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HARBOUR SPIEL

March 2019
Issue 339





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EDITOR

Brian Lee

CIRCULATION (2,300)

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

Each issue of the *Harbour Spiel* (since Nov. 2006) is also available online as a PDF download at www.harbourspiel.com.

CONTRIBUTORS

This month we thank: Katherine Ayers, Francine Clohosey, Leonard Lee, Robert Livingston, Shane McCune and Karen Strong.

COVER

Middlepoint Forest Service Road, Feb. 4.
(Brian Lee photo)

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Next issue arrives March 28

editorial

Why can't we think straight?



Brian Lee

Lately I've been curious about why good people spread bad information.

It's not unusual for online commenters to confidently post things they believe, but aren't true.

Sometimes they're imagined conspiracies or unsupported claims of political corruption.

But when presented with verifiable evidence, there's often a reluctance to acknowledge the error.

I assumed this kind of stubbornness was an extension of personal pride but recent research suggests we evolved this way.

Scientologists pay huge sums of money to follow the teachings of a 1950s science fiction author who promised success and enlightenment.

A reported 8 million Church of Scientologists hope to rid themselves of trauma caused by the hitchhiking spirits of extraterrestrials brought to Earth and murdered by Xenu.

Needless to say, all of it is at odds with science but for decades even celebrities like Tom Cruise and John Travolta have publicly celebrated Scientology's legitimacy.

Others buy it too — it's estimated the "church" pulls in \$200 million a year and is worth approximately \$1.75 billion.

Examples abound of intelligent people defying authoritative evidence in favour of something loopy.

Consider people who opt for unproven home cancer remedies over medical advice.

Or that only 48 percent of Americans surveyed by the National Science Foundation in 2012 believed that human beings developed from earlier species of animals.

Or the parent who risks a child's health by ignoring the global medical community's repeated assurance that there is no scientific evidence linking MMR vaccines with autism.

A new Angus Reid poll suggests nearly a third of Canadians believe the science on vaccinations is not clear.

Experts say it's because facts don't change people's minds if they run counter to deeply held beliefs.

In 1877, philosopher William Kingdon Clifford wrote "It is wrong always, everywhere, and for anyone to believe anything on insufficient evidence."

One might expect that, with the answer to everything inside our phone, truth would have won out by now.

But despite Clifford's counsel, we believe what we want to believe.

One of the reasons human beings evolved so quickly is our ability to cooperate with each other.

It turns out that much has been published on how human reasoning developed not to solve logical problems, but to solve those posed by living in collaborative groups.

From "That's what you think," (Elizabeth Kolbert, *New Yorker*, Feb. 27, 2017):

"Reason is an adaptation to the hypersocial niche humans have evolved for themselves," Mercier and Sperber write.

"Habits of mind that seem weird or goofy or just plain dumb from an 'intellectualist' point of view prove shrewd when seen from a social 'interactionist' perspective."

Studies show we undervalue evidence that contradicts our beliefs and overvalue evidence that confirms them in order to maintain tribal peace.

In other words, we overlook truths to get along with people.

Who doesn't believe that?

P. H. COMMUNITY CLUB AGM AND COMMUNITY FAMILY DINNER: Sun. March 10, 5:30 p.m.

Why not come out March 10 and support the organization that supports you? And have a meal with friends while you do it? The Pender Harbour Community Club manages the community hall property in Madeira Park and is responsible for any number of events and activities in Pender Harbour, including organizing the May Day celebrations each year. The society will hold its annual general meeting and host a community family dinner at the Pender Harbour Community Hall at 5:30 p.m.

ST. PATRICKS DAY AT THE LEGION: Sun. March 17, 11 a.m. to 8 p.m.

Wear green and win. St. Patricks Day is celebrated all day at the Royal Canadian Legion in Madeira Park on Sunday March 17. There will be Irish stew and Reubens served, music by by Skinny Jimmy and Hounddog Barker and a meat draw starts at 1 p.m.

P. H. MUSIC SOCIETY PRESENTS THE MID-WINTER CHAMBER FESTIVAL WEEKEND: March 30 and 31, 2 p.m.

Partners in music and in life, Kai Gleusteen (violin) and Catherine Ordronea (piano) present two concerts featuring the heroic Strauss Sonata in E-flat major and Brahms Sonata No. 3, as well as a little-known gem by Dohnányi. These gifted musicians received lengthy ovations during two previous visits to the Harbour and will be warmly welcomed on their much-anticipated return.



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photojournal



Brian Lee

Ruby Lake is colder but winter might just be the best time for a picnic at Dan Bosch Park.



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PODS people unveil new business plan for proposed project

“Make no mistake, PODS is a business,” said Michael Jackson, executive director of the Ruby Lake Lagoon Society, at the Pender Harbour School of Music Feb. 2.

Jackson was addressing approximately 30 people gathered for the second of two public information meetings.

The meetings are a requirement of the SCR D’s rezoning and OCP amendment process, changes needed to begin construction of the proposed Pender Ocean Discovery Station in Irvines Landing.

The RLLS is applying to change the current zoning, split between the large south portion of the waterfront property (zoned commercial three) and the small north portion (zoned residential two), to a PAID (research and assembly) designation to better reflect the property’s intended use.

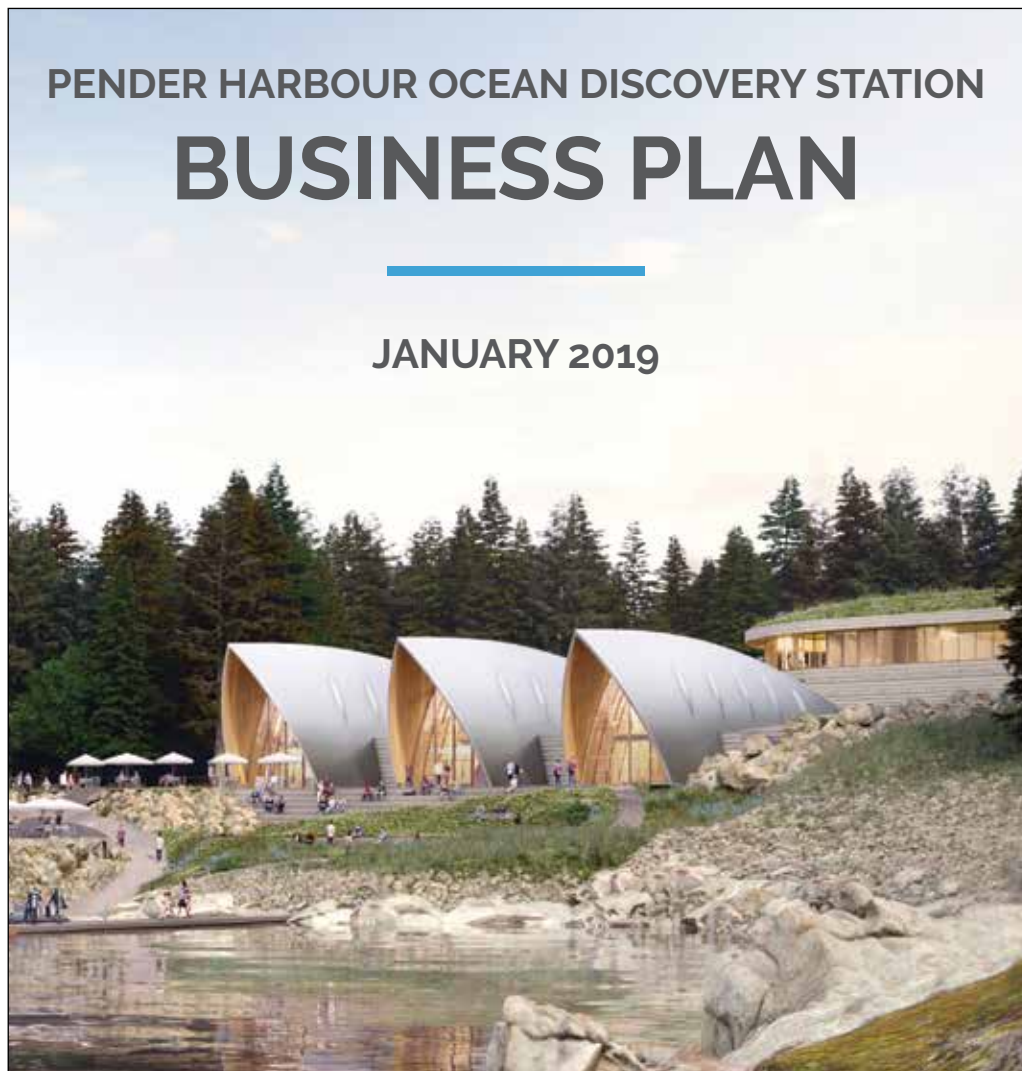
The PODS development proposes a 200-seat auditorium, research and diving facilities, a restaurant, gift shop, aquarium and a caretaker’s residence.

The project also needs an amendment to the Area A official community plan’s “tourist commercial” designation for the site.

In a Dec. 13 SCR D staff report, planner Yuli Siao wrote, “Although some components of PODS such as the gift shop and the restaurant are commercial in nature, the facility is mainly a research, educational and assembly institution, for which the ‘tourist commercial’ designation is not suitable.

“The ‘public uses and utilities’ designation of the OCP is more appropriate for the facility.”

Siao told those at the Feb. 2 meeting that the current zoning for the northern parcel allows a setback of



Ruby Lake Lagoon Society

The front cover of the recently released business plan for PODS.

1.5 metres.

“PAID will push the setback to 5 metres,” said Siao.

Siao also said the current zoning allows for 50-per-cent parcel coverage whereas the new designation will only allow 35-per-cent coverage.

PODS BUSINESS PLAN

After presenting recent updates to the PODS proposal at the Feb. 2 meeting, Jackson said:

“None of this would have come about if it hadn’t been for the long journey we started back in 2012 by hosting the first Sunshine Coast Bio-

diversity Summit.”

