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HARBOUR SPIEL

November 2016
Issue 311





We encourage everyone to come out on November 11 to support our veterans and honour their sacrifice.

The day's ceremonies begin at 10:30 a.m. with a solemn parade through Madeira Park.

It will continue to the Royal Canadian Legion No. 112 where Remembrance Day services will begin at 11 a.m.

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EDITOR

Brian Lee

CIRCULATION (2,500)

The *Harbour Spiel* is mailed free to 1,400 homes between Egmont and Middlepoint and is available by paid subscription and for free at:

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- Earth Fair Store
- Emelle's Madeira Bistro
- Euspiria Cafe
- Gibsons Building Supplies
- Grasshopper Pub
- Halfmoon Bay General Store
- Java Docks
- John Henry's Marina
- IGA Madeira Park
- IGA Wilson Creek
- LaVerne's Grill
- Oak Tree Market
- Painted Boat Resort
- Pier 17
- Pender Harbour Golf Course
- Royal LePage Sussex Realty
- Roberts Creek General Store
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CONTRIBUTORS

This month we thank: Haida Bolton, Elise Dolan, Frank Mauro, Amber McMillan, Shane McCune, David Pearson and Jan Watson.

Cover: The mermaid on the rock at Painted Boat Resort. It was installed in the late 1980s when the resort was still named Lowes. (Brian Lee)

ADVERTISING

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The *Harbour Spiel* can be mailed to your home for \$60 per year (includes GST).

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NOVEMBER ISSUE: Dec. 1

editorial

The art of the swindle

Brian Lee



Technology has provided the second oldest profession — scamming — with an arsenal of new and increasingly sophisticated tricks.

But despite the many ways you can be targeted online, creeps still seem to favour that dusty relic, the telephone.

Last month Sunshine Coast RCMP reported that a Coast resident received a phone call from a person claiming to be from the Canada Revenue Agency.

The person on the line claimed the resident owed the CRA thousands of dollars, threatening arrest if payment wasn't received immediately.

Despite the scammer's request to pay the amount in iTunes gift cards (by sending a photograph of the cards' PIN information on the back of the card), the resident complied.

The victim finally twigged that something was off when the caller demanded more money after payment.

A couple months back, a Madeira Park shop owner told me about a distraught customer who came into his store looking for iTunes gift cards for this very same reason.

In this case, the owner of the store pointed out it was likely a scam and thwarted the transaction.

So far in 2016, the Canadian Anti-Fraud Centre reports 46 complaints from scams requiring payment with iTunes gift cards (with the majority purporting to be the CRA).

Losses are in excess of \$85,000.

Then, last month, police in Mumbai, India arrested 70 people involved in CRA and IRS scams.

The Better Business Bureau reported that between Oct. 3 to 9, the CAFC received 358 complaints about this scam.

The week following the bust in Mumbai, that number dropped to 25.

To protect yourself, the CAFC asks you to consider “why the CRA would be asking for payment through an iTunes gift card... when they already have you on file as a taxpayer.”

This story might lead some youngsters to think seniors are the primary targets of the modern scam and they would never fall for such an obvious ruse.

Wrong.

A recent BBB study found 69 per cent of online scam victims are under 45 — and millennials are more likely to get conned than baby boomers.

This past fall, the BBB issued a warning to university students about scams specifically targeting them with online shopping deals or fake roommate or rental scams.

A CBC story on the subject found it might be due to an “optimism bias.”

The story points out that younger and better educated people don't share the older generations' fear of technology and imagine they are invulnerable — which makes them vulnerable.

A few years ago, I was taken for over \$100 by scammers claiming to be from a U.S. domain name registry.

They claimed the rights to my *harbourspiel.com* had expired and I had to renew it or lose it.

It seemed legitimate, so I paid up.

It turned out it was a scam or at least protection that I didn't need.

After that I was on scam alert but still came close to following the payment instructions in an email from “Apple” for services I subscribe to.

It duplicated Apple's correspondence in every way except one — the address in the header was in Belgium, not their headquarters in Cupertino, CA.

The variety of scams are endless and they keep changing so, when in doubt, hold off payment until you check with the BBB at www.bbb.org.

spiel picks

AREA A OFFICAL COMMUNITY PLAN INFORMATION SESSION: Saturday, Nov. 12, 1-4 p.m.

A draft of the Egmont and Pender Harbour OCP is available at the SCRD offices and online at: www.scrd.ca/egmont-penderharbour. Check it over and come prepared to ask questions and learn more about the results of more than a year's worth of discussion, research and planning. At the Pender Harbour Community Hall.

PENDER HARBOUR MUSIC SOCIETY MUSICAL MEMORIES COLLECTION DAY: Saturday, Nov. 12, 1-3 p.m.

While dropping by the Area OCP information session, drop off any items of historical interest you might have related to local music or the early days of the Pender Harbour Music Society. Volunteers will scan your documents or photos and return them to you the same day as they try to create an archive of musical memories from the area.

SAVE THE MOUNTAIN GRIND: Wednesday, Nov. 16, 7 p.m.

The fun-filled Mountain Grind is in jeopardy. Those interested in a 2017 and potentially ongoing Mountain Grind are invited to meet at the Pender Harbour School of Music in Madeira Park, at 7 p.m. on Wednesday, Nov. 16 to discuss the organization of the Mountain Grind. This meeting is sponsored by the Pender Harbour Advisory Council. For more information visit www.penderharbouradvisorycouncil.com.

CHRISTMAS COMES TO PENDER HARBOUR: Friday, Nov. 25, 5 p.m.

It's becoming an annual event to kick off the Christmas season in Pender Harbour. Starting at 5 p.m. is a Community Dinner at the Pender Harbour Community Hall (by donation) for the whole family. Proceeds will support the new meal program at the P. H. Community Club youth activity events (held on the last two Fridays of each month).

At 6 p.m. there will be a lighting of the lights ceremony outside the hall with some carol singing before heading back into the hall for a classic family Christmas movie.

This event is co-organized by the Pender Harbour Community Club and the Pender Harbour and Area Chamber of Commerce.

PHSS PARENT-TEACHER INTERVIEWS: Wednesday, Nov. 30 and Thursday, Dec. 1, 2 p.m.

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Draft Area A OCP available for review ahead of Nov. 12 info session

After more than a year of work by the 15-member advisory group, the Sunshine Coast Regional District has released a draft copy of the Area A official community plan.

The Area A OCP draft is now available for review at the SCRD office at 1975 Field Road or online at www.scrd.ca/egmont-penderharbour.

On Saturday, Nov. 12 the SCRD will host a public information session for residents to learn about and to provide feedback on the document before it proceeds to adoption by the SCRD Board in 2017.

That information session will take place at the P. H. Community Hall between 1 and 4 p.m.

The information session will not provide a formal presentation but an opportunity to review displays of the

document and to meet SCRD planning staff and members of the local advisory group who helped update the plan.

The draft plan is a large and detailed document so the SCRD is encouraging members of the public to review it ahead of the information session.

For more information, contact the SCRD planning and development division at planning.department@scrd.ca or (604) 885-6804.

From the introduction of the AREA OCP (draft):

“Official Community Plans (OCPs) are described in the Local Government Act and must contain a number of goals, objectives and policies pertaining to community planning and development.

“An OCP is a high-level document which guides decision-making on land use, water and sewer service, road development, parks and use of Crown land.

“Ultimately an OCP forms recommendations for land use and zoning but is not to be used as zoning bylaw.

“An OCP also provides specific detail on the development of sensitive properties in the development permit areas chapter.

“Development permit areas are in place for a variety of reasons, including environmental protection and geotechnical safety.”

The first OCP for Egmont and Pender Harbour was adopted in 1998 and has remained in place to the present, though it has undergone a number of amendments.

Future of Pender Harbour Jazz Festival in jeopardy

Volunteer burnout has been given as the reason there may not be a 21st running of the annual Pender Harbour Jazz Festival in 2017.

Artistic director and co-ordinator of the PHJF Carole Rubin told the *Harbour Spiel* that after nine years at the helm, she is “just plain, old tired.”

The PHJF is organized by a core committee affiliated with the Pender Harbour Music Society.

Rubin said there are plenty of volunteers willing to help during the festival but her organizing committee has dwindled from seven to five.

And even with changes implemented this year to lessen their workload — such as putting the booking responsibilities for the private venue concerts back onto the venues themselves — it still wasn’t enough.

Rubin said the music society board has vowed that “there will al-

ways be jazz in Pender Harbour,” and has confirmed their 2017/2018 monthly concert series will feature a jazz concert on the third weekend of September — the same weekend the festival is usually held — Sept. 15-17.

But that’s only if a new artistic director and committee don’t step up in the meantime.

Rubin said much of the work,

including a template document outlining what needs to be done to organize the festival, is already in place but she added that if there’s to be any hope for a 2017 festival, a new committee will have to be formed soon.

Expressions of interest for future festival organization can be sent to the P. H. Music Society at Box 95, Madeira Park, BC, V0N 2H0.

						
12874 Madeira Park Rd. 604-883-9525 royallepagesussex.com						
 Patti Gaudet 604-741-8413	 Carly Gooldrup 604-740-7512	 Bill Hunsche 604-740-1411	 Teresa Sladey 604-740-7535	 Mary Mackay 604-883-9525	 Dave Milligan 604-885-5414	 Carol Reid 604-740-6188

17th fungi and fibre symposium brings the world to Pender Harbour

It was a whirlwind week of mushrooms and adventure last month when 122 mushroom and fibre arts enthusiasts landed in Pender Harbour for the 17th International Fungi and Fibre symposium.

It was the first time the event was held in Canada.

To kick off the symposium on Oct. 17, participants were treated to a traditional Shíshálh salmon feast and entertainment at the Sechelt Indian Band longhouse.

