK YOU

The P. H. Health Centre is pleased to announce the 2013/2014 fundraising campaign generated 90 per cent of the \$100,000 goal.

The proceeds have been used

for the development of an emergency preparedness and response plan, acquisition of medical equipment and continuing staff education.

An installation of a building sprinkler system is also in the planning stage.

All these initiatives are made possible by your continued support.

GRIEF SUPPORT

Are you grieving?

Pender Harbour has two trained bereavement facilitators who provide group support through an eight-week session program.

The facilitators are also available to meet with individuals on a one-to-one basis if this is preferred.

For more information and a contact number call, the Pender Harbour Health Centre at (604) 883-2764.

HARBOURSIDE FRIENDSHIP

March 5: Celebrate Wales with information, video and songs.

March 12: “Get Cultured,” information on probiotics with Jan Jensen.

March 19: Join a rousing game of “Wheel of Fortune.”

March 26: Movie of the month (TBA).



PENDER HARBOUR AQUATIC & FITNESS CENTRE

MARCH

Boxing with Krangle

Youth: 4-5pm (ages 13 +)
Ladies: 5-6pm (ages 13 +)
Mondays, 7 weeks, March 23-May 11. (no class on Easter Monday)
\$55. Join coach Barry Krangle to learn the finer techniques of boxing and get a great workout.

Early Dismissal

Wednesday March 11,
Wet Set will start at 2:15-4:15.
4:15-5:15 staff will lead dry activities/games for those who need to pick their child up at usual time.

Weight Room Orientations

FREE with your My Pass membership or \$15.
Take the unknown out of the weight room. Phone us for an appointment.

Jelly Bean Hunt and Easter Swim

March 31, April 1,2,5.
Follow the clues on FaceBook to enter your name to win!
Come to the Jelly Bean swim on Sunday April 5 to enjoy Easter-themed games and claim your prize if your name is drawn.

Spring break

Week of March 16-20.
PHAFC will be open regular hours and drop in fitness schedules will be in affect as usual.

Circuit Training

Learn how to create a gym circuit that works for you.
Spring session, April 8-29.
4 Wednesdays 5:30-6:30
\$30 Register before March 31.

COMING IN APRIL:

Eat Well and Exercise

Dates TBA. A program combining nutrition coaching/learning along with an exercise class. Holistic nutritionist Nyla Dougan and PHAFC Fitness Instructors will provide participants the opportunity to learn about healthy, clean eating along with physical activity to promote health and well being.



604.885.6866

phaquatic@scred.ca

www.scred.ca/Recreation

recreation

Community school conference

Submitted

The Sunshine Coast has been chosen to host a provincial conference this spring entitled “Community Schools: The Heart of the Matter.”

Our community schools, School District 46, Association for Community Education of BC and the Sunshine Coast Credit Union will be sponsoring this event which is open to all community school enthusiasts.

The theme of the conference will be social and emotional learning and how the work of community schools enhances and supports the development of these competencies with children, youth, parents and adults. Social and emotional skills enable us to become good citizens and learners while helping to keep youth from engaging in risky behaviours like bullying, drug use and dropping out of school. They safeguard us from depression, anxiety, stress and social isolation.

These skills are learned from relationships — our families, at school and with our peers. They include how to understand and manage one’s emotions, values, and strengths, how to read these in others and gain success in life.

Social and/or emotional competency helps to build positive relationships, empathy and compassion.

It helps us make responsible decisions and show respect for differing views.

For almost two decades, our community schools have applied strategies and offered programs that enhance social emotional learning. We provide after-school and outdoor programs, parenting classes, early learning initiatives, Roots of Empathy, Mind-Up, restorative practices, school wide family events, mentorship, volunteer readers, and homework clubs. We support our



planned for April 10

schools in creating welcoming school environments where all feel they belong.

“The Heart of the Matter” will showcase a mix of local and provincial talent with speakers and over 20 workshops offering the latest research, programs, practical tools and inspiration. The conference opens in the Chatelech Secondary School theatre on the evening of Thursday, April 9 with keynote speaker, Sue Montebello.

Montebello is a community school principal from Burnaby who will share her work around transforming schools through the ethics of care. Friday morning, April 10, will begin with a keynote from Mary Gordon, the founder of the Roots of Empathy program.

Participants will learn why attendance matters from Surrey School District, how to run successful meetings from school board chair Betty Baxter, and how our students are learning from experienced tradespeople in Cool School.

Kim Schonert-Reichl, UBC professor and interim director of Human Early Learning Partnership, will join our keynote speakers in a “coffee table” conversation, hosted by Maria Le-Rose.

The Heart of the Matter will conclude with a wrap-up by Michael Clague and John Talbot as they share their thoughts and experiences from the event.

It will be two days packed full of fun and laughter and stories of success.

For conference details and registration information, please visit www.acebc.org

or register online at <http://heartofthematter.eventzilla.net>. Community members pay only \$69 to attend this inspiring and engaging local opportunity but seats are limited so registering early is recommended.