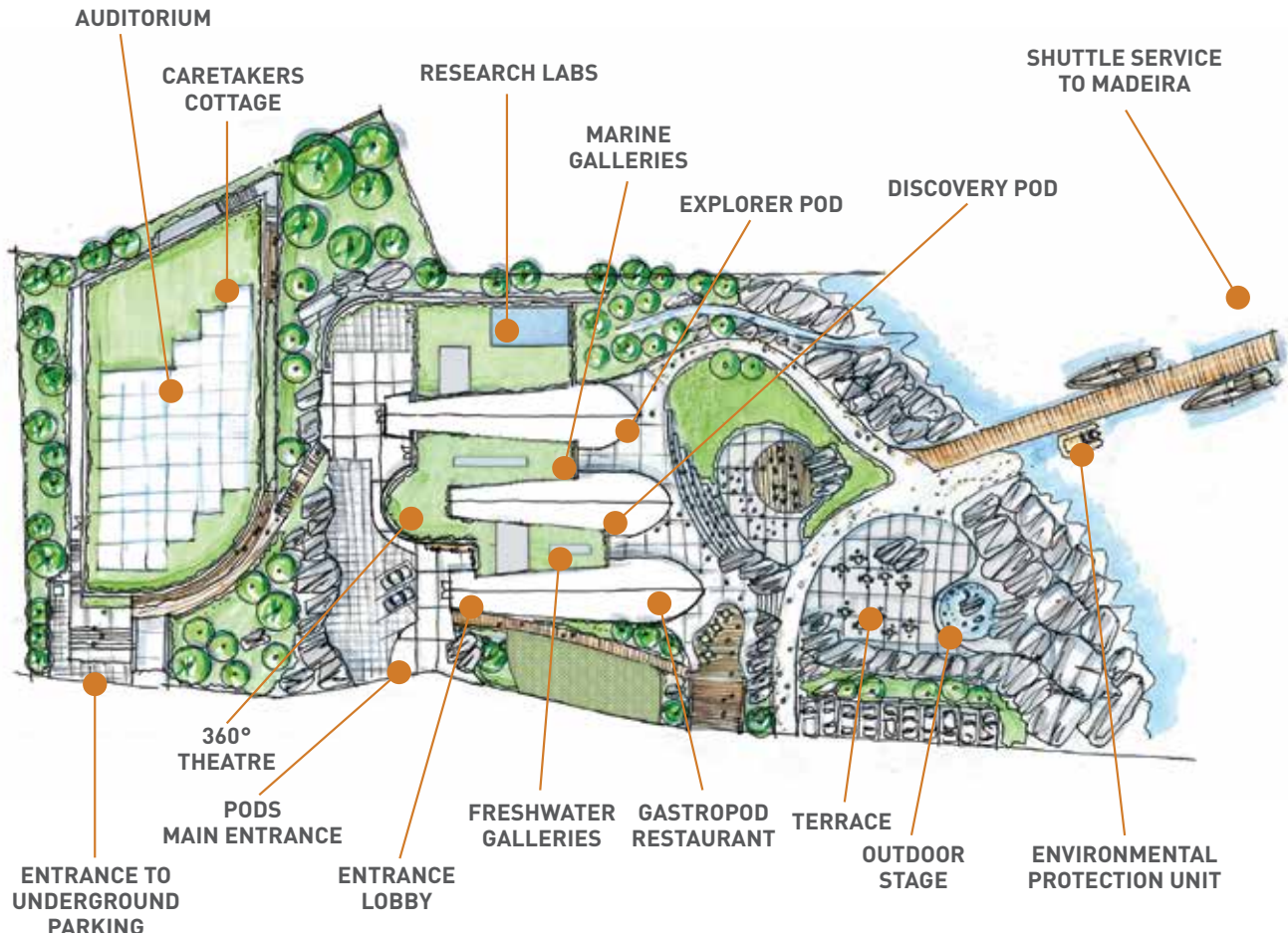
Since then, the scale of PODS has continued to grow.

The *Harbour Spiel* reported in October 2015 that the construction estimate for PODS, then aiming to be built on school district property in Madeira Park, was approximately \$10 million.

Since then a new site was purchased at Irvines Landing in September of last year and an ambitious vision of the project has pushed that figure higher — construction costs are

continued next page

PODS unveils business plan (cont.)



PODS business plan, Jan. 2019

A map of the proposed PODS site at Irvines Landing.

(continued from p. 5)

now predicted to be over \$23 million.

"I think people may be a bit skeptical about whether we can get that sort of money," said Jackson.

"We have already got \$3 million towards PODs and, as a society as a whole, we have now raised over \$15 million — most of which came from

outside of the Sunshine Coast Community."

Jackson held up the recently released 112 page PODS business plan in which he pointed to four main revenue streams:

- Ticket sales;
- Citizen science programs;
- Research/teaching rentals, and

- Summits and conferences.

Jackson said the business plan predicts approximately 300 people per day will visit PODS during peak periods in the summer.

"We're intending to bring more people in during the winter months for conferences — 150 to 200 people at a time," said Jackson.

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“So the auditorium is a very big part of our revenue stream.”

When asked why neither financing nor the project’s construction costs were included in the financial scenarios, Jackson said it’s planned that they will come “almost completely from donations and foundations and grants — so it’s not a capital outlay, it’s given to us.”

“We have a very well-organized fundraising strategy and we are now prepared to take this business plan to a lot of people who are waiting for it to come out,” said Jackson.

“And now, if we get the rezoning, we will then be in a position to get a lot of money.”

If the project’s rezoning and OCP amendment application are successful, the PODS business plan predicts that construction of Phase 1 (the three pod-like buildings) will begin this fall.

Construction is estimated to take 16 months.

The first phase opening, estimated for early 2021, will include a restaurant — the “Gastro Pod.”

The “Discovery Pod” is planned to sit in the middle of the three and feature galleries and exhibits focusing on local habitats and their connection to water.

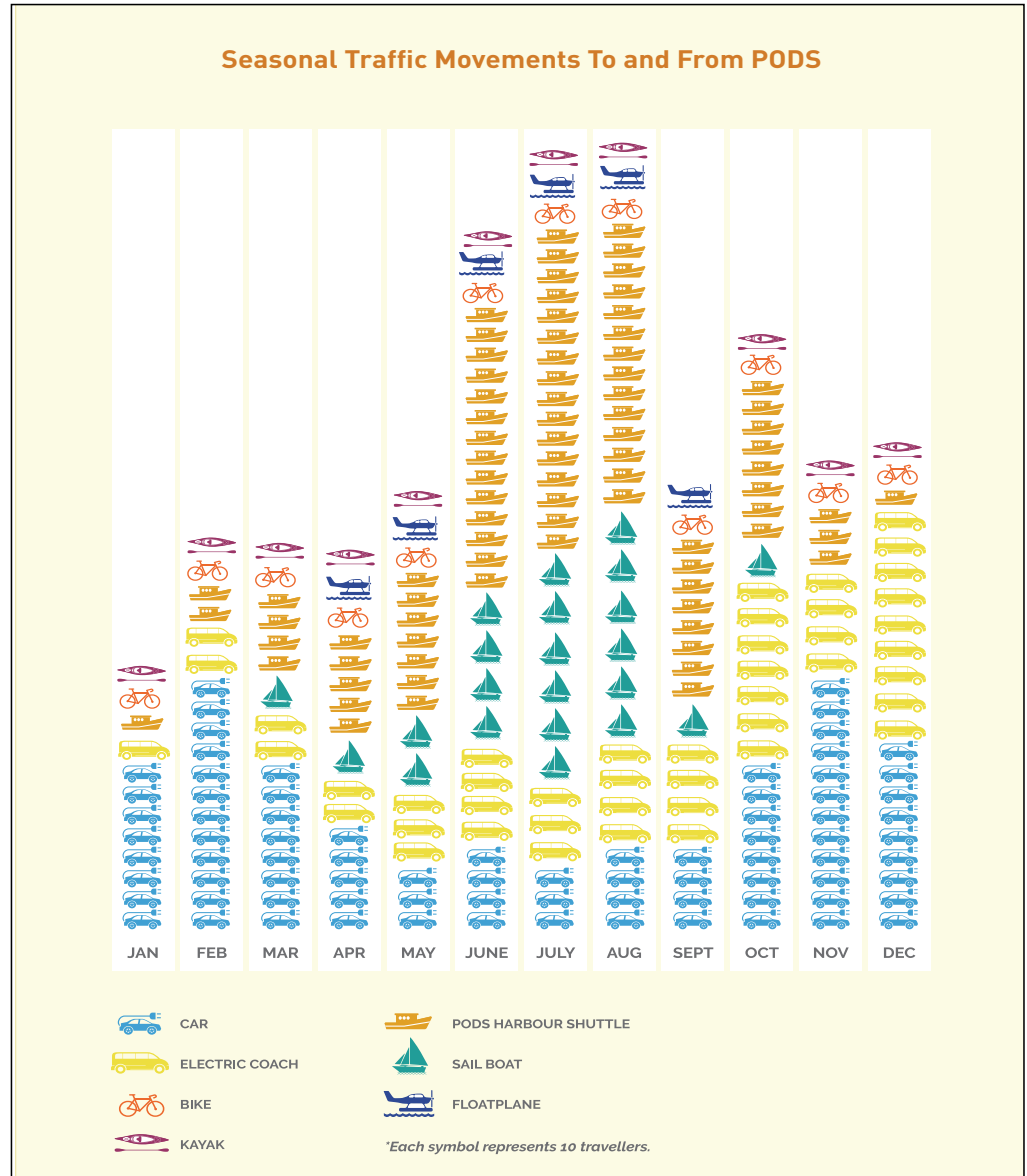
A floor below will feature exhibits on the history of Pender Harbour and the Sunshine Coast.