After that, the focus turned to mushrooms — tending dyepots on the

legion patio or a variety of workshops on mushroom identification, mushroom colour chemistry, surviving in the wilderness and choosing lichens suitable for dyeing.

Workshop participants produced a variety of art pieces including cedar-bark baskets, felted or dyed scarves, jewelry made with turkeytail fungus, and needle-felted mushrooms.

Mushroom forays on local forest trails helped fill in each day until dinner, when all gathered to sample local cuisine courtesy of Emelle's Catering, Mama's Japanese Kitchen and the vol-

unteers at the Royal Canadian Legion.

Speakers and entertainment followed dinner each evening with the location for the 2018 symposium announced on the final evening.

In two years, Oslo, Norway will welcome the participants who departed Pender Harbour on Oct. 23.

"Everyone left with smiles on their faces," said organizer Ann Harmer.

"They enjoyed every minute of their stay in Pender Harbour and look forward to getting together again in two years time."



Rakel Englund hauled these mushroom-dyed reindeer hides and fish skins all the way from Sweden for the symposium.



A variety of pottery, all sourcing mushrooms for their hues, was on display at the Painted Boat.



Brian Lee photos

At the exhibit at Painted Boat Resort, participants showed off a remarkable variety of items they made using dye from mushrooms. Lise Madsen from Denmark crocheted this shoulder wrap.

Local poet's elegy to friend nominated for Governor General award

Halfmoon Bay poet Joe Denham made the five-book short list for the Governor General's Literary Award in the poetry category with his 2015 collection, *Regeneration Machine*.

But when the winners were announced Oct. 25, poet Steven Heighon took the top honours — and \$25,000 — for his collection, *The Waking Comes Late*.

Denham received \$1,000 for making the short list.

Founded in 1936, the Governor General's Literary Award honours the best in Canadian literature, with seven different categories for both English- and French-language authors.

Regeneration Machine is Denham's third poetry collection published by Gibsons-based Nightwood Editions.

It's a 100-stanza, 9,000-word letter-in-verse written to the ghost of Nevin Sample, Denham's friend and Madeira Park resident who took his own life.

From the book's back cover:

"Twenty years ago Nevin Sample walked into a small bank in Deep Cove, robbed a teller at gunpoint and fled into the forest of Cates Park.

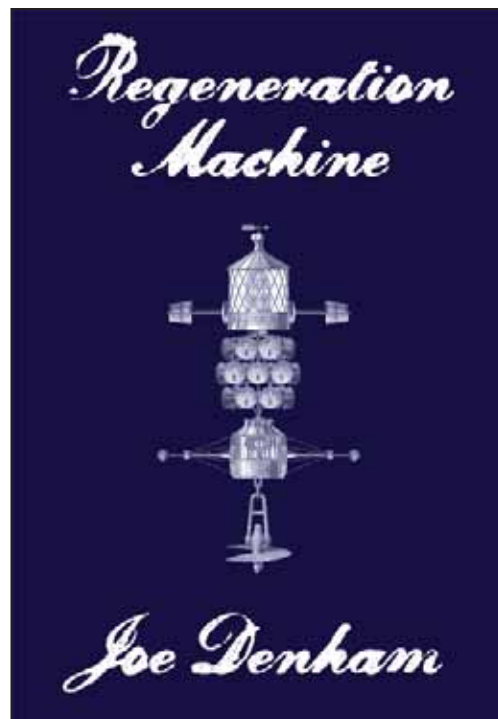
"After a lengthy pursuit, he hid behind a stump at the edge of a small clearing.

"The police called to him. He raised the gun to his head and pulled the trigger.

"Nevin had a magnetism, an understated complexity: there were those who loved him, resented him, found him gregarious. To Joe Denham, he was an old, close friend."

Earlier this year, *Regeneration Machine* won the Canadian Authors Association award for poetry.

From the Canadian Author's Association description of the book:



Nightwood Editions

Joe Denham and the cover of his 2015 poetry collection *Regeneration Machine*, a finalist in the Governor General's Literary Award (poetry category).

"*Regeneration Machine* is a wave-like poem of impressive integrity, at times muscular and searing, at times delicate and tender.

"It possesses that rare quality of reading as if its poet either had to write it or else sink into utter despair at the loss of his faith in the human spirit's capacity to withstand the ravages our exploited planet continues to endure."

Denham's two other poetry collections are *Flux* (2003) and *Wind-*

storm (2009) and in 2011 Nightwood Editions also published his novel *The Year of Broken Glass* (2011).

His work has appeared in numerous magazines and anthologies including *Breathing Fire 2: Canada's New Poets* (2004).

Denham is currently at work on a sequel to *Windstorm*, and is preparing to release his first album of songs, *Lost at Sea*, in the spring of 2017.

He lives with his wife and two children in Halfmoon Bay, BC.

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Maribeth Haines tackles role of SD46 student trustee

Local Pender Harbour Secondary Grade 12 student Maribeth Haines has taken on the role of student trustee on the board of School District 46.

Haines was sworn in Oct. 12 at the regular meeting of the board in Gibsons.

"I would like to thank my mentors, teachers, Patrick Bocking and all the students from the district student leadership team for supporting and nominating me to be the new student trustee," said Haines in a SD46 statement.

"It is a great honour and I am excited for what this year will bring."

Haines has been a student in the Sunshine Coast School District since kindergarten, attending Halfmoon Bay Elementary, Madeira Park Elementary School and, now, Pender Harbour Secondary School.

Her interests include performing arts (piano, saxophone and clarinet), written arts, volunteering in the community, reading and sports.

Haines plays on PHSS soccer and basketball teams and hopes to pursue a teaching degree.

Haines role as student trustee is supported by a district student leadership team, which includes students from all Sunshine Coast high schools.

From the SD46 statement:

"This team will help the student trustee to understand issues that are relevant and important to our student

body and to provide a venue for student discussion and support."

Haines is joined on the DSLT by fellow PHSS student Julian Chiasson, Pearl Deasey and Miya Wells (Chatelech Secondary School), Shelly Paulus and Claire Sheehy (Elphinstone Secondary School) and Liam Bjaanes and Zoey Waterston (Sunshine Coast Alternative School).

The team meets monthly with SD46 superintendent Patrick Bocking.

"Our most sincere consultation efforts do not always reach the heart of the students' daily interaction with education," said the district.

"Direct student input will add depth and perspective to board discussions as the district ensures excellence in education for all of our students."



S.D. 46

PHSS grade 12 student Maribeth Haines was recently sworn in as student trustee on the board of School District No. 46. As student trustee, Haines will be a functioning board member representing all students in the district.



S.D. 46

2016 School District No. 46 board, (l-r): Greg Russell, Pammila Ruth, Betty Baxter, Maribeth Haines, Lori Pratt, Christine Younghusband, Dave Mewhort (missing: Lori Dixon).

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Local DFO community adviser Grant McBain retires

Fisheries biologist Grant McBain claims he was the lone federal employee on the Sunshine Coast but as of Oct. 31, he might also be the last.

The Garden Bay resident retired after 36 years working for the federal government (since 1980).

Since 1984 he's worked on the Sunshine Coast for the Department of Fisheries and Oceans as "community adviser."

For most of that time he has been in charge of overseeing fisheries enhancement, including leading the endangered Sakinaw sockeye salmon recovery project.

Some of his other ongoing projects include assisting with the Sechelt Indian Band hatchery, Chapman Creek Hatchery and the Sunshine Coast Salmonid Society, Powell River

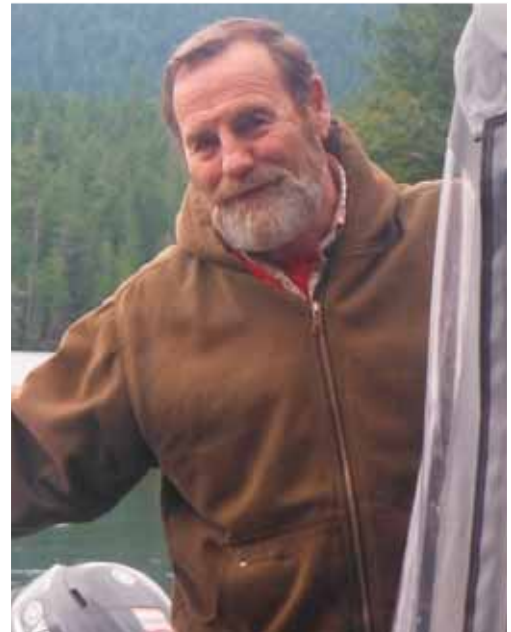
Salmon Enhancement Society and the Sliammon First Nation.

In addition to these projects McBain has overseen or consulted on a variety of marine and freshwater habitat enhancement projects.

His retirement leaves questions about who will take over many of the projects he oversaw during his past 32 years managing a territory that stretches between Howe Sound and Desolation Sound.

"It would be nice if I actually knew who is going to come over and take up my files and projects but they're still waiting to decide that one," McBain told the *Harbour Spiel*.

A DFO spokesperson was not able by deadline on a late request for comment regarding what is planned after McBain's departure.



submitted

Garden Bay's Grant McBain recently retired after 36 years working for the Department of Fisheries and Oceans Canada

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FORTUNATE AT CHRISTMAS AND THROUGHOUT THE YEAR.



Email Brian at: shoploco@harbourspiel.com

or call (604) 883-0770 for information on listing list your event, organization or business.

THEFT

Sometime during mid- to late-September, a thief stole two paddle boards stored at a residence in the 5100 block of Wilkinson Road, Madeira Park.

The stolen paddle boards are 12 feet long, plastic Imagine Eco brand.

One is red and one is white and both have sealed hatches at each end.

Anyone with any information about this theft is asked to contact RCMP, reference file 16-6372.

MULTIPLE THEFTS IN HALFMOON BAY

After a rash of thefts and break-ins in Halfmoon Bay, Sunshine Coast RCMP have identified the suspects involved and recovered a large amount of stolen property.