PENDER HARBOUR COMMUNITY SCHOOL

MARCH

Pysanky: Ukrainian Egg Dying with Joi Phillips

Saturday, Mar 7, 1-4pm, Community School, \$20, ages 12-plus
The ancient method and history of this beautiful form of egg dying.

Get Cultured

FREE Information session on Probiotics with Jan Jensen. Thursday, Mar 12, 11am-noon, Community Hall, Madeira Park. Jan will share her knowledge and passion of how probiotics — which are abundant in cultured/fermented vegetables — can improve health.

Computer Café: Internet Safety

Tuesday Mar 10, 1-3pm, Community School. Karen will share basic tips on online safety.

Computer Café: Mailchimp Step-by-Step

Tuesday, Mar 24, 1-3pm, Community School. Create compelling email newsletters step-by-step.

Family Music Night

FREE Friday, Mar 27, 6:30-8:30pm
PH School of Music, all ages
Come join us in a casual night of singing — bring the whole family!

ONGOING DROP-IN

Ukulele Group

FREE Tuesday, 3-4pm
Community School, all ages
Join our new and enthusiastic group of ukulele players who get together once a week for fun and to help each other improve their skills!

Ladies Night at the Shooting Range

Wednesdays, 7-9pm,
Sechelt Rod & Gun Club, 16-plus,
\$25/night. Join this great, fun group of ladies as we learn the basics of shooting and gun safety.

\$3 Drop-in Sports at PHSS

PICKLEBALL

Wednesdays, 6:30-8:30pm
All ages

SOCCER

Thursdays, 7:30-9:30pm, ages 12-plus, with Michele Mocellin

COMING IN APRIL:

Provincial conference is coming to town...

“The Heart of the Matter” Conference — A conference for community school enthusiasts on April 9 and 10 at Chatelech Secondary. Full conference details available at: www.pendercommunity.ca



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

Touring Pender Harbour on the season's first SloCat cruise

The *Harbour Spiel* managed to land a seat for the first harbour tour of 2015 in the iconic SloCat.

Owner Mark Brezer welcomed five visitors from Saskatchewan on Feb. 17 for a tour of Pender Harbour in almost summer-like conditions.



Mark Brezer, captain host of the SloCat.



Jim Cameron's *Miss Barbara* and assorted fishing paraphernalia.

All photos: Brian Lee

The cover of the 2015 Pender Harbour & Egmont Visitor Guide features a map of the area and a photo of a boat. The text on the cover includes "PENDER HARBOUR & EGMONT VISITOR'S GUIDE 2015", "2015", "Pender Harbour & Egmont Visitor Guide", "13,000 copies blanketing the Coast and BC Ferries.", "(Langdale and Earls Cove)", and "Book by April 1: phevg@harbourspiel.com".

PENDER HARBOUR & EGMONT VISITOR'S GUIDE 2015

2015

Pender Harbour & Egmont Visitor Guide

13,000 copies blanketing the Coast and BC Ferries.

(Langdale and Earls Cove)

Book by April 1: phevg@harbourspiel.com



Author Bertrand Sinclair's former home (with multiple additions).



Hide your cats. There are many eagles in Pender Harbour in February.



John Cameron's *Herring Girl* towing what looks to be a brightly painted East Coaster.



While putting out of Garden Bay, Brezer serves up a tasty buffet of local yarns, history and gossip.



The owner of this iconic 1938 N3N bi-plane died recently. Bill Thompson entertained many summer evening deck parties with his aerial antics over Pender Harbour and the yellow airplane has become a Hospital Bay landmark.



Need Help?

Pender Harbour Psychologist
Dr. Susan LaCombe

www.myshrink.ca/pender-harbour

Call 604.789.7227

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.