The third building, the “Explorer Pod,” will feature interactive displays and “touch tanks” for a hands on learning experience.

Included will be holographic and virtual displays highlighting local marine life and the connection between art, nature and science.

The business plan indicates that a second phase of construction to build

continued next page



PODS business plan, Jan. 2019

A graphic illustrating PODS’s predicted seasonal traffic movements to the site.




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PODS unveils business plan (cont.)

(continued from p. 7)

the auditorium and underground parking building will begin in September 2021.

Final occupancy for the site is targeted for May 2023.

Throughout the property will be meeting areas for functions — a key revenue source for the project.

PODS OPERATIONAL MODEL

“We are business people and what we’re aware of more than anything in the whole of the PODS project is whether or not we’re going to be able to make it viable and sustainable,” said Jackson.

He points to the operational model his group has been working on for two years.

“It breaks down all of those revenue streams we’re looking at, what the costs associated with the project are, what the costs are for running the building — everything is in the PODS model.”

The model allows the group to feed in 60-plus cost or revenue scenarios, like how many conferences might be coming in a year, to help fine-tune the budget analysis.

In the PODS business plan, a

three-year sample financial statement scenario predicts PODS’s annual revenue to be more than \$3.6 million by the third year, in 2023.

In this scenario, expenses predicted for that year are \$3.1 million which would deliver a profit of \$576,974.

The model indicates the largest driver of revenue, at 33 per cent, will come from the restaurant, cafe and gift shop.

Conferences and retreats are expected to provide 20 per cent of the facility’s operating revenue.

Approximately 12 per cent of revenue will come in the form of donations and endowments and another 12 per cent is expected to come from various federal, provincial and municipal grants.

Payroll will make up the largest operating cost at 49 per cent.

The Ruby Lake Lagoon Society currently employs 11 people and claims that when the PODS site is fully operational it will employ at least 21 people.

“So, you can see we have thought about this more than any other part,” said Jackson.

“Because there is no point in us going ahead and building PODS if we

can’t make it work.”

TRAFFIC

Some attending the meetings were concerned about increased traffic on Garden Bay roads.

The PODS business plan indicates an expected average of 250 people per day will attend the galleries and tours.

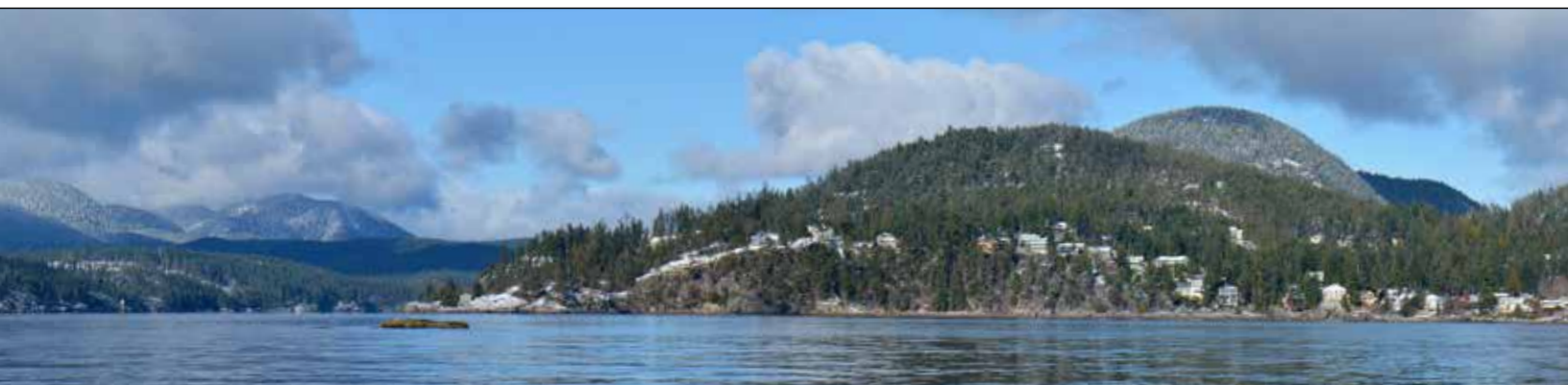
Many of those will also have a meal in the restaurant which is expected to serve 386 customers daily through the summer.

Winter averages in the galleries are predicted to drop to about 65 visitors per day while the restaurant is still expected to receive 249 customers per day.

Siao’s Dec. 13 SCRDP staff report indicates that the total amount of on-site parking is proposed to be 51 spaces, of which 41 spaces are provided in an underground parkade and 10 spaces on the ground adjacent to the road.

Jackson said he understands residents’ concerns and they are looking at a number of ways in which they can deliver people to the site without their cars, including boat shuttles from Madeira Park and satellite parking lots served by electric shuttles.

photojournal



Photographic evidence of why you need a boat. Mouth of Pender Harbour, Jan. 29.



submitted

In recognition of February's literacy week, the P. H. Aquatic and Fitness Centre held a free 'Pound' class in the PHSS gymnasium. Pound is billed as a 'cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.'

rcmp news

MISCHIEF

On Jan. 26 at approximately 11:15 a.m., someone in a vehicle threw eggs at a vehicle parked in the 4100 block of Irvines Landing Road, Irvines Landing.

The vehicle sped off before any witnesses could note the licence plate.

MISCHIEF (THEFT OF GAS)

On Feb. 5, a Coast resident reported some mischief after discovering that someone had drilled holes into her vehicle tank, draining it of

gasoline.

The vehicle had been parked in the 8500-block of Redrooffs Road, Halfmoon Bay.

IMPAIRED DRIVING

On Feb. 7, police attended a two-vehicle incident on Highway 101 at Narrows Road after the first vehicle stopped to make a right turn onto Narrows Road and was struck by the second vehicle from behind.

The first vehicle was sent down a steep embankment but the lone oc-

cupant was able to exit the vehicle, suffering non-life-threatening injuries.

Both vehicles were towed.

Police noticed the driver of the second vehicle was exhibiting signs of possible intoxication from alcohol and was taken to cells for testing.

The driver tested positive and charges of impaired operation of a motor vehicle have been forwarded to Crown counsel.

The driver was released on a promise to appear for court, as well as various driving prohibitions.



Brian Lee



Brian Lee

A random assortment of lawn chairs? Or statement in support of diversity and equality? Waterfront rainbow display, north shore of Pender Harbour, Feb. 13.



Brian Lee

Recent logging in Kleindale has allowed new perspectives on old waterfalls. This waterfall can be seen (during the wet seasons) throughout the Kleindale area exiting Spiipiyus Provincial Park. Photo taken Jan. 4 after heavy rains.



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Brian Lee

A siege of herons enjoying a sunny spot during recent cold weather in Pender Harbour.

April Tools Wooden Boat Challenge launches April 27

submitted

Unpredictable as always, half of the fun at the April Tools Wooden Boat Building Challenge is to arrive and find out what the “twist” is.

In the past, competitors have designed and built stand-up paddle boards, coracles and two-part boats.

And as if the contest isn’t challenging enough, the weather often ranges from bright sunshine to a downpour and the water temperatures ensure April Tools is always exciting.

Last year builders had to construct two boat halves of approximately the same volume, then begin their race by assembling the parts using only hand tools.

Strategies varied, including one team who nested their two pieces inside each other in order to be first in the water.

Unfortunately this gave them a very short boat that just couldn’t compete with the full length designs as the race progressed.

But it was a great idea and that’s what makes this event entertaining because ingenuity abounds and chances are taken.

As usual, this year’s challenge will only be made known an hour before building begins.

Teams will build for three hours using only hand tools and battery screw guns.

Then they rest and then they race.

High school boat races and kid crafts are planned, including the ever-popular miniboat hammer and paint free-for-all (which is, incidentally, free for all).

There will also be food and desserts.

Get your team of up to four to-

gether, copy an entry form from www.apriltools.ca or call Jackie at (604) 883-0539 to receive one.

Mail completed entry forms with fees to April Tools, Box 65, Madeira Park, BC, V0N2H0.

A team entry costs \$180 this year but is discounted to \$160 if received before April 1.

There will be the usual great prizes of \$700 for first, \$400 for second, \$250 for third.