Between Oct. 12 and 17, numerous thefts were reported to police, all occurring within the general area between Southwood Road and Northwood Road.

At least one residence was broken into, cars were rummaged through, and items such as bicycles and power equipment were stolen out of backyards.

After RCMP went door-to-door in the area, two suspect descriptions emerged.

A large amount of stolen property was subsequently recovered, and police are in the process of determining who the owners are of all of the items, so that their property can be returned to them.

Because no charges have been laid, the suspects cannot be identified, although police have confirmed that two females were involved.

Anyone with information should call Sunshine Coast RCMP at (604) 885-2266, or Crimestoppers, at 1-800-222-TIPS (8477).

Police will be contacting the

owners of the recovered property over the next week, and ask anyone in the area who has not yet reported a theft to do so immediately.

SCAM

On Sept. 21, a Coast resident reported a possible scam after answering a job offer email appearing to be from a legitimate overseas company.

The job was as a collection agent for delinquent accounts in Canada and would require the resident to deposit funds received from the delinquent accounts into his own account, keep a portion as his commission, and remit the remaining funds to the company.

The emails directed the resident to an authentic looking website to try to convince the resident of the company's legitimacy but the resident grew suspicious and did not give up any personal or financial information.

The scammers were using a legitimate company name but had created a fake website as part of their scam.

The job offer is a variation on the overpayment scam.

To learn more about this and other popular scams, please visit sites such as the Canadian Anti-Fraud Centre at www.antifraudcentre-centre-antifraude.ca or the Better Business Bureau at www.bbb.org.

COLLISION

During the morning of Oct. 23, Sunshine Coast emergency services attended a two-vehicle collision at the intersection of Garden Bay Road and Irvine's Landing Road.

The driver of one vehicle did not see the stop sign on Irvine's Landing Road until it was too late, and collided with another vehicle driving on Garden Bay Road.

One driver was taken to hospital but no one was seriously injured.

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Louise McKay

AUGUST 6, 1956 — OCTOBER 3, 2016



Lousie McKay peacefully passed away on Oct. 3 with her loving husband by her side.

She will be missed by her husband Joseph McKay, her step-grandson Taylor (Aurora) and her best doggy-friend Nikki.

She was a good friend to many

in the Madeira area.

Her sister Jocelyne felt very privileged to have shared her final months with her here in the community she loved so much.

Her brothers Richard and Danny enjoyed sharing her last birthday with her on Aug. 6.

She also leaves behind five other step-grandchildren and several great grandchildren.

She will be grieved by several nieces, nephews, great-nieces/-nephews as well as many cousins in Ontario.

Louise gave freely of her time as well as her expertise as an accomplished accountant to help as many people as she could.

She was involved in golf, boating (Dragon and recreational) and she loved knitting, sewing and cooking.

She and Joe shared many trips as a couple as well as with friends.

The family offers heartfelt thanks to Dr. Bruce Robinson and Dr. Sara Wadge for compassionate care above and beyond the call of duty.

Her desire to spend her final time at home would have been difficult to fulfil without the great care she received from the fantastic team of nurses at the Pender Harbour Health Centre.

A very special thank you to her regular nurses Jen and Heather as well as Leslie, Sue Elise and all the others who were such a comfort to her caregivers Joe and Jocelyne.

As per Louise's wishes there will be no service.

In lieu of flowers donations to the P. H. Health Centre would be greatly appreciated.

Kathleen Elaine Poulsen

MARCH 25, 1947 — SEPTEMBER 1, 2016



Kathleen Elaine Poulsen was born March 25, 1947 and passed away peacefully at home in Madeira Park on Sept. 1, 2016.

It is with great sadness that her family announces the passing of loving wife, mother, grandmother and friend, Kitty Poulsen (née Perchall).

She will be greatly missed by her loving husband Mike, mother Emily, sisters Ruth, Jo-ann, Karen and Sandra, brother Terry, daughters Tracy Collingridge and Jen Perchall, sons-in-law Jeff and Cheney and granddaughters Kenzie, Julia, Jayla and Sophia.

Kitty loved boating, RVing to Mexico, her garden, her home in Madeira Park and, most importantly, her family.

Her kind heart, incredible sense

of humour and love for life was infectious, making her loved and now missed by so many.

Not a day will pass when her laughter will not be heard, her smile not seen and her love not felt.

Kitty will forever be remembered for her strength, her courage, and for being the amazing woman we were so blessed to have in our lives.

She may have left this life but her life will forever be remembered in our hearts.

The family thanks Dr. Smith, the community nurses at P. H. Health Centre and dear family friend, Brenda Shantz.

fixed link feasibility study



Powell River Road Link

Powell River to Squamish - 200 km
Powell River to Horseshoe Bay - 250 km (Travel time ~3.0 hrs)

Langdale Road Link

Port Mellon to Squamish - 58 km
Langdale to Horseshoe Bay - 105 km (Travel time ~90 mins)

Langdale Bridge Link (via Anvil Island)

Brunswick Point to intersect with Langdale Road Link - 10 km
Langdale to Horseshoe Bay - 50 km (Travel time ~40 mins)

Powell River Bridge Link (via Nelson Island)

Earls Cove to Saltery Bay - 19 km (Travel time ~15 mins)

Existing BC Ferries (Routes 3 + 7)

Horseshoe Bay to / from Langdale (Travel time ~80 mins)
Horseshoe Bay to / from Powell River (Travel time ~4.5 hrs)

LANGDALE ROAD LINK

Port Mellon to Squamish (58km)
45 minutes @ 80 km/h

Langdale to Horseshoe Bay (105km)
90 minutes @ 80 km/h

Retains existing BC Ferries service to Powell River but eliminates Langdale.

CONSTRUCTION HIGHLIGHTS

- Two-lane highway, with passing lanes
- Approximately 5 km of bridges for creek and gully crossings (not shown)
- Contingency added for acid rock and slope stabilization
- Contingency added for 'wire mesh' retaining walls and/or short tunnels

TOTAL PROJECT COST

Approximately \$1.5 - \$2 billion

LANGDALE BRIDGE LINK

Brunswick Pt. to Langdale Rd. (10km)
8 minutes @ 80 km/h

Langdale to Horseshoe Bay (50km)
40 minutes @ 80 km/h

Retains existing BC Ferries service to Powell River but eliminates Langdale.

CONSTRUCTION HIGHLIGHTS:

- Two-lane highway, with passing lanes
- New interchange at Highway 99
- Bridge (Highway 99 to Anvil Island)
 - 1.5 km clear span suspension bridge
 - 60m vert. navigational clearance
 - 200m deep channel
- Highway construction on Anvil Island
- Bridge (Anvil Island to Sunshine Coast)
 - 1.5km clear span suspension bridge
 - 60m vertical navigational clearance
 - 190m deep channel
- Highway construction to Port Mellon

TOTAL PROJECT COST

\$2 - \$2.5 billion

POWELL RIVER BRIDGE LINK

Earls Cove to Saltery Bay (19km)
Travel time: 15 minutes @ 80 km/h

Retains existing BC Ferries service to Langdale but eliminates Powell River.

CONSTRUCTION HIGHLIGHTS:

- Two-lane highway, with passing lanes
- Bridge (Earls Cove to Nelson Island)
 - 1.5km clear span suspension bridge
 - 30m vertical navigational clearance
 - 170m deep channel
- Highway construction on Nelson Island
- Bridge (Nelson Island to Ahlstrom Pt.)
 - 2km clear span suspension bridge
 - 50m vertical navigational clearance
 - 500m deep channel
- Highway construction to Saltery Bay

TOTAL PROJECT COST

Approximately \$1.5 - \$2 billion

The above is taken from Ministry of Transportation and Infrastructure display information presented at five open houses held between Oct. 18 and 27 in West Vancouver, Squamish, Gibsons, Sechelt and Powell River. Note: Detailed information is also available for the 200-kilometre Squamish to Powell River Road route (estimated to cost \$2.5 to \$3 billion) but it was not included here because of space considerations and the editor thinks that route is dumb.

UBCM, OCP and bad doggies



*Frank Mauro,
Area A Director*

UNION OF BC MUNICIPALITIES CONFERENCE

All SCRD directors attended the Union of BC Municipalities conference in Victoria from Sept. 26 to 30.

This year, the SCRD sponsored three resolutions:

1. Urging the provincial government to prioritize the construction of bicycle lanes within regional districts;
2. Requesting the implementation of all the policy actions recommended by the province's climate leadership team, and
3. Urging reinstatement of fund-

ing to the post-secondary system for adult basic education programs.

All three resolutions were adopted by the assembly.

We also met with provincial cabinet ministers and staff on a range of topics including the Chapman Lake water supply expansion project and updates on all water initiatives, BC Ferries service levels, Multi-Material BC program funding, the transit funding model, accountability for septic approval standards, support for the construction of bicycle lanes and walking paths, the Pender Harbour dock management plan, marijuana regulations and support for community programs for seniors.

I can report that the ministers we met with and their staff were notice-

ably more receptive and engaging than at UBCM in other years.

The SCRD has already received positive responses on some of the issues we presented.

DOG CONTROL

In this column in the July edition of the *Spiel* I wrote that there was no SCRD dog control in Area A and what should be done to report dangerous dogs to the RCMP.

I reported that I had received some, but not many complaints about dogs.

Since an alternate approval process on dog control previously failed in the area I was interested in hearing from residents by email either for or against going forward with dog con-

SUNSHINE COAST REGIONAL DISTRICT



UPCOMING MEETINGS

Planning and Community Development Services Committee

November 10 at 9:30 a.m.

Regular Board

November 10 at 1:30 p.m.

Infrastructure Services Committee

November 17 at 9:30 a.m.

Corporate and Administrative Services Committee

November 24 at 9:30 a.m.

Regular Board

November 24 at 1:30 p.m.