MARCH

- Sat. Feb. 28.....Community gathering hosted by the Sechelt Indian Band - P. H. Community Hall, 9:30 a.m. - 1 p.m.
- Sat. Feb. 28.....Sarah Wray Hall grand opening - Sarah Wray Hall, Irvines Landing, 1-4 p.m.
- Sun. March 1.....Sunday Jam w/ Joe Stanton Band - Garden Bay Pub, 2 p.m.
- Fri. March 6.....Area A director Frank Mauro’s monthly open discussion - Java Docks, Madeira Park, 8 to 10 a.m.
- Sun. March 8.....Daylight Savings time begins
- Sun. March 8.....Sunday Jam w/ Steve Hinton Band - Garden Bay Pub, 2 p.m.
- Mon. March 9.....P. H. Food Bank pickup - P. H. Community Church, noon
- Tues. March 10.....P. H. Women’s Connection presents Yvonne Stowell - P. H. School of Music, 10 a.m.
- Fri. March 13.....LaVerne’s Grill opens for the season
- Fri. March 13.....P. H. Living Heritage Society AGM - Sarah Wray Hall, 2 p.m.
- Fri. March 13.....SoM Coffeehouse (Kenneth Norman, Ashley Hautala and Taylor Howie) - P. H. School of Music, 7:30 p.m.
- Sat. March 14.....Cove Restaurant live music and dinner w/ Chris Ronald - The Cove Restaurant, 7:30 p.m.
- Sun. March 15.....Sunday Jam w/ Simon Paradis and Gutbucket Thunder - Garden Bay Pub, 2 p.m.
- Mon. March 16.....Spring break begins (schools close until March 23)
- Tues. March 17.....St. Patrick’s Day
- Tues. March 17.....P. H. Wildlife Society presents Dianne Sanford - PHSS, 7 p.m.
- Fri. March 20.....First day of spring
- Fri. March 20.....P. H. Seniors Initiative workshop “How Then Shall We Live?” - Royal Canadian Legion No. 112, 9:15 a.m.
- Sun. March 21.....P. H. Music Society presents Bob Evans - P. H. School of Music, 7 p.m.
- Sun. March 22.....Sunday Jam w/ Peter Van B3 - Garden Bay Pub, 2 p.m.
- Mon. March 23.....P. H. Food Bank pickup - P. H. Community Church, noon
- Mon. March 30.....Harbour Authority of Pender Harbour AGM - P. H. School of Music, 7 p.m.
- Sun. March 28.....Sunday Jam w/ A.D.D. - Garden Bay Pub, 2 p.m.

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



FERRY DEPARTURES

~ Effective to March 31, 2015 ~

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

HORSESHOE BAY

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

LANGDALE

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

EARLS COVE

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

SALTERY BAY

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

I did not have three thousand pairs of shoes, I had one thousand and sixty.

~ Imelda Marcos

TOP SOIL!

GARDEN MIX - \$60 YRD*

COMPOST - \$45 YRD*

BARK MULCH - \$47.50 YRD*

MUSHROOM MANURE - \$45 YRD*

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alltidesconsulting@gmail.com

PRIVATE MOORAGE PERMITTING SERVICES

There is a good possibility that Pender Harbour private, commercial, and group moorage permit applications will be accepted in the near future. Don't get caught in the bottleneck of dozens of applications going in at the same time. Have your application package together and ready for submission the day it opens!

ONCE APPLICATIONS ARE ACCEPTED

- Waterfront owners will be able to build or rebuild the moorage system of their dreams.
- Property owners will be able to increase the value of their property with a moorage tenure in their name.
- Illegal moorage system owners will be able to become compliant and not have to worry about unwanted visits from authorities.

Call for a free and anonymous consultation.

Think Milk.



If you knock out a tooth, keep it in your mouth or in a cup of milk.

If it is a permanent tooth:

- Keep the patient calm.
- Find the tooth and pick it up by the crown (the white part). Avoid touching the root.
- If the tooth is dirty, wash it for 10 seconds under cold water and reposition it. Try to encourage the patient or parent to replant the tooth and bite on a handkerchief to hold it in position.
- If this is not possible, place the tooth in a glass of milk. The tooth can also be transported in the mouth, keeping it between the molars and the inside of the cheek. If the patient is very young, he or she could swallow the tooth — so, have the patient spit into a container and place the tooth in it. **Avoid storage in water.**
- Seek emergency dental treatment immediately.



PENDER HARBOUR DENTAL
Pender Harbour Health Centre
(604) 883-2997
° Orthodontics ° Hygiene ° Implants ° Botox

You can live without it.
But why would you?

Nobody beats our meat.

Oak Tree Market

604.883.2411

sales@oaktreemarket.ca

Before you go for that spring drive...

Give Wayne a call
and check out our
spring specials!

**Pender Harbour
Automotive & Tire**
604 883 3646

Beside Pender Harbour Diesel.

13544 Sunshine Coast Hwy.
Open Monday to Friday, 8 am - 5 pm

604.883.3646

GOODYEAR MICHELIN YOKOHAMA BF Goodrich BRIDGESTONE Continental DUNLOP UNIRIAL



GARDEN BAY PUB

OPEN DAILY AT 11 A.M.

604.883.2674

St. Patrick's Day Feast (March 17)

Sausage & Potato hot pot with beer bread \$11.95

j DRINK SPECIALS i

Bottles of Guinness

Irish Coffee

Jamesons

Menu specials (Families welcome!)

SUNDAY BREAKFAST BUFFET (11am-2pm)

SUNDAY DINNER BUFFET (5-8PM):

MARCH 1: Truck stop style

MARCH 8: Chinese food

Live Music Weekly

MARCH 1: Joe Stanton Band (2 p.m.)

MARCH 8: Steve Hinton Band (2 p.m.)

MARCH 15: Simon Paradis & Gut Bucket Thunder (2 p.m.)

MARCH 22: Peter Van B3 (2 p.m.)

MARCH 29: A.D.D. (2 p.m.)



SATURDAY NHL (5PM) GAME GIVEAWAY: JOIN US AND ENTER TO WIN
A 3 DAY TRIP FOR TWO TO LAS VEGAS! (w/ PURCHASE OF ANY DOMESTIC BEER OR APPY)