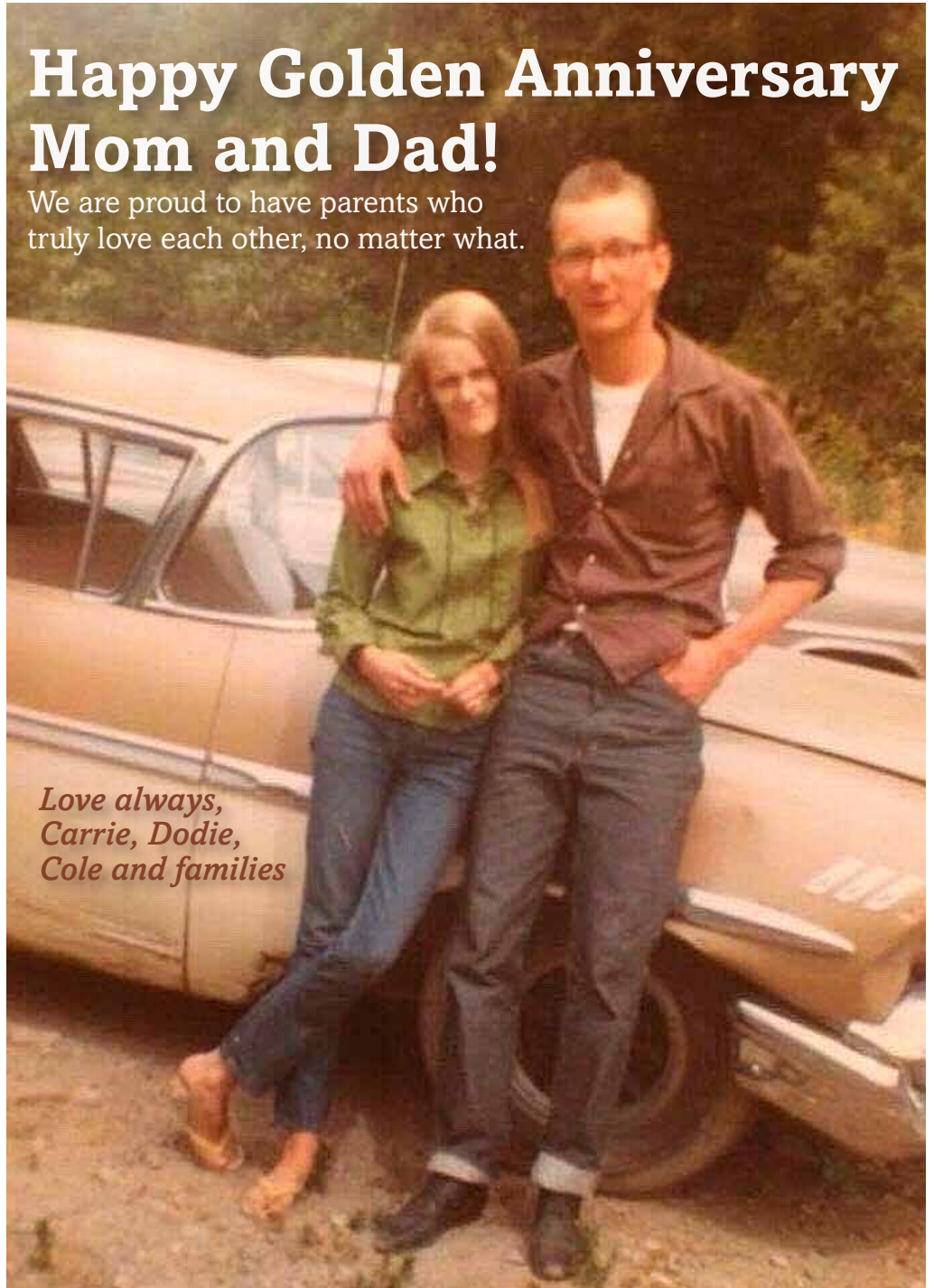
There will be the Broken Paddle and Spiffy Skiffy trophies to recognize fantastic boats and efforts.

As for the weather, it will be unknown until 10 a.m. on April 27 — just like the twist.

Happy Golden Anniversary Mom and Dad!

We are proud to have parents who truly love each other, no matter what.

*Love always,
Carrie, Dodie,
Cole and families*



Budgets and water



*Leonard Lee
Area A director, SCRD*

THANKS TO OUR EMS WORKERS

It seems like we had a real winter this year, with above-average snowfalls and below-average temperatures.

It's created a challenge for dispatchers and crews of Capilano Highways, ambulances, fire departments, and police, so a big thank you to all of them for their extra efforts to keep us all safe in such terrible conditions.

WATER, WATER... EVERYWHERE

At the SCRD, we're currently struggling with a solution to summer water shortages south of Area A.

Regional district water comes mainly from Chapman Creek, regulated by the Chapman Lake dam, but the demand has exceeded the off-season surplus.

After rejecting several ideas, we're researching groundwater wells to supplement Chapman, based on a report from Associated Environmental Consultants, who drilled four test wells.

A two-well "field" at Granthams Landing could supply 50 per cent of the current deficit and two other sites, potentially even more productive, were identified.

As Elphinstone director Donna McMahon said, "The good news is that our groundwater options look good."

"The less good news is that developing them will take a while."

"Our best estimate is that the Granthams wells could be online in 2022."

In Pender Harbour, we've raised the original McNeill dam and plan one or more new ones on other lakes.

These dams will not raise water levels but maintain high levels with shortened maximum stream flows.

This will provide potable water while allowing the creeks to maintain a healthy, year-round volume.

Although many in Egmont and Pender with ample water feel the rest of the Coast is not our concern, this isn't the case.

For example, an increased demand for water could necessitate a



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Area A Director:
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SUNSHINE COAST REGIONAL DISTRICT Upcoming meetings

Agendas are available at www.scrd.ca/Agendas-2019.

**Special Corporate and
Administrative Services
Committee: Round 2
Budget**
March 4 and 5 at 9:30 a.m.

**Planning and Community
Development Services
Committee**
March 14 at 9:30 a.m.

Regular Board
March 14 at 1:30 p.m.

**Infrastructure Services
Committee**
March 21 at 9:30 a.m.

**Corporate and
Administrative Services
Committee**
March 28 at 9:30 a.m.

Regular Board
March 28 at 1:30 p.m.

Regional Hospital District
March 28 following Board
Meeting.

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moratorium on new businesses and housing in Sechelt and beyond.

Many residents work in other areas and some of our seniors plan to move to Sechelt for better health care access.

Unless we solve the problem, those job opportunities and housing options are at risk.

2019 BUDGET

The SCRD creates a budget to provide services required by the provincial government and services agreed upon by residents, and to maintain or enhance those services and develop new ones.

Many basic services have statutory requirements such as water standards, waste-water testing, construction standards, asset management, and more.

Directors review 45 distinct services, some as simple as supporting not-for-profits, others far more complex, such as water and waste management.

We make decisions on staffing, level of service, maintenance, and occasionally, whether to add a new service or drop an old one, all the while comparing costs versus benefits of each service.

The completed budget will affect your taxes, and I assure you I'm doing my best to keep them as reasonable as possible.

The budget should be complete by March 28.

I'M HERE TO HELP

One thing is for sure, being a director is an interesting and rewarding job, especially in keeping my personal objectives in mind, which are doing my best to help our community main-
March 2019

tain a comfortable, rural lifestyle and achieve our shared goals.

Part of my job is trying to ensure that decisions by other government levels are in the best interests of Area A residents.

Sometimes this is accomplished with a simple phone call, but other issues require years of perseverance and multiple tactics.

I'm also here to help residents with individual problems, so contact me if you're having difficulty with an issue related to government.

I may be able to help as easily as by providing the right contact information, but I'm prepared to go to bat for you on a larger scale if required.

Thank you for comments and suggestions on my articles, as well as on issues of concern in Area A.

I welcome all feedback, so please feel free to e-mail leonard.lee@SCRD.ca or call my cell, (604) 212-0406.

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Thursday, March 7

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On March 17 everyone's Irish!

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@ the Legion!

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& HOUNDDOG BARKER

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Pender Harbour Women's Connection celebrates 20 years

Karen Strong

Are you a woman who would like to meet new friends, listen to interesting speakers, appreciate lively entertainment or enjoy unique activities?

In 1999, Dorothy Faulkner and Janet Thomas, two women who were new to the Harbour, formed an organization that became the Pender Harbour Women's Connection.

Their mission statement is still in effect:

"The purpose of our community-based group is to provide an atmosphere of friendship, fun and sharing of mutual interests.

"We will be non-political and non-denominational.

"Every gathering will be different; from arts and crafts to mind/body connection, from finances to travel.

"The regular gatherings will focus on mature women from all walks of life."

Nonie McCuaig, a PHWC member since 2003, relates what stands out for her.

"I think for gals moving to the Harbour and perhaps not knowing anyone, it is a wonderful way to meet others who may also remember being



submitted

Local author Ray Phillips reads from one of his books at a women's connection meeting at the P. H. School of Music.

in that position," said McCuaig.

Judy Sherman, former chair of the PHWC, recalled that it was an essential part of her early life in this community.

"It was my lifeline, she said.

"When I came to Pender, I felt so out of place, me being a city girl.

"But from my first meeting with women's connection, the women welcomed me to Pender.

"I missed my city girls, but the

women's connection gave me a purpose to enjoy all the wonderful people of our community."

The PHWC's guest speakers have come from a wide variety of backgrounds, bringing with them wide-ranging topics.

Luman Coad, puppeteer and inductee into the BC Entertainment Hall of Fame, exhibited his exquisite hand-made puppets.

Charlotte Diamond, internationally known children's songstress and Order of Canada recipient, had the audience clapping and moving to her infectious music.

Theresa Kishkan, author and winner of numerous awards, recounted a history of her family and their influence on her writing.

We found renowned Canadian filmmaker and author Dianne Whelan's remarkable documentary *40 Days at Base Camp*, filmed on Mt. Everest, both informative and entertaining.

Recently Jan DeGrass, author

PENDER HARBOUR CHAMBER MUSIC FESTIVAL MIDWINTER WEEKEND CONCERTS



KAI GLEUSTEEN
violin



CATHERINE ORDRONNEAU
piano

TWO CONCERTS!
Saturday
March 30 ~ 2pm
❄️
Sunday
March 31 ~ 2pm

Pender Harbour School of Music

Sponsored in part by Ann & Patrick Munro, John Storer, Liz Wood & Alex Thomson, H&R Block & Joan Stanton.

TICKETS \$25:
www.penderharbourmusic.ca

Harbour Insurance **Strait Music**

and former arts and entertainment editor with the *Coast Reporter*, spoke about her experiences in Vancouver's "new wave" of co-ops during the 1970s.

Her account of working at the Tunnel Canary Cannery and at the Uprising Breads Bakery was interesting and amusing.

Our members always look forward to visual artists too.

Motoko, whose paintings are in demand worldwide, charmed us with her life story and explained how the philosophy of Zen deeply influences her work.

Another local artist, Heidi Bennett, creator of extraordinary wood carvings and paintings, explained how she is inspired by our coastal environment.

World travel is another popular topic.

Lyn and Bill Charlton's presentation of their 13-year global sailing adventure was well received as was Maureen Wright and Randy Picketts' account of their "Year in Germany."

Over the years the women's connection gatherings have enjoyed unique themes.

Our WC 2010 Winter Olympics was one such memorable occasion.

The festivities culminated with an awards day complete with Barry Ashley and Charlie Park providing the pipes and drum and presenting the "Olympians" with their gold medals.