Meetings are held at **1975
Field Road**, Sechelt.

Agendas are available at
www.scrd.ca/Agendas-2016.

Egmont/Pender Harbour Official Community Plan Information Session

Please join us on Saturday,
November 12! For more
information:

www.scrd.ca/egmont-penderharbour

Pender Harbour Transfer Station

The Pender Harbour Transfer Station is located at 5545 Garden Bay Road. For a list of accepted materials and tipping fees visit: www.scrd.ca/Tip-Fees.

Winter Operating Hours:

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Wednesday to Saturday 8:30 a.m. to 4:30 p.m.

Sunday CLOSED

Pender Harbour Satellite Office

12828 Lagoon Road, Madeira Park, BC V0N 2H1

604-885-6877 infrastructure@scrd.ca

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

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Area A Director: Frank Mauro
frank.mauro@scrd.ca
604-740-1451



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trol and that I would report back in a couple of months.

I can now report that I received four emails in response.

Two strongly supported the introduction of dog control, one supported it but not strongly and one posed a question regarding Sechelt Indian Government District lands which do have SCRD dog control.

Since the response was not great, I would be reluctant to move forward with another AAP to introduce dog control at this time.

If anyone would like more information or to have me email the content of the previous article please let me know.

AREA A OCP REVIEW

The local official community plan committee, made up of members from throughout our community, has been working diligently with SCRD staff for about a year to revise the Area A OCP.

The draft is ready to be released and the public is invited to learn about the plan and to provide feedback.

An information session will be held at the community hall in Madeira Park on Saturday, Nov. 12 between 1 and 4 p.m.

Everyone is encouraged to drop by between those times for a great opportunity to meet SCRD planning staff and members of the advisory group who have been working together to create a new vision and an updated plan for the area.

This is the best time to provide your comments to be considered for inclusion in the plan and to have your questions answered.

A copy of the revised OCP can be picked up from the SCRD office or online at www.scrd.ca/egmont-penderharbour.

To make efficient use of your time it would be best if you review the document ahead of the information session.

Subsequent to this session the revised document will proceed to the public hearing stage and then towards adoption by the SCRD Board in 2017.

For more information, please contact the SCRD planning and development division by email at planning.department@scrd.ca or by phone at (604) 885-6804.

CONTACT

I can be contacted at (604) 740-1451 or by email at Frank.Mauro@scrd.ca.

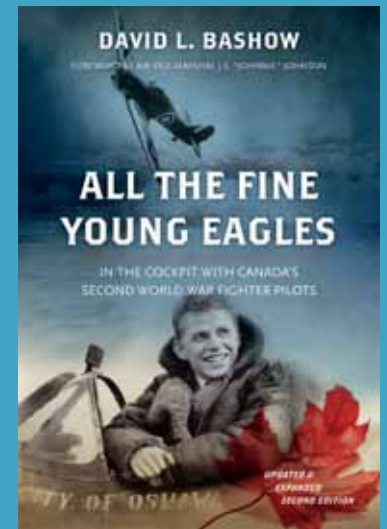
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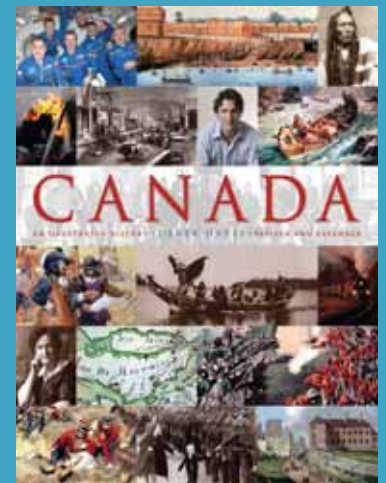


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Special book excerpt: Amber McMillan's *The Woods*

by Amber McMillan

Excerpted from The Woods: A Year on Protection Island (Nightwood Editions)

CHAPTER 2

When we arrived at the Nanaimo airport, 4,000 kilometres from Toronto, we had two suitcases full of clothing and books, a single box of memorabilia and a stack of paintings we'd collected, protected on the outside by black garbage bags and wrapped up with duct tape.

The new house we had rented on the island came furnished so we didn't need to bring anything more, nor did we want to.

We saw my mother waiting for us in the arrivals gate as we came off the plane, her eyes searching and her smile uncontainable.

She had made the one-hour drive up from Victoria to meet us and help us get ourselves and our belongings to our new rental on the island.

The sky was cloudless and blue and the spring sun injected everything with vibrant colour.

The trees were greener, birds soared above us, and the water radiated light.

We stopped at Thrifty's, the downtown supermarket, to pick up groceries for a few meals before catching the ferry to Protection Island.

Mum parked her car and we

carried our bags of groceries, our boxes and suitcases, and Lily across the Island Highway and down to the harbour.

From there we followed the signs that led us down a set of stairs and a ramp toward the Protection Island passenger ferry at the dock.

Attached to a blue and white converted lifeboat was a wooden board with plain, painted letters that read:

Ferry schedule (May–October), \$9 round trip for adults, \$6 for children. Extra: Bikes \$5, Dogs \$2.

Attached to its top was another rectangular wooden sign that read Protection Connection painted in large, red letters.

I checked my pockets for change, but came up empty.

In the back pocket of my jeans I found a Toronto Transit transfer pass, expired by a day.

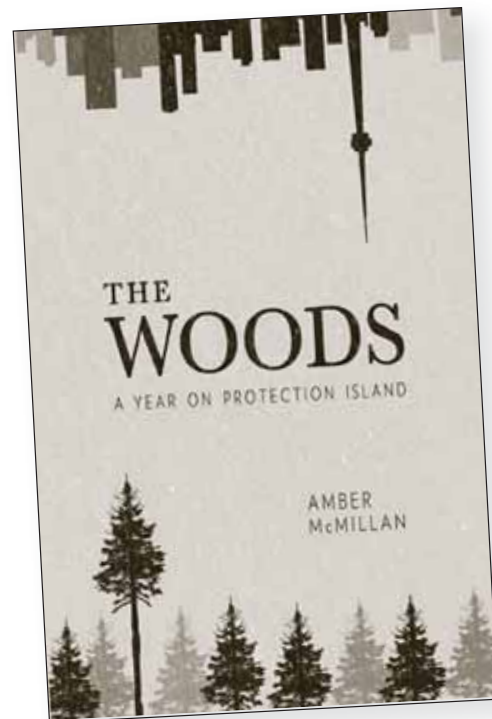
"Do you think they take credit cards," I said to my mum who was standing next to me reading the same sign.

"I hope so. They should, anyway. Let me see if I have any cash, hold on."

She pulled open the flap of her purse.

"Cash only," said a man, positioning two large boxes on the bench next to us near the edge of the dock.

The small box had a picture of a toaster on the side and the large one



showed a black and white drawing of a printer.

The man was tall with short greying hair and pale blue eyes.

He wore light-coloured jeans and a buttoned-up white shirt with the sleeves rolled up to the elbow.

He looked like he'd walked out of an ad for a sailboat.

"And it helps if you have exact change."

"Okay, thanks," I replied, and began unzipping one of our suitcases to locate the purse I had stuffed in it earlier that day.

I was moving quickly. The ferry was scheduled to depart for the island shortly.

"There's a bank machine over there," he continued, pointing to the other end of the dock, next to a water fountain.

"Thanks again," I said and checked the time.

I had about five minutes to get to the cash machine and back before the ferry left.



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"Mum, how about you take this box onto the ferry and sit down. I'll run up to the machine and be right back."

"Oh, no," said the man, grinning and rearranging his boxes on the bench so they wouldn't tumble.

"This boat here is just the waiting room. The ferry isn't here yet. You guys visiting friends on the island?" he asked.

"In fact, we're moving there. Right now, today," I said and smiled.

"Oh!" he said, resting his arm on top of his boxes.

"Well, welcome then. Where are you coming from?"

"Toronto," I said, aware of how surprising that probably sounded.

"Back east, I see. From Toronto to Protection Island. I think it's safe to say you guys are the first I've ever heard of doing that," he said, smiling.

"It'll be a big change," said my mum, still looking through her purse.

"I'm Jim," said the man.

"If you need a hand with your stuff on the other side, I can give you a ride. I've got a golf cart over there to get around," he offered and shook my mother's hand, then mine.

"Terrific. Thank you very much. We don't have a lot of stuff to carry, but we'd really appreciate the lift."

I looked over at Mum and she smiled.

Mum took Lily's hand and they found a seat in the waiting room.

Lily couldn't stop asking questions:

Where are we on a map though?

Is this waiting room boat a real boat? Are there sharks under the water here? What if we sink? Are we almost there?

I checked the time again. Four minutes.

I positioned the suitcases against

the bench and jogged down the dock and up the ramp toward the cash machine. There was no lineup.

When I came back down the ramp a minute or so later, I could see the ferry boat pulling in next to the waiting-room boat and tying up to it.

Ten or so people exited the boat, walked through the "waiting room" and out onto the dock.

I ran down the dock to catch up to Nate, Lily and my mum, who had already started organizing the boxes and talking with the ferry skipper.

We handed boxes down to the skipper on the ferry, who placed them along the boat's deck.

Next we loaded Lily onto the boat, then Mum, Nate and I joined her.

We squished into one corner to leave as much room as we could for others getting on the boat, but we quickly saw that our stuff and our bodies were taking up more than our fair share of space.

Thankfully, the ferry skipper was sympathetic to our situation.

"It's better to do it this way," he said to us.

"My name's Rob. I'll be your skipper most mornings."

"Nice to meet you," I said. I noticed his skin was already dark from spending most days outside on the ferry.

The hair on his arms and legs was bleached by the sun.

"You wouldn't want to pay for a barge to get your things to the island. It's mighty expensive."