This year has already continued the tradition of interesting guests.

This January's ceilidh featured Gibsons musicians Alex Buchanan playing several instruments, Helen Blank on accordion, Grace Lowe on keyboard and Pender's Barry Ashley reading selected Robbie Burns poems.

This enthusiastic group filled the morning with heart-warming Scottish tunes that had the audience singing along.

The 20th anniversary celebrations in February included food, frolics and a tribute to Dorothy Faulkner as founder and chair of PHWC for the first seven years.

Faulkner was also instrumental in guiding the award-winning book *Women of Pender Harbour* to publication.

Faulkner reminded us, "Twenty years ago there was very little in the way of social outlets and no organizations for women in Pender Harbour."

This spring continues varied programs with March bringing Jennifer Love and Jean Curry's presentation of their textile trip to India.

In April, labyrinth builders Helga Grout and Margaret Skelley will give us the history and techniques of building these structures.

Our second April gathering features Caitlin Hicks, internationally known author, actress and playwright, who will grace our stage with a humorous soliloquy from her book, *A Theory of Expanded Love*.

We feature Suncoast Harp Ensemble in May and Wendy Humphreys Tebbutt, Margaret Skelley, Pamela Wood and Pamela Earle will bring our 2019 spring gatherings to a

close with their hauntingly beautiful harp melodies.

Beryl Carmichael joined this fall because she believes that it helps you become more involved in the community and connects you with what's going on in our area.

"Many close friendships have started from attending these meetings for which I am personally very grateful," said Nonie McCuaig.

"I strongly feel that women's connection is an extremely important part of our community."

PHWC MARCH 12 MEETING

In January of 2017, Jean Curry and Jennifer Love embarked on a "trip of a lifetime," joining 20 other textile artists and enthusiasts on a three-week Maiwa textile-focused tour of India.

The tour was organized Charlotte Kwon (owner of Maiwa) and Jane Stafford (Salt Spring Island weaving teacher extraordinaire).

Starting in Jaipur and ending in Bhubaneswar, they explored the fascinating world of traditional Indian hand embroidery, block printing, indigo dyeing and Ikat weaving.

At the Pender Harbour School of Music on Tuesday, March 12 at 10 a.m., Curry and Love will take you on a visual and tactile journey to give you some sense of what they experienced on this amazing tour.

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1. What is the average monthly snowfall for our area (Merry Island Lightstation)?

- ☐ a. 2.5 centimetres
- ☐ b. 8.9 centimetres
- ☐ c. 15.5 centimetres
- ☐ d. 19.6 centimetres

2. Approximately when did the settlement-era begin in Egmont?

- ☐ a. 1860s
- ☐ b. 1890s
- ☐ c. 1920s
- ☐ d. 1980s

3. When is Attack of Danger Bay?

- ☐ a. May Day
- ☐ b. One day before May Day.
- ☐ c. One day after May Day.
- ☐ d. Two days after May Day.

4. How much does it cost for an adult to swim at the Pender pool?

- ☐ a. \$2.50
- ☐ b. \$5.50
- ☐ c. \$7.50
- ☐ d. \$10.50

5. Name of the recently retired SCRD director for Area A.

- ☐ a. Eric Graham
- ☐ b. John Rees
- ☐ c. Lori Pratt
- ☐ d. Frank Mauro

6. In local parlance, what is mooching?

- ☐ a. Drift fishing
- ☐ b. Delivering fire wood
- ☐ c. Entering a lake via rope swing
- ☐ d. Elk mating

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

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David Ernest Girard

AUGUST 6, 1946 – JANUARY 25, 2019



David Girard passed away on Jan. 25 at Vancouver General Hospital.

He is survived by his loving wife Gail, son Jeffrey, daughter Jennifer (Brody), grandchildren Jessa, Alison, Tycen, and son Ken and family.

He is also survived by his siblings Fay (Roy), Gerald, Cecile, Suzanne (Al), many nieces, nephews, cousins and close friends.

David was predeceased by his

parents Ted and Eileen Girard.

David was born at the hospital in Garden Bay and lived his entire life in the same area.

He was kind, generous, helpful, strong, a great cook and gracious host and a friend to many.

He was very observant, practical and a smart thinker so he was always ready to take on any job or situation that came his way.

David loved fishing, hunting, golfing, camping and being with family and friends.

He was a carpenter by trade and worked in the logging industry.

David will be sorely missed by his family and close friends.

The family would like to express their sincere gratitude to friends and neighbours for their kind words and deeds and to the first responders.

David's friends and neighbours are invited to join his family for a celebration of his life at the Royal Canadian Legion in Madeira Park on Saturday, March 30 from 12 noon to 3 p.m.

OBITUARIES: The *Harbour Spiel* publishes obituaries free (for local residents) as a longstanding effort to recognize those who lived in Pender Harbour and Egmont. Submissions must be timely and include the date of birth and date of death. The editor will edit for length and to remove first-person and personal messages as required to maintain editorial consistency.

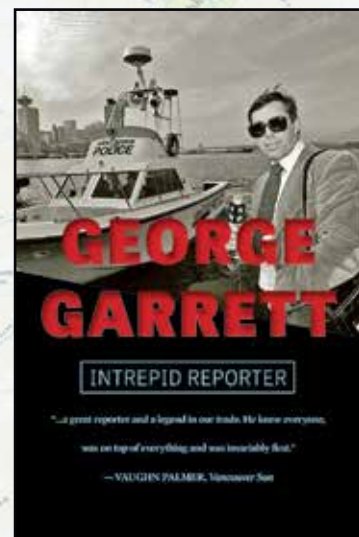
*Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program*



Healthy Meals has resumed.

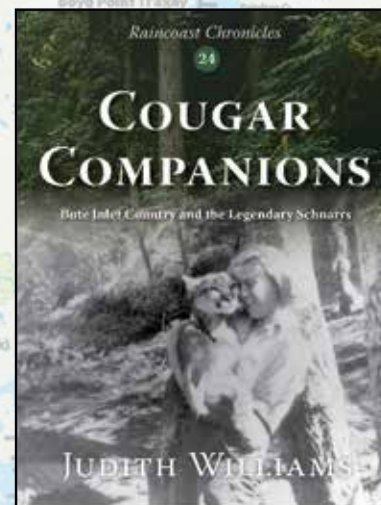
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• Egmont & District Volunteer Fire Department	(604) 883-2555
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• Lions Club, Egmont.....	(604) 883-9463
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• P. H. Aquatic Centre Society.....	(604) 885-6866
• P. H. Blues Society.....	(604) 741-1186
• P. H. Choir (7 p.m., Tuesday).....	(604) 883-0681
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• Women's Connection (2nd & 4th Tue.)	(604) 883-0444
• Women's Outreach Services.....	(604) 741-5246

organizations

SUNSHINE COAST COMMUNITY ACTION TEAM

The Sunshine Coast Community Action Team aims to ensure that our community is addressing the needs of people who use drugs by improving services, reducing stigma and lowering the incidence of overdose. They will hold an open house at the P. H. School of Music on Friday, March 8 from noon to 4 p.m.

P. H. GARDEN CLUB

The garden club is pleased to present Angela Koop, manager of Deluxe Landscaping in Sechelt, on Monday, March 11, from 1 to 3 p.m. at the Pender Harbour School of Music. Koops is a landscape architectural technologist, with an education in design and plant material. She looks forward to providing pruning advice and tips on how to let every plant in your yard reach its full potential. The cost is \$15 for an annual membership or \$5 drop-in which includes coffee, tea and snacks.

P. H. WILDLIFE SOCIETY

A new forest therapy movement (known in Japan as forest bathing) has evolved out of the need to reconnect people with the natural world for health benefits, cultural repair and other positive inspirations.

Haida Bolton was born and raised in Nelson and now lives here in Pender Harbour. With a BSc from UBC, she has connected children and nature for over 30 years. She has spoken previously to our society about wild chimpanzees and habitats in Uganda, and she is greatly inspired by Jane Goodall.

In 2016, Haida became the first certified forest therapy guide in BC. The P. H. Wildlife Society will host Bolton on Tuesday, March 19 at 7 p.m. at Christ the Redeemer Anglican Church. (Due to the March school break, the regular meeting location, the P. H. Secondary School, will be closed.) Refreshments will be served after the talk. A wildlife chat and information will close the evening.

This is a free event and all are welcome.



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The story of the Sunshine Coast Healthcare Auxiliary

submitted

In 1937, a hospital auxiliary was formed in Pender Harbour to support and enhance the healthcare services offered at the original St. Mary's Hospital in Garden Bay.

Their first fundraising drive helped purchase a sterilizer to replace the canning pot that was then in use.

From those days, the auxiliary has grown to six branches and 500 members on the coast.

The Pender Harbour branch has remained a small but energetic part of the organization.

Members work in the thrift store, gift shop and loan cupboard as well as provide comfort to residents in Totem Lodge and Shorncliffe Care facilities.

They are also very active in the Pender Harbour community.

Last year, the Sunshine Coast Healthcare Auxiliary pledged over \$900,000 to support health services on the Coast.

In addition, \$80,000 was granted to healthcare related programs that focus mainly on wellness.

Donations have also enabled the Pender Harbour Health Centre to equip the physiotherapy room and a second treatment room.



Gilbert Lee

St. Mary's Hospital in Garden Bay as it looked when it opened in 1930.

Currently, the Pender Harbour branch now needs the energy and commitment of community men and women to bolster their membership.

Please consider joining this dedicated group and committing whatever

time you can to help them remain a dynamic part of the Sunshine Coast Healthcare Auxiliary.

For membership information please contact Maureen Lee, lilylake@telus.net.

Or, visit the auxiliary website, www.sunshinecoasthealthcareauxiliary.com.

harbour seals



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

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

A huge Harbour Seal of Approval to the **Oaktree Market family and staff** for all the years of love, adventure, fun, and excitement. Thanks also to all the customers for making every day new and enjoyable.

Joy Ellert

A Harbour Seal of Approval to **Chris Ford** for clearing snow from everyone's driveways on Merrill Crescent with his Bobcat.

Dave Mackay

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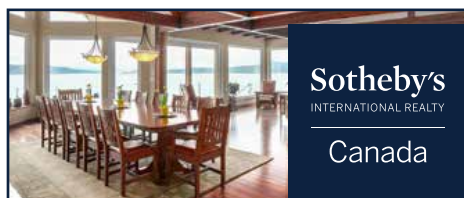
pender harbour tides ~ March 2019

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
Fri 01	11.8	13.2	14.0	14.2	13.9	13.2	12.4	11.9	11.7	11.9	12.3	12.8	13.0	12.7	11.8	10.4	8.7	7.0	5.7	4.9	4.8	5.4	6.8	8.5
Sat 02	10.5	12.3	13.7	14.5	14.5	13.9	13.1	12.1	11.4	11.2	11.5	12.0	12.6	12.9	12.6	11.6	10.1	8.3	6.6	5.3	4.6	4.6	5.5	7.1
Sun 03	9.1	11.2	13.0	14.2	14.7	14.4	13.6	12.4	11.4	10.8	10.7	11.2	11.9	12.6	12.9	12.6	11.5	9.8	7.9	6.2	4.9	4.4	4.7	5.9
Mon 04	7.8	9.9	12.0	13.7	14.6	14.6	13.9	12.8	11.5	10.5	10.1	10.3	11.1	12.0	12.8	13.1	12.6	11.3	9.5	7.5	5.8	4.7	4.4	5.1
Tue 05	6.7	8.8	11.0	13.0	14.3	14.6	14.2	13.1	11.7	10.4	9.6	9.5	10.1	11.2	12.3	13.1	13.2	12.5	11.0	9.0	7.0	5.5	4.7	4.8
Wed 06	5.9	7.8	10.0	12.2	13.8	14.6	14.4	13.4	12.0	10.5	9.3	8.8	9.1	10.1	11.4	12.6	13.3	13.2	12.2	10.5	8.5	6.7	5.4	5.0
Thu 07	5.5	7.0	9.1	11.3	13.2	14.4	14.5	13.8	12.4	10.7	9.2	8.3	8.2	8.9	10.2	11.7	12.8	13.4	13.1	11.9	10.1	8.2	6.6	5.6
Fri 08	5.7	6.7	8.4	10.6	12.6	14.0	14.6	14.2	12.9	11.2	9.5	8.1	7.5	7.8	8.9	10.4	11.9	13.1	13.4	12.9	11.6	9.8	8.1	6.8
Sat 09	6.2	6.7	8.0	9.9	11.9	13.5	14.4	14.4	13.4	11.8	9.9	8.2	7.1	6.9	7.6	9.0	10.6	12.2	13.2	13.4	12.7	11.4	9.7	8.3
Sun 10	7.3	7.2	7.7	8.9	10.4	11.9	13.3	14.2	14.4	13.8	12.4	10.5	8.6	7.1	6.4	6.5	7.5	9.1	10.8	12.3	13.2	13.3	12.6	11.4
Mon 11	9.9	8.8	8.2	8.4	9.3	10.7	12.3	13.6	14.2	14.0	12.9	11.2	9.3	7.5	6.3	5.8	6.3	7.4	9.1	10.9	12.3	13.2	13.2	12.6
Tue 12	11.6	10.4	9.5	9.2	9.6	10.5	11.8	13.0	13.8	13.9	13.3	11.9	10.1	8.2	6.6	5.6	5.4	6.0	7.3	9.0	10.7	12.2	13.1	13.2
Wed 13	12.8	12.0	11.1	10.5	10.3	10.6	11.4	12.4	13.3	13.7	13.5	12.5	11.0	9.2	7.4	6.0	5.1	5.0	5.7	7.0	8.7	10.5	12.0	13.1
Thu 14	13.4	13.2	12.6	11.9	11.3	11.1	11.4	11.9	12.7	13.3	13.4	13.0	11.9	10.4	8.6	6.9	5.5	4.7	4.6	5.2	6.5	8.3	10.1	11.9
Fri 15	13.1	13.7	13.7	13.2	12.6	12.0	11.6	11.6	12.0	12.6	13.0	13.2	12.7	11.6	10.1	8.3	6.5	5.1	4.3	4.1	4.8	6.1	7.9	10.0
Sat 16	11.9	13.3	14.2	14.2	13.8	13.0	12.2	11.6	11.5	11.8	12.3	12.8	13.0	12.8	11.8	10.2	8.3	6.4	4.9	3.9	3.7	4.3	5.8	7.8
Sun 17	10.1	12.2	13.8	14.7	14.7	14.1	13.0	12.0	11.2	10.9	11.2	11.9	12.6	13.1	13.1	12.2	10.6	8.6	6.5	4.7	3.6	3.3	4.1	5.8
Mon 18	8.1	10.6	12.9	14.5	15.2	14.9	13.9	12.6	11.2	10.3	10.0	10.5	11.5	12.5	13.3	13.5	12.7	11.1	8.9	6.6	4.7	3.5	3.3	4.2
Tue 19	6.1	8.7	11.4	13.7	15.1	15.4	14.8	13.4	11.6	10.1	9.1	9.0	9.8	11.1	12.5	13.6	13.9	13.2	11.5	9.2	6.8	4.8	3.7	3.6
Wed 20	4.8	7.0	9.7	12.4	14.5	15.6	15.4	14.3	12.4	10.4	8.7	7.8	8.0	9.1	10.8	12.5	13.8	14.2	13.5	11.8	9.5	7.1	5.2	4.2
Thu 21	4.5	5.9	8.3	11.0	13.5	15.2	15.7	15.1	13.4	11.2	8.9	7.3	6.6	7.1	8.5	10.6	12.6	14.0	14.4	13.7	12.0	9.8	7.6	5.9
Fri 22	5.2	5.7	7.3	9.7	12.3	14.4	15.6	15.6	14.3	12.2	9.7	7.5	6.0	5.7	6.5	8.2	10.5	12.6	14.1	14.5	13.8	12.2	10.2	8.2
Sat 23	6.8	6.4	7.1	8.9	11.1	13.3	15.0	15.6	15.0	13.3	10.9	8.4	6.3	5.1	5.0	6.1	8.1	10.4	12.5	14.0	14.4	13.8	12.4	10.6
Sun 24	9.0	7.9	7.8	8.7	10.3	12.3	14.0	15.1	15.1	14.1	12.1	9.7	7.3	5.5	4.6	4.8	6.1	8.1	10.4	12.5	13.9	14.3	13.8	12.6
Mon 25	11.2	9.9	9.1	9.2	10.0	11.4	13.0	14.2	14.7	14.4	13.0	11.0	8.7	6.5	5.0	4.5	4.9	6.2	8.2	10.3	12.3	13.7	14.1	13.8
Tue 26	12.9	11.8	10.8	10.2	10.3	11.0	12.1	13.2	13.9	14.1	13.4	12.0	10.1	8.0	6.2	5.0	4.7	5.2	6.5	8.3	10.2	12.1	13.4	14.0
Wed 27	13.8	13.2	12.4	11.6	11.1	11.1	11.5	12.2	12.9	13.3	13.3	12.5	11.1	9.4	7.7	6.2	5.2	5.0	5.5	6.7	8.3	10.1	11.8	13.1
Thu 28	13.9	13.9	13.6	12.9	12.2	11.6	11.5	11.7	12.0	12.5	12.7	12.6	11.8	10.6	9.1	7.6	6.4	5.6	5.4	5.8	6.9	8.3	10.0	11.7
Fri 29	13.0	13.9	14.1	13.8	13.3	12.5	11.8	11.4	11.4	11.6	11.9	12.1	12.1	11.5	10.5	9.1	7.8	6.6	5.8	5.6	6.0	7.0	8.5	10.2
Sat 30	11.8	13.2	14.0	14.3	13.9	13.2	12.4	11.5	11.0	10.8	11.0	11.5	11.8	11.9	11.5	10.6	9.3	8.0	6.7	5.9	5.7	6.1	7.1	8.7
Sun 31	10.5	12.1	13.5	14.2	14.3	13.7	12.8	11.7	10.8	10.2	10.2	10.6	11.2	11.8	12.1	11.8	10.8	9.5	8.1	6.8	5.9	5.7	6.2	7.4

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, wind conditions, etc.

Canoe Pass:



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Over 100 take part in first literacy crawl

Francine Clohosey

People were ‘crawling’ all the way from the Pender Harbour Health Centre to the newly launched Egmont Book Nook during the first ever Pender Harbour Literacy Crawl that took place in late January.

Over 100 people participated by dropping by locations where activities challenged folks to test their literacy skills, win a “letter” bead to create a literacy bracelet and enter to win a prize.

There were Scrabble afternoons at EarthFair Bookstore, an open house at the P. H. Community School, a week-long scavenger hunt at the P. H. Reading Centre and a cribbage game at the Legion.

The P. H. Aquatic and Fitness Centre hosted a special POUND workout plus activity stations all week and the drop-in programs at the P. H. Community Hall incorporated literacy games in their activities.

Word searches and puzzles were also happening at Euspiria Café, IGA, Marina Pharmacy and the SC Credit Union.

For those of you who took on the *Harbour Spiel* letter search endurance test, the phrase you were looking for was “Reading is to the mind what exercise is to the body.”

Sushien Coast Festival of the Written Arts tickets went to Sage Robson, Naomi Lazar, Elizabeth Schleimer and Heather Field.

PHAFC pool prizes were won by Jan Smalley and Nancy Scott and the SCCU bank bling went to Shannon Reid and Jolene Anderson.

In addition, School District No. 46 donated 15 children’s books that were provided to MPES students.