The ride was short but chaotic. Lily kept standing up and leaning off the side of the boat, our boxes were shifting beneath us and Bernie Mac was meowing loudly from his cage.

The water was bright and blue and the closer we got, the more I could see of the island.

Tall trees were packed into its corners and sailboats were cozied along the shore.

I had been travelling all day but I was wide awake and excited.

I felt disbelief that we'd actually managed to do what we'd done to get here, and I felt gratitude that the island we'd picked sight-unseen from Toronto appeared to be everything I imagined it to be.

Within minutes we were docking again and taking the first steps into our new life.

The Woods: A year on Protection Island

Amber McMillan

Nightwood Editions

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Nightwood Editions

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Maybe you need some forest therapy

Haida Bolton

Two years ago I moved to Pender Harbour for an adventure and to support my mother as she cared for my dying father.

I moved here and lived among the natural beauty that Pender Harbour provides: forests that stretch on forever, mountains, hills, and ocean bays that curve right and left, flowing like the tides.

My adventure became more of a time for healing.

Every day I walked through the forests of emerald green giants and chirping squirrels, stopping to touch the branches; stopping to feel the babbling brooks and cascading creeks flow through my veins washing away the sadness of my life at that time.

I was on my journey through separation.

Separation from a 16-year relationship with my husband.

A time of letting go of one of the most valuable experiences of my life.

No, the most valuable.

The forest became my cathedral — my place for connection, my place for healing.

We all move through challenging times in our lives.

Life can get chaotic, even when we live in paradise.

Creating calm, joy and a better connection to ourselves and others is a challenge.

Last year I learned about Shinrin Yoku, as they call it in Japan, or forest therapy, as they call it here in North America.

Described as a “slow mindful walk engaging with the forest with all of our senses in very healing and therapeutic ways,” I realized I had been pulling therapy from the forest



submitted

Haida Bolton taking some therapy from the forest.

all my life but never understood the science behind it.

Scientists in Japan have studied the effects of forest therapy on human health since the 1980s and found it reduces blood pressure, boosts the immune system, increases cancer fighting proteins and lowers stress hormones.

So is that why I feel so much better after sitting in the forest?

For 30 years I actively connected children with nature but last winter I decided it was time to connect adults with it too.

I wanted to be more effective at creating a happier, healthier world.

I enrolled in a forest therapy guide program in Santa Rosa, Calif.

This year, guides were trained in the U.S., Canada, Europe and New Zealand. Forest therapy is today where yoga was 30 years ago.

Starting this November, I am offering a series of three forest therapy walks, meeting at the Pender Harbour Aquatic Centre.

You can register for these walks with the SCRD or with the aquatic centre.

MADEIRA MARINA

(604) 883-2266

madeiramarine@telus.net

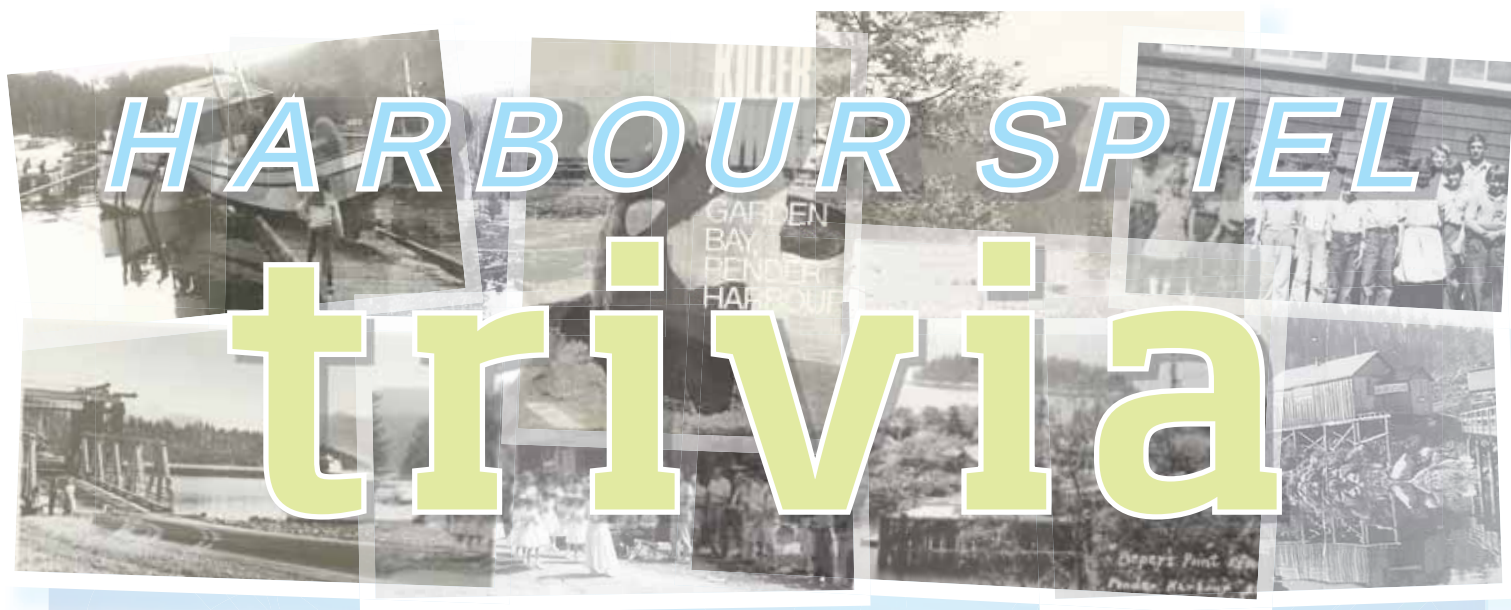
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1. Which of the following is *not* a nickname for the Marbled murrelet?

- ☐ a. Fog lark
- ☐ b. Dip chick
- ☐ c. Kiss me ass
- ☐ d. Tide rat

2. Geographical handle for the Powell River area that was adopted in 2012.

- ☐ a. Arbutus Coast
- ☐ b. Powell Riviera
- ☐ c. Sunset Coast
- ☐ d. Rainbow Coast

3. The name of the provincial park covering much of the Caren Range?

- ☐ a. Dan Bosch
- ☐ b. Spipiyus
- ☐ c. Halkett
- ☐ d. Egmont

4. What was once the biggest bash of the fall season in Pender Harbour?

- ☐ a. Pender Harbour Regatta
- ☐ b. Fishermen's Homecoming
- ☐ c. P. H. Legion Thanksgiving Meat Draw
- ☐ d. All Saints' Eve potluck

5. What block of Hwy. 101 are you in at the intersection with Egmont Road?

- ☐ a. 9000
- ☐ b. 11000
- ☐ c. 16000
- ☐ d. 20000

6. Before its current location in Sechelt, where was St. Mary's Hospital located?

- ☐ a. Garden Bay
- ☐ b. Egmont
- ☐ c. Madeira Park
- ☐ d. Kleindale

Answers: p. 42

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**



Brian Lee

The Rotary Club of Pender Harbour put on a salmon barbecue feast behind the Pender Harbour Community Hall for attendees of the recent Fungi and Fibre Symposium on Oct. 22. Rotarians pictured (l-r): Patrick Munro, Sarah Johnston, Bill Charlton, Lyn Charlton, Kerry Milligan, Glen Bonderud, Lucy Archbold, Rick Smalley, Dave Davies and Jan Smalley.

music

Music society seeks your musical memories

submitted

How long have you lived in Pender Harbour?

Somewhere in your drawers, closets, basement or garage, do you have treasures that bring back great memories of past musical events and organizations in the Harbour?

For example:

Do you have photographs or programs from the Prime Time concerts, the Harbour Lights swing band or numerous musical fundraisers organized to support the schools and health centre?

Were you active in the early days of the Pender Harbour Music Society and do you have minutes and reports?

If you do, please bring them to

November 2016

the P. H. School of Music in Madeira Park on Saturday, Nov. 12 from 1 to 3 p.m.

On that day, volunteers from the Pender Harbour Living Heritage Society will scan documents and photographs for preservation in their computer-based archives and then immediately return the originals to their owners.

If you have photos or print material that you would like to share, but are unable to attend on Nov. 12, please contact Marg at (604) 989-2813 or penderharbourmusic@gmail.com to arrange for scanning at another time.

The Pender Harbour Music Society needs your help to preserve our memories of the Harbour's long love affair with music.



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Sunshine Coast October



Artist Cary Cambell @ Harbour Artists Gallery, Madeira Park.



Gallery owner Brittany Sheppard @ Euspiria Cafe, Madeira Park.



Artist Jen Frisk @ Studio 103, Madeira Park.



Artist Yvonne Stowell @ Fibreworks Gallery, Madeira Park.



Sunshine Coast Fibreshed @ Fibreworks. l-r: Jean Pataky, Merrily Corder and Lynda Daniells.



Artist Pia Sillem @ Geopia Gallery, Earls Cove.



Barby Paulus/Fibreworks Gallery



George Connell/ Geopia Gallery



Jen Frisk/Studio 103

Art Crawl

21-23

Brian Lee photos



Artist George Connell @ Geopia Gallery, Earls Cove.



Krista Maurer/Blue Orca Studio



Artist Troch @ Laughing Hummingbird Arts, Earls Cove.



Artist Bruno Pepin @ Flying Anvil Studio, Kleindale.



Jack Gibson/Jack Gibson Gallery



Gallery manager Janet Thomas @ Motoko's Gallery, Garden Bay.



Motoko/Motoko's Gallery



Artist Krista Maurer @ Blue Orca Studio, Irvines Landing.



Artist Jack Gibson @ Jack Gibson Gallery, Garden Bay.

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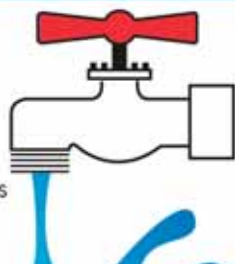
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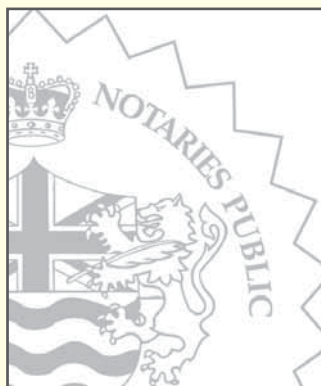
- Miss Sunny's Hair Boutique883-2715
- Steph's The Beauty Boutique.....883-0511

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- DHS Carpet Cleaning.....740-2486

COMPUTER SALES AND SERVICE

- Wet-Coast Computer/Roxanne Jerema883-1331

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

D.....

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

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- Garden Bay Marine Services883-2722

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- Doormaster741-5231

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- BG Clerx Electric.....883-2684
- L.A. Electric883-9188
- Reid Electric883-9309

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

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GARAGE DOORS AND GATES

- Doormaster741-5231

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- Andrew Curtiss Contracting.....883-2221

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

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

HARDWARE

- Rona Sunshine Coast883-9551

HOT TUBS

- SunCoast Waterworks.....885-6127

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November 2016

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- Foxglove Garden Service/ Matthew Hardisty.....741-5789
- Houston Landscapes.....(778) 888-4510

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- Coastal Law Corporation.....883-2029

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- Sladey Timber883-2435

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- Glenbrook Homes883-0234

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- Mobile Mechanic Auto and Marine (Dave).....741-2286

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- Kim's Painting and Decorating740-6177

POWER POLE & LINE SERVICE

- Midway Power Line Services885-8822

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- Coast Copy Centre (Sechelt)885-5212

PROPANE

- Superior Propane.....877-873-7467
- Tyee Pacific Marine Operations.....399-8688

PUBS

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

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- Dave Milligan, Sunshine Coast Homes.....883-9212
- Bev and John Thompson, Re/Max Oceanview740-2668
- Julie M. Hegyi, Sutton Westcoast Realty740-2164
- Royal LePage Sussex Pender Harbour883-9525

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- SunCoast Waterworks.....885-6127

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- Squirrel Storage883-2040

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- Pender Harbour Tree Service883-9166

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- Double D Trucking.....883-9771

HOME BEAUTIFICATION SERVICES

- Pressure Washing
- Window Cleaning
- Painting & Staining
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V.....

VETERINARIAN

- Madeira Park Veterinary Hospital Ltd.....883-2488

W.....

WELDING

- Jim's Welding883-1337

WELLS AND WATER PURIFICATION

- AJ Pumps & Water Management885-7867
- SunCoast Waterworks.....885-6127

WINDOW COVERINGS

- Coastal Draperies883-9450

<PONDER>

MY SISTER IS SELFISH.

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SHE WAS
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AS AN
ONLY
CHILD.



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Madeira Park Veterinary Hospital

Dr. Rick Smalley, DVM

604-883-2488

DAY AND
EMERGENCY

MONDAY-FRIDAY
9 a.m. - 5 p.m.

SATURDAY
9 a.m. - Noon

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The problem housefly

David Pearson

It's been a strange summer, bug-wise.

Most Pender Harbour folk will recognize the plague of spiders that we have had to endure.

They, and their webs, have been everywhere.

Maybe it's the lack of storms through the summer, maybe it's the overfed birds that can't be bothered cleaning up the spiders, but jeez, Linda and I are fed up with trailing long spiders' webs into the house after a brief trip to the garden.

It drives our cat Suki crazy, "Where did this come from, Dad?"

I have seen truly impressive web creations.

Some maybe 40-50 feet from the branch of my favourite tree to the rear view mirror of my favourite truck.

As a scientist and engineer I am in awe of that sort of construction ability.

It takes a huge amount of ingenuity, flying ability and construction savvy.

But at the end of the day, when

you want to get in your truck, it's a pain in the ass.

I hate killing anything, that's why I gave up fishing and have never considered hunting.

But I make an exception for hornets (thank you EpiPen), wasps and annoying flies — I am focused on them like 007, James Bond.

This year we have pretty much



THANK YOU TO ALL OF OUR SUPPORTERS!

COUNTDOWN TO PODS LAUNCH!

By 2020 we will build a learning & gathering space called the **Pender Ocean Discovery Station**. You can help support PODS by making a donation, becoming a member of the Lagoon Society, or by making a purchase at the EarthFair store!

Find out more about the Pender Ocean Discovery Station

WWW.OPENPODS.COM 

eradicated the killer species of hornets and wasps.

The EpiPen has remained in its \$100 case. So far.

However, we have one, just one, housefly who seems indestructible and is driving Linda, Suki and I to insanity.

We call him The Donald.

The Donald is the most incredible and probably most annoying creature that nature has ever bestowed upon our home.

He is the most distracting thing that has ever been in our house.

He has lived with us in the family room, watching Mansbridge on the TV, for weeks.

He is totally immune to the strongest, most direct killer fly spray.

Then we try to lure him with jam on the plate.

The Donald is immune.

And the Donald is amazingly adaptable.

Rolled-up newspapers banged on a hard surface?

Forget it, he just denies, laughs and buzzes away.

Only to return five minutes later with another annoying intrusion into our world of comforts.

I put new batteries in our ancient fly-zapper bat.

Tried it out and immediately electrocuted myself.

"Yep, seems to work."

The Donald watched me and stayed just out of volleying range until the new batteries expired.

If death is inevitable, it should be quick, with dignity I always feel.

For The Donald I was prepared to make an exception.

We discovered some of those horrible sticky ribbons at the back of a drawer in the utility room.

That worked.

It wasn't a nice ending but after weeks of bugging me while I was watching our iconic CBC news anchor, perhaps a deserved one.

A fly-sticky end seems like an appropriate conclusion for my truly annoying Donald-fly.

Meanwhile, the fall storms seem to have cleared Pender Harbour once again of the wonderful and annoying web creations.

All's well that ends well.

And to The Donald, you certainly did an excellent job of annoying us all during the fall.

November 25

Christmas comes to Pender Harbour

5pm

COMMUNITY DINNER AT THE HALL (by donation)

Bring the whole family! A classic family Christmas movie to follow the Lighting of the Lights. Proceeds will support the new meal program at the P. H. Community Club youth activity events (held on the last two Fridays of each month).

Event by the Pender Harbour Community Club

6pm

PENDER HARBOUR SPIRIT, LIGHT UP THE COMMUNITY

Christmas Carol singing and lighting of the lights to celebrate the start of the Christmas season.

Event by the Pender Harbour and Area Chamber of Commerce.



*Pender
Harbour
Spirit*

2017 Harbour Spiel Calendar Directory

Reserve
your listing
by Nov. 10

Egmont & Pender Harbour 2017

January 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 New Year's Day	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Don't wait. The time will never be just right.

HEALTH SERVICES

- P. H. & District Health Centre.....883-2764
- Pender Harbour Dental.....883-2997
- LOCAL ORGANIZATIONS
- P. H. Chamber of Commerce.....883-2561
- Pender Harbour Community Church.....883-2374
- P. H. Reading Centre/Library.....883-2983

DIAL 911 in an EMERGENCY

- INFRASTRUCTURE & GOVERNMENT SERVICES
- Pender Harbour Fire Protection District.....883-9011
- SCSO Main Office.....885-6800
- WASTE MANAGEMENT
- GRIPS Recycling Depot.....883-1165
- Pender Harbour Landfill.....883-2954

FINANCIAL INSTITUTIONS

- Sun. Coast Credit Union, P.H. Branch.....883-9531
- RECREATION
- P. H. Aquatic & Fitness Centre.....885-6866
- VETERINARIAN
- Madeira Park Veterinary Hospital.....883-2488

ACCOMMODATIONS

- Pender Harbour Resort & Marina.....883-2424

AUTO PARTS & SERVICE

- Pender Harbour Automotive & Tire.....883-3646

AUTOMOTIVE TOWING

- CA Towing.....740-1900

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- Slo-Cat Harbour Tours.....741-3796

BOAT/MARINE & REPAIR

- Madeira Marina (1980) Ltd.....883-2266

BOOKS AND GIFTS

- Earth Fair Store.....883-9006
- Harbour Publishing.....883-2730

BUILDING SUPPLIES

- Gibbons Building Supplies.....885-7121
- Coast Builders RONA.....883-9551

CARPET CLEANING

- Brighter Side Carpet Cleaning.....883-2060

CONCRETE

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

DINING

- The Cove Restaurant.....883-9414
- Emelle's Madeira Bistro.....778-487-3010
- Inlet's @ West Coast Wilderness Lodge.....883-3667
- Harbour Pizza.....883-2543
- LaVerne's Grill.....883-1333
- La Trattoria Italiana at Ruby Lake Resort.....883-2269
- Triple B's Burgers.....883-9655

ELECTRICIANS

- B.G. Clerk Electric.....883-2684
- L.A. Electric.....883-9188
- Reid Electric.....883-9309

EQUIPMENT CONTRACTORS & TRUCKING

- Andrew Curtis Contracting.....883-2221
- Double D Trucking.....741-2665
- K E R Enterprises.....883-2154

GROCERIES

- IGA Marketplace.....883-9100
- John Henry's Marina.....883-2253
- Oak Tree Market.....883-2411

HAIR/ BEAUTY STYLISTS

- Miss Sunny's Hair Boutique.....883-2715
- Steph's The Beauty Boutique.....883-0511

INSURANCE

- Harbour Insurance Agencies Ltd.....883-2794

LANDSCAPING

- Alligator Landscaping.....740-6733

LAWYERS & NOTARIES PUBLIC

- Coastal Law Corporation.....883-2029
- Tracy D. Parker Notary Public.....885-5017

LIQUOR STORES

- Madeira Park Liquor Store.....883-2737

LOGGING

- Sladey Timber.....883-2435

MACHINE SHOP

- Hugh's Tool and Die International.....741-2190

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- Dave.....741-2286

OUTDOOR SPORTS

- Off the Edge Sports.....741-0767

PHARMACY

- Marina Pharmacy.....883-2888

POWER POLE & LINE SERVICE

- Midway Power Line Service.....885-8822

PROPANE

- Superior Propane.....877-873-7467
- Tyee Pacific Marine Operations Ltd.....399-8688

PUBS

- Backeddy Pub.....883-2298
- Garden Bay Hotel.....883-2674
- Grasshopper Pub@P.H. Hotel/Marina.....883-9013

PUBLICATIONS

- Harbour Spiel.....883-0770

REAL ESTATE

- Dave Milligan, Sunshine Coast Homes.....883-9212
- John and Bev Thompson Re/Max.....883-9090
- Royal LePage Sussex Pender Harbour.....883-9525

STORAGE

- Squirrel Storage.....883-2040

TRAFFIC CONTROL

- Walk the Line Traffic Control.....865-0099

TREE SERVICE

- Proteus Tree Service.....885-8894

TRUCKING

- Johnny's Crane and Trucking.....883-2766

WATER TAXI

- High Tide Tours and Water Taxi.....883-9220

WELDING

- Jim's Welding.....883-1337

WELLS/WATER PURIFICATION/PUMPS

- Suncoast Waterworks Inc.....885-6127

1,400 copies mailed to homes
with the December issue of the Harbour Spiel.
604.883.0770 or **calendar@harbourspiel.com**



Brian Lee

This skein of what are presumably snow or Canada geese (or both) flew over the Beaver Island office of the *Harbour Spiel* last month. This photo was taken on the morning of Oct. 27 and documents just one of many seen and heard passing overhead during the previous week, all headed southeast.

harbour seals



Note your (dis)approvals.

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

A big Harbour Seal of Disapproval to the **individual(s) who pulled out, and took away, the new post with all the trail signs** in the McNeill Lake area.

And to the **others who have pulled off or shot up other trail signs**. This work was done by volunteers for the benefit of the community and visitors, so shame on you.

Maureen Wright
Pender Harbour Hikers

Mushroom hugs to **the community of Pender Harbour** for the warm welcome you showed to the international guests who attended the Fungi & Fibre Symposium.

They all fell in love with our little piece of paradise, and with good reason — what other conference attracts attendees who are grateful for rain?

Ann Harmer

A bouquet of Harbour Seals to many **friends and neighbours** who were so supportive when I had my accident in August. Especially to my dear friend of many years, **Jan Watson**, who became my saviour when she took me under her wing.

Sadly, at this time my dear husband Jim passed away and the support I have received is awesome.

Thank you for the good wishes, cards, flowers and help in driving me around.

Irda Sherman

A Harbour Seal of Approval to **everyone who came out** on Wednesday Sept. 14 to help clean GRIPS for our up and coming electronics depot.

It was a lot of work but we got it done. It looks great — couldn't have done it without you.

Anna Venalainen
GRIPS manager

Harbour Seals of Approval to the crew — **Don McLaren, Vern Lillies, Eliza Kinley, Terry Pollock and Thomas Monnier** — of the local RCMSAR vessel *Iona C*, for their heroic work to keep the *Bellissima* afloat for 90 minutes with their own and borrowed pumps until the Coast Guard vessel and local fire department arrived with more pumps.

Jack Dennis

A Harbour Seal of Approval to **all who contributed** to our annual field day Go For the Gold which was a big success.

Thank you to sponsors **IGA, Madeira Bistro, Etcetera, EarthFair, Stephanies Boutique, Oak Tree, Wendy Simmonds, Jackie Crabb, Linda Klikach, June Maynard and Glenbrook Homes**.

Kathy Needham & Pat Hallborg
P. H. Ladies Golf Club

NOVEMBER BIRTHDAYS

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

BC BESTSELLERS

For the week of Oct. 16, 2016

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 Hidden Life of Trees by Peter Wohlleben | 7. Peace Dancer by Roy Henry Vickers & Robert Budd |
| 2. Stepping Stones by Margriet Ruurs | 8. Birds of British Columbia and the Pacific Northwest by Richard Cannings, Tom Aversa & Hal Opperman |
| 3. Vancouver in the Seventies by Kate Bird | 9. Red Robinson by Robin Brunet |
| 4. Gut by Giulia Enders | 10. The Queen of the North Disaster by Colin Henthorne |
| 5. Price Paid by Bev Sellars | |
| 6. British Columbia Lullaby by P.L. McCarron & Joy Steuerwald | |

~ Association of Book Publishers of BC

NOVEMBER ASTROLOGY



SCORPIO: OCT. 24 – NOV. 22

Scorpios are highly sensitive and compassionate, with a fierce pride and determination. Until Nov. 8, Mars (your minor ruler) joins Pluto in Capricorn which delivers a newfound assertiveness. It's a positive change but one fraught with danger. Too much assertiveness can quickly make a person a jerk. Alcohol will certainly push you into this category until Nov. 11. After that, you'll go back to being a doormat... but people will like you again. You missed that.



SAGITTARIUS: OCT. 24 – NOV. 22

Sagittarians love excitement and adventure. They are easily bored but often trendsetters. They are bold and impulsive, natural explorers who thrive on change and mental stimulation. But not this month. Leading up to Christmas, you will go through a period of intense austerity. Whether it is money, dating or your diet, you will experience a profound compulsion to cut back. For the most part, this will be a positive step to a healthier you but resist this new behaviour when it comes to lottery tickets. Your numbers will come up by Nov.16 but you need to go all in.



WAR

12,000

Estimated number of First Nations soldiers that served in WWI, WWII and the Korean War.

Afghanistan

More than 40,000 Canadian Armed Forces members served in Afghanistan between 2001 and 2014.

158

Canadian soldiers killed in Afghanistan

516

Number of Canadians killed in the Korean War (1950-1953).

9,100

Number of Canadian Korean War veterans still alive (as of March 2014). Their average age is 83.

7,000

Canadians served in the Boer War (South Africa) between 1899 and 1902.

Source: Veterans Affairs Canada, Canadian War Museum, Wikipedia.com

61,000

Number of Canadians killed in WWI.

47,000

Number of Canadians killed in WWII.

12,000

Canadian deaths from gas attacks in WWI. Gas was responsible for close to a million deaths among all.

Shell shock

Doctors diagnosed almost 10,000 Canadians in WW1 with what we now know as post-traumatic stress disorder.

SKOOKUMCHUCK VIEWING TIMES

NOVEMBER

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

1. 1:13pm -M
2. 1:52pm -M
3. 2:33pm -M
4. 8:55am +XL, 3:18pm -M
5. 9:36am +XL, 4:08pm -M
6. 8:31am +XL, 4:12pm -M
7. 9:20am +XL
8. 11:03am +XL
9. 11:56am +L
10. 12:44pm +L
11. 1:20pm +L
12. 8:40am -M, 2:01pm +L
13. 9:44am -M, 2:42pm +L
14. 10:39am -M, 3:24pm +L
15. 11:30am -M, 4:07pm +L
16. 12:18pm -M
17. 1:07pm -M
18. 7:50am +XL, 2:10pm -L
19. 8:41am +XL, 3:11pm -L
20. 9:34am +XL, 4:18pm -L
21. 10:24am +XL
22. 11:14am +XL
23. 12:02pm +XL
24. 12:47pm +L
25. 8:17am -M, 1:28pm +L
26. 9:10am -M, 2:03pm +L
27. 9:55am -M, 2:36pm +M
28. 10:34am -M, 3:13pm +M
29. 11:12am -M, 3:42pm +M
30. 11:49am -M

These are estimates only and not intended for navigation.

NOVEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

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

PRECIPITATION (MERRY ISLAND)

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

ORGANIZATIONS DIRECTORY

• Chamber of Commerce, P. H. & Egmont	883-2561
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Policing.....	883-2026
• Egmont Community Club	883-1379
• 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.....	741-2646
• 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. Blues Society	741-1186
• P. H. Choir (7 p.m., Tuesday).....	883-0681
• P. H. Community Club.....	989-0720
• P. H. Community School Society	883-2826
• P. H. Garden Club	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2930
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society (dragon boating)	399-9596
• P. H. Piecemakers (quilters).....	883-2573
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-2086
• P. H. Ramblers (walkers, every Tues. a.m.).....	883-1191
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• P. H. Reading Room (library)	883-2983
• Rotary Club (noon Fri. RC Legion No.112)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society.....	883-9994
• S. C. Health Care Auxiliary (2nd Wed., 1:30 p.m.)	741-8413
• 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 Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services.....	741-5246

organizations

P. H. WOMEN'S CONNECTION

On Tuesday, Nov. 22, the P. H. Women's Connection presents HUGS, the Harbour Ukulele Group Strummers.

They're one of Pender Harbour's great music groups and will play winter and Christmas favorites while we sing and tap our toes to the music.

Plus, there will be time to socialize with friends ahead of the hectic Christmas season. This special meeting will take place at 10 a.m. at the P. H. School of Music in Madeira Park. All women in the community are welcome.

Support the P. H. Women's Connection by becoming a member. Your \$10 fee is easily recouped by a fee reduction on women's connection events and supports the work of our organization. For more information about membership, contact Joyce at (604) 883-9449.

PENDER HARBOUR GARDEN CLUB

The Pender Harbour Garden Club will be meeting on Monday, Nov. 14 and on Monday, Dec. 5, at 1 p.m. in the P. H. School of Music. Please see our website, www.phgardenclub.ca, for more details.

Everyone welcome. There's a \$5 drop-in fee which includes coffee/tea and goodies.

SOM COFFEEHOUSE

This monthly School of Music Coffeehouse will take place on Friday, Nov. 11.

As always, the show starts at 7:30 p.m. at the P. H. School of Music in Madeira Park.

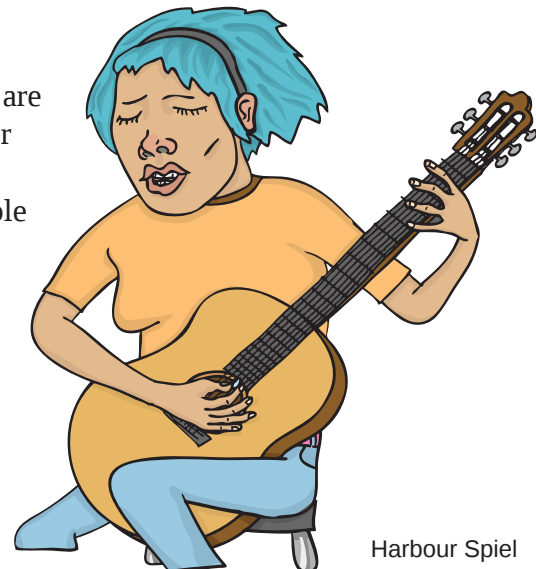
This month's lineup of local musicians:

- Ken Dunn and Anna Green will perform original folk inspired music.

- Joan and Ted are singers, songwriters with guitars who have crafted a unique West Coast sound.

- Colin and Gracelynn Mailey are vocalists and father and daughter.

- Tamara Goble and Roy will sing original folk and country meshed with pop and rock with guitar and banjo.



Volunteers descend on course for fall wind clean up



Jan Watson

When Mother Nature threw a curve ball with high winds and heavy rain, a large number of trees and branches came down

on the course.

An appeal to members brought out a hefty contingent to help clear the debris on Thanksgiving Sunday.

Many thanks go to them.

MEN'S CLUB

On Oct. 10 the final of the men's match play competition was held and the champion this year is Jeff Hawrychuk who defeated Lorne Campbell four up with three to go.

The Super Seniors championship on Sept. 20 was won by Rusty Ellis with 81 while the low net winner was Jamie Tufford with 73.

The regular men's day winner was Lorne Campbell with 78 and low net was Bruce Forbes with 70.

KP on No. 3 went to Lorne Campbell and on No. 6, Andy Teal.

On Sept. 27 it was stroke play with first flight winner Lorne Campbell with 79 and second flight taken by George Brown with 90.

Low net winner was Carl Rietze (64) and second, Ron Needham (67).

KP on No. 3 was won by Bruce Forbes and Glen McCuaig and on No. 6 it was Ron Needham.

Oct. 11 saw a low net event to wind up the season which was won by Harry Friesen with 66.

The KP on No. 3 was Mike Reid and on No. 6, it was Harry Friesen and Ron Needham.

LADIES' CLUB

During Sept. 19-24 a group of

Pender ladies spent time in the Vernon and Kelowna area spreading good stories of Pender Harbour while they did a little wine tasting.

While they were away, on Sept. 22, Linda Klikach kept the flag flying at Pender by winning the low net event with 68 while Sarah Davies won the nine-hole event

On Sept. 29 and Oct. 4, a two-day turkey shoot was won by Kathy Needham shooting a net score of 60 and getting the turkey.

Runner-up was Anita Caspersen who shot 62 and received a beautiful pumpkin cheesecake.

On Oct. 11 play was cancelled due to incoming weather forecast.

The fall meeting went ahead with all executive members continuing for another year.

The theme for next years Field Day will be "Wild Wild West" so get your costumes ready.

MONDAY TWILIGHT SCRAMBLE

On Sept. 19, special thanks to Carol Reid for organizing the six teams.

Winners Carly Bloch, Darlene Fowlie, Dave and Kerry Milligan shot 37 and, after countback, second place went to Steve Doucet, Simon and Adam.

Sept. 26 once again saw six teams out.

This time winners with 33 were Bob Alexander, Doug Stewart and Jan Watson.

KP on No. 3 was Gordon Head and Jan Watson, while on No. 6 it was Bob Alexander.

Five teams came out on Oct. 10 with two teams tying with 35.

After countback, first place was awarded to Don Matheson, Lorna Lyman, Carol Reid and Linda Klikach.

THE 19th HOLE

For most amateurs, the best wood in the bag is the pencil.

~ Chi Chi Rodriguez

KP on No. 3 went to Janine Matheson and Doug Stewart and Darlene Fowlie took No. 6.

Garden Bay Pub had its tournament on Sept. 25 with a good turnout and lots of fun.

Royal Canadian Legion #112 Pender Harbour 2016 Poppy Campaign

Donations to our Poppy Campaign
benefit our community:

In 2016, two bursaries were
awarded to PHSS graduates.

2016 Poppy Campaign begins Friday, Oct. 28.

Please come to our Remembrance Day Ceremony on

Friday, November 11

Parade marches off at 10:30 am.

Service at 11:00 am.

Followed by refreshments in the Legion.
Children and families welcome.

Wear yours
proudly!





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 • Blood pressure
- Home Care/Palliative care • Dressings

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

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

REGISTERED MASSAGE THERAPY

Brigit Garrett, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

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) 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

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT:

CHILD AND YOUTH MENTAL HEALTH

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

- 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 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, respiratory nebulizers etc.

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

Cold versus flu: What's the difference?

Elise Dolan, RN

You are coughing, sneezing and leaving a trail of issues behind you.

Cold and flu season is in full swing.

But because cold and flu symptoms are quite similar, it can be tough to tell them apart.

Here's what you need to know.

Both the common cold and influenza are viruses spread from person to person.

The virus can be spread by touching anything which is contaminated or in the air by coughing, sneezing or speaking.

The virus enters your body through the eyes, nose or mouth.

WHAT ARE COMMON COLD SYMPTOMS?

Cold symptoms can vary from person to person but often start with a sore throat followed by runny nose, congestion, sneezing and coughing.

Symptoms usually appear one to three days after exposure from the cold virus.

A fever is uncommon with a cold in adults but can be present in children.

Colds usually do not result in serious health problems but can result in sinus infections or earache.

There is no vaccine for a cold.

WHAT ARE INFLUENZA SYMPTOMS?

Influenza symptoms usually come on strong with a sudden onset.

A person can spread the flu before they're sick and are most contagious one day before symptoms have started and up to five days after.

These symptoms include fever, achy muscles, chills, and headache.

Children with the flu may experience vomiting and diarrhea.

Like a cold, the flu can also include cough, sore throat and fatigue but these symptoms are often worse with the flu.

Complications from the flu can be more common for seniors 65 years and older and for those with certain chronic health conditions or compromised immune systems.

WHEN TO SEE A DOCTOR FOR COLD AND FLU SYMPTOMS

- Fever lasting more than three days;
- Shortness of breath or difficulty breathing;
- A cough that doesn't go away after two to three weeks;
- Severe pain when swallowing;
- Persistent congestion that is accompanied by headache especially in the sinus area, or
- Symptoms of dehydration such as dizziness when standing or low urine output.

HOW TO PREVENT THE SPREAD

- Washing your hands frequently or using an alcohol-based sanitizer is key for preventing the cold and flu;
- Coughing or sneezing into your shirt sleeve instead of your hands;
- Getting an annual flu vaccine;
- If you smoke you're more likely to acquire a cold or flu and have more severe symptoms due to the effect on the immune system.

Quitting smoking can decrease your risk, and

- The cold and flu are most contagious during the first three days of symptoms. Stay home to prevent spreading the virus and getting others sick.

Make an appointment to get a flu



shot from the friendly nurses at the Pender Harbour Health Centre.

It only takes a minute and could prevent you from getting the flu this season, call (604) 883-2764.

* * * * *

FLAIR IN PENDER

We welcome both men and women and provide a free service for anyone currently going through cancer treatment, remission or their caregivers.

We have informative guest speakers on helpful topics.

Share questions and experiences, one-on-one or as a group.

Drop-in for light refreshments and laughter.

Held on the third Saturday of each month.

For more information call (604)883-0660.

JUST IN TIME FOR THE WINTER MONTHS!

THE PENDER HARBOUR SENIORS INITIATIVE IS ANNOUNCING A NEW 6-WEEK PROGRAM: COME WALK WITH A GROUP. IT'S AN INDOOR EXERCISE PROGRAM DESIGNED WITH "WALKING-BASED" MOVEMENTS TO BENEFIT ALL AGES AND FITNESS LEVELS.



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AND WE CAN WALK OUR WAY TO HEALTH AND WELLNESS!

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PENDER HARBOUR SENIORS INITIATIVE

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HARBOURSIDE FRIENDSHIP PROGRAM

Sponsored by:
P. H. Health Centre &
P. H. Health Auxiliary

FOR INFORMATION
OR TRANSPORTATION,

CALL MARLENE:
(604) 883-9900

FUNASTICS "AT THE HOP" PERFORMANCE BUS TRIP: Nov. 6

At the Sechelt Activity Centre on the Duck Bus. Departing from the P. H. Community Hall at 2 p.m. (show starts at 3 p.m.). \$30 includes the show.

WALKING TUESDAYS: Nov. 1, 8, 15, 22, 29 & Dec. 6

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

CARPET BOWLING: Nov. 2, 9, 16, 23 & 30

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

HARBOURSIDE FRIENDSHIPS: Thursdays

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

Nov. 3 – Discussion: What's on your mind?

Nov. 10 – "Name that Tune" to test your musical memories

Nov. 17 – Speaker Dianne Paulus (dietician/nutritionist)

Nov. 24 – Discussion: How prepared are we for an emergency? With special guest Bill Elsner from the SCRD plus an RCMP corporal in charge of community policing.

Dec. 1 – Ping Pong, Carpet Bowling, Cards and ever-popular Noodle Batting

YOGA CLASSES ON FRIDAYS: Nov. 4, 18, 25 & Dec 2

Yoga