The event was organized by the



submitted

Winners (l-r): Heather Field, Patti Soos, Sage Robson, Deb Cole, Naomi Lazar and Shannon Reid.



submitted

Bill Gilkes, chief of the P. H. Volunteer Fire department’s Madeira Park Hall, takes part in literacy week activity at the Sunshine Coast Credit Union.

P. H. Community School, PHAFC and P. H. Seniors Initiative.

Folks commented that it was a fun, well-organized community event that not only brought awareness to

BC Family Literacy Week, but also gave them a chance to visit places and people they may not have known about before.

Look for it again next January.

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).

1. 8:02 AM -S, 12:30 PM +S
2. 8:56 AM -M, 1:23 PM +S
3. 9:38 AM -M, 2:10 PM +M
4. 10:14 AM -M, 2:53 PM +M
5. 10:46 AM -M, 3:34 PM +L
6. 11:17 AM -L, 4:15 PM +L
7. 11:46 AM -L, 4:57 PM +L
8. 12:13 PM -L
9. 12:39 PM -L
10. 2:04 PM -L
11. 2:31 PM -L
12. 3:04 PM -L
13. 8:55 AM +M, 3:31 PM -L
14. 9:52 AM +M, 4:36 PM -L
15. 11:11 AM +S, 5:56 PM -L
16. 8:08 AM -M, 12:48 PM +S
17. 9:09 AM -M, 1:59 PM +M
18. 10:01 AM -M, 2:57 PM +L
19. 10:47 AM -L, 3:49 PM +L
20. 11:30 AM -L, 4:51 PM +L
- 21. 12:11 PM -L, 5:47 PM +XL**
- 22. 12:50 PM -XL, 6:43 PM +XL**
- 23. 1:29 PM -XL**
- 24. 2:01 PM -XL**
- 25. 7:43 AM +L, 2:44 PM -XL**
26. 8:28 AM +M, 3:27 PM -L
27. 9:24 AM +S, 4:13 PM -L
28. 10:43 AM +S, 5:05 PM -L
29. 12:06 PM +S, 6:03 PM -L
30. 8:33 AM -M, 1:15 PM +S
31. 9:23 AM -M, 2:10 PM +S

These are estimates only and not intended for navigation.



VEGGIES

1944

The year the term vegan was coined by British woodwork teacher Donald Watson.

850,000

The number of vegans in Canada in 2018.

16%

Percentage of Canadian vegetarians who live in British Columbia.

38%

Percentage of American millennials who identified as vegan in 2018.

~ Agriculture and Agri-Food Canada , Globe and Mail, Statista, Guardian, CTV News

12%

Percentage of Americans under the age of 50 years who identified as vegan or vegetarian in 2016.

2%

Percentage of American seniors who identified as vegan in 2018.

3x

Canadians with a university degree are three times more likely to be vegetarian or vegan than those with a high school diploma.

\$23.4 billion

Production value of Canada's poultry, egg and red meat industries in 2017.

\$2 billion (U.S.)

The 2017 sales of vegan or vegetarian food in the United States.

3.3%

Global growth rate in products labeled as vegan in 2015. This share was 1.4 percent in 2012.

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

The finest of the signs, Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Pisceans need not worry this year because the stars love them in 2019. Romantic partners will fall at your feet as the spring delivers a rare double-header of full moons in Libra and your intimate, erotic eighth house. A sexual windfall appears during this period. Dwindling financial resources will be replenished by mid-May.



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. As you should already know, 2019 delivers two new moons in Aries — March 21 and April 19. If you don't know why this is significant, you should get educated because if you miss this incredible opportunity for self-advancement, the rest of the year will punish you severely. Romantically, wait until midsummer to pursue you know who.

BC BESTSELLERS

For the week ending Feb. 16, 2019

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. The Woo-Woo: How I Survived Ice Hockey, Drug Raids, Demons, and My Crazy Chinese Family** by Lindsay M. Wong (Arsenal Pulp Press)
- 2. 21 Things You May Not Know About the Indian Act** by Bob Joseph (Page Two Strategies)
- 3. Chop Suey Nation** by Ann Hui (Douglas & McIntyre)
- 4. One Eagle Soaring** by Roy Henry Vickers & Robert Budd (Harbour Publishing)
- 5. The Secret Wisdom of Nature** by Peter Wohlleben, translated by Jane Billinghamurst (Greystone Books)
- 6. Out of the Woods: Woodworkers along the Salish Sea** by Pirjo Raits, photos by Michele Ramberg & Dale Roth (Heritage House Publishing)
- 7. Iron Road West: An Illustrated History of British Columbia's Railways** by Derek Hayes (Harbour Publishing)
- 8. Animals of Chinese New Year** by Jen Sookfong Lee (Orca Book Publishers)
- 9. 105 Hikes In and Around Southwestern BC** by Stephen Hui (Greystone Books)
- 10. The Whole-Body Microbiome** by B. Brett Finlay & Jessica M. Finlay (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 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.**



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

Jennifer Mejia – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Lyn Rondeau – Adult Mental Health

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSIOTHERAPY – (604) 989-4828

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.

FOKUS (Focus On Keeping Us Strong):

Helping each other work towards better health – Fridays, 10:30am *FREE* More info.? Lori 604-740-1151

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

Heart disease is more than just an attack

Katherine Ayers, RN

We have all heard of a heart attack or myocardial infarction, but that is only one type of heart disease.

Myocardial infarction is arguably the most acute form of heart disease but there are many other conditions that we suffer from ranging from atrial fibrillation to aortic aneurysms.

All types of heart disease affect either blood flow from the heart to the body or blood flow to the coronary arteries (which supply oxygenated blood to the heart itself).

Regardless of the type of heart disease, the goal is always to lower your risk because recovering from a heart attack can be lengthy — if you can recover from it.

A FEW FACTS

Heart disease and stroke are the top killers of women around the world, accounting for more deaths every year than all cancers combined.

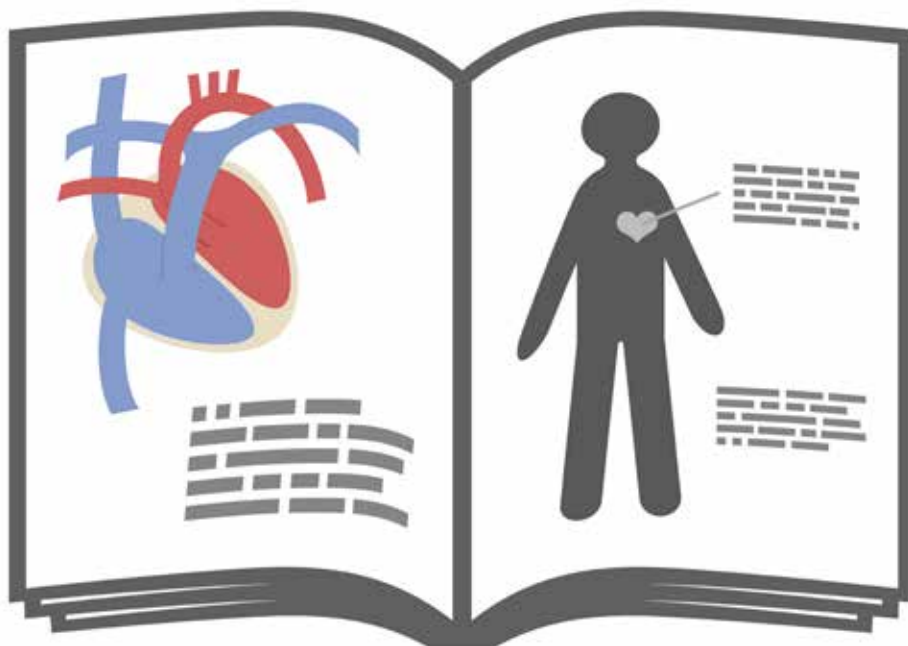
Some risk factors for heart disease are things you can't change (e.g. age, family history).

LIFESTYLE RISK FACTORS FOR HEART DISEASE

- Unhealthy diet;
- Physical inactivity;
- Stress;
- Unhealthy weight;
- Smoking, and
- Excessive alcohol consumption.

SIGNS AND SYMPTOMS AND WHEN TO SEEK MEDICAL ATTENTION:

- Chest pain (crushing, sharp, dull, radiating, non-radiating, pressure);
- Upper body discomfort (jaw, neck, shoulder, arms, back);



- Nausea;
- Sweating, and
- Shortness of breath.

WOMEN

Women have been known to present a bit differently when having a myocardial infarction.

You may feel:

- Pressure or pain in the lower chest or upper abdomen;
- Dizziness, lightheadedness or fainting;
- Upper back pressure, and
- Extreme fatigue.

If you do feel any of these symptoms, it is recommended you call 911 and chew two 81-milligram Aspirin.

If you are at risk for a myocardial infarction, there are tests for heart disease which can be as simple as a physical exam and history with some basic blood work.

Please note that if you present to emergency with chest pain or other

concerning symptoms, the standard is to do an ECG, blood work and a chest X-ray.

You shouldn't never feel that seeking help is a nuisance or waste of a health care professional's time.

DEMENTIA DIALOGUES

The Alzheimers Society will be presenting at the Pender Harbour Health Centre on March 7 from 1 p.m. to 3 p.m.

The presentation is titled, "Dementia dialogue: Grief and loss."

The dementia journey requires ongoing adjustment to many changes that occur throughout each stage of the disease.

Grief is the natural and necessary process for changes that involve loss.

Please attend if you are a caregiver for someone with dementia or if you are living with someone with dementia.

This month in recreation

PHAFC

PHSI

PHCS

Mountain Biking is coming to Pender. . . and we could use your help!

The SC Community Schools have received support from ASSAI (After-School Sports and Arts Initiative) to launch an 8-week mountain biking program for youth this spring.

We are looking for donations or loans of mountain bikes in good condition for Grades 7-8.

We will be hosting a Tune-Up/Clean-up day in April to get the bikes and trails ready.

If you're a bicycle enthusiast and want to get involved, we'd love to hear from you!

Call the Community School at 604.883.2826 and ask for Paola.



**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

COOKING CLASS for kids

Fri Mar 1 and 8, 3:00-4:30 at the Community Hall. \$10.
Kids learn to prepare simple meals they can recreate at home!

BRAISED MEAT CLASS

Thu Mar 7, 6:30-8:30pm @ PHSS Foods Room. Chef Marcus will teach us to identify, choose and braise meats for best presentation and extra flavour! \$30

CONVERSATION CAFÉ: All parents/guardians welcome

Thu Mar 21, 6:30-8:30pm at Euspiria Café, 3rd Thursday of the month

DROP IN SPORTS

Pickleball will resume Tuesday April 2, PHSS gym
Hockey will resume Tuesday April 2, PHSS gym

SPRING BREAK CLOSURE

The Harbour Learning Centre is closed for Spring Break from March 18-April 1 inclusive.

INCOME TAX ASSISTANCE

Tuesdays in March & April, 9am-12pm at the Community School. Get help preparing your tax return by a trained volunteer. By appointment only, call 604-741-5132

DID YOU KNOW?

You can drop off your Pender Harbour & Area Residence Association (formerly Pender Harbour Advisory Council) membership forms at the Community School. Join now!



**PENDER HARBOUR
AQUATIC & FITNESS
CENTRE**

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

On lower level of
PH Secondary School:

13639 S. C. Hwy.

604 885-6866

phaquatic@scrd.ca

www.scrd.ca/Recreation

TROPICAL BEACH PARTY: Friday March 1

Tired of winter? Join us for some tropical warmth and fun! 5-8pm.
Admission is included in your MYPASS or pay drop-in admission.

**ELEVATE YOUR WORKOUT SERIES CONTINUES
with Instructor Amanda Peterson**

Dead Lift Clinic: Tuesday Mar 26 6:45-7:45pm (\$25/1 class)*
Saturday Mar 30 10:00am-11:00am (\$25/1 class)*
Beginner Total Body: Tue and Thur 1:00-2:30pm
Apr 2-18 (\$120/6 classes)*

LOW COST SWIM TIMES

Toonie Tuesdays: 5-8:30pm.
\$5 Family Swim: Sundays 1-4pm (Family is maximum 6 people, maximum 2 adults)

*Pre-registration is required.

REGISTRATION FOR SPRING SESSION OF LESSONS IS OPEN NOW

Two ways to register — online or in-person.

SWIM LESSONS • HAPPY HIPS & KNEES • STEADY FEET
Begins week of April 1.

SPRING BREAK: MARCH 18-29

The facility will be open for regular hours of operation and programming.



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SENIORS INITIATIVE**

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PROGRAM**

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P. H. Health Auxiliary**

FOR INFORMATION
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CALL MARLENE:
(604) 883-9900

CARPET BOWLING: Wednesdays, March 6, 13, 20 & 27

At the Egmont and Pender Harbour Community Hall 1-3pm Drop-In \$3.

WALKING: Mondays, March 4, 11, 18 & 25

At the P. H. Community Hall. Drop-in \$3. **New start time: 9:30-10am.**

CHAIR YOGA: Fridays, March 8, 15, 22 & 29

At the P. H. Community Hall from 10:30-11:30am. Drop-In \$3. Improve your balance, strength & flexibility with gentle moves with Carole and Maureen.

HARBOURSIDE FRIENDSHIPS: Thursdays, March 7, 14, 21, & 28

Thursdays at the P.H. Community Hall. Starting at 10:30am lunch served at 12 noon.
Drop-in \$10.

March 7 – Music Sing Song with Ken Johnson.

March 14 – A visit with the Grade 5/6 Class.

March 21 – Spring Surprise.

March 28 – Music with George.

Seniors' events for March!

The Shíshálh Nation's 'Strategic Land Use Plan'

Completed by the Sechelt Indian Band in 2007, the 110-page *Strategic Land Use Plan* intends to be "a living document for the land use planning within the Shíshálh Nation territory."

Chapters of interest from the SLUP document will be excerpted in upcoming issues of the *Harbour Spiel*. To download the full document, visit www.shishalh.com/docuploads/forms-and-applications/A-Strategic-Land-Use-Plan-for-the-sh--sh--lh-Nation-1416417270-1.pdf.



*Excerpted from the Sechelt Indian Band's
"A Strategic Land Use Plan for the
Shíshálh Nation."*

3.3.5 ECONOMIC HISTORY & CURRENT TRENDS

ECONOMIC TRENDS

Over the past 100 years our territory has yielded to a more intensive and one-dimensional harvesting regime of fish, forest products and minerals.

Mining in lékw'émin (Jervis In-

let) has remained less significant relative to other modern resource activities, though it is obviously important elsewhere in the territory.

Overall, forestry has probably offered the most lucrative and sustained return on investment in the territory, and continues to dominate inlet commercial activity.

Several of our members are engaged in this industry, and the Shíshálh Nation itself operates Tsainko Forest Products which is a value-added sawmill and Tsainko Enterprises which is a forest licensee.

Within the relatively closed inlet system, the fishery has perhaps suffered most from a combination of its own over-harvest and the degradation of watersheds that support seasonal spawning runs.

The southern portion of our territory (Sunshine Coast) is also experiencing unprecedented population growth, in part as a bedroom community for the rapidly growing urban centre of Vancouver, as a retirement destination and for recreational activity.

In 2005, the population of

photojournal



Photographic evidence of why you need a 4x4. Middlepoint Forest Service Road, Feb. 4, 2019.

ch'átlich (Sechelt) increased by 4.6 per cent, almost three times the rate of growth experienced by the province as a whole.

This change has increased the demand for residential development, and settlement is now occurring in many areas of Shíshálh Nation territory at an unprecedented rate.

The Shíshálh Nation is particularly concerned about the potential impacts on cultural sites resulting from this rapid pace of development, and about environmental impacts resulting from the conversion of natural areas to urban areas.

Our territory has also become a favoured destination for outdoor recreation, with increasing use of mountain bike trails, hiking trails, and other outdoor amenities related to

recreational boating and fishing.

MANAGING ECONOMIC DEVELOPMENT

The Shíshálh Nation remains committed to the sound stewardship of our territory and to the sound management of the resources within it.

Through creative and progressive planning, as well as strategic commercial and governmental partnerships, we continue to pursue our economic goals.

The most important change in the past few years has been the addition of diverse projects administered through our resource management department.

A significant number of Shíshálh Nation members have been trained in a wide variety of management activi-

ties related to forestry, fisheries and cultural resources.

All aspects of research, monitoring, rehabilitation and enhancement have been undertaken through these contracts.

We have always maintained an active interest in management activities and are now well recognized for our regional expertise on ecological matters.

This expertise and experience has been strongly supported and utilized by the provincial, federal and local governments, forest companies and private businesses.

In less than five years, this has allowed the band to re-establish itself as a keeper of local resources and provide meaningful employment to band members.



Darlene Fowlie

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

Fri. March 1.....PHAFC presents a "tropical beach party" - P. H. Aquatic and Fitness Centre, 5 to 8 p.m.
Mon. March 4.....Pender Harbour food bank pickup - P. H. Community Church, noon
Thurs. March 7.....Dementia Dialogues "Grief and Loss" - P. H. Health Centre, 1 p.m.
Thurs March 7.....P. H. Community School presents a "braised meat" class - PHSS foods room, 6:30 p.m.
Fri. March 8.....S.C. Community Action Team drug user open house - P. H. School of Music, noon to 4 p.m.
Sun. March 10.....P. H. Community Club AGM and community family dinner - P. H. Community Hall, 5:30 p.m.
Mon. March 11.....P. H. Garden Club presents Angela Koop - P. H. School of Music, 1 p.m.
Tues. March 12.....P. H. Womens Connection presents Jennifer Love - P. H. School of Music, 10 a.m.
Wed. March 13.....Alan Stewart presents a "real estate update" - Euspiria Cafe, 3 p.m.
Sun. March 17.....Royal Canadian Legion No. 112 presents St. Paddy's Day - RCL No. 112, 11 a.m. to 8 p.m.
Mon. March 18.....Schools close for spring break (schools reopen April 1)
Mon. March 18.....Pender Harbour food bank pickup - P. H. Community Church, noon
Mon. March 18.....22nd Iris Griffith Centre spring break daycamp - Iris Griffith Centre, 9 a.m. to 3 p.m.
Tues. March 19.....P. H. Wildlife Society presents Haida Bolton - Christ the Redeemer Church, 7 p.m.
Thurs. March 21....Conversation Cafe - Euspiria Cafe, 6:30 p.m.
Sat. March 30.....PHMS presents Kai Gleusteen and Catherine Ordronneau - P. H. School of Music, 2 p.m.
Sat. March 30.....Celebration of life for Dave Girard - Royal Candian Legion No. 112, noon
Sun. March 31.....PHMS presents Kai Gleusteen and Catherine Ordronneau - P. H. School of Music, 2 p.m.

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



FERRY DEPARTURES

Effective to March 31, 2019

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.bcferrries.com for information on added sailings during peak periods.

HORSESHOE BAY

7:30 am - Daily
9:45 am - Daily
11:55 am - Daily
2:10 pm - Daily
4:20 pm - Daily
5:30 pm - Daily
7:50 pm - Daily
10:55 pm - Daily

LANGDALE

6:20 am - Daily
8:40 am - Daily
10:50 am - Daily
1:05 pm - Daily
3:15 pm - Daily
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
5:05 pm - Daily
8:00 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
3:40 pm - Daily
6:05 pm - Daily
9:30 pm - Daily

*It was one of those March days when the sun shines hot and the wind blows cold:
When it is summer in the light, and winter in the shade.*

~ Charles Dickens

Something to squirrel away?



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*annual general meeting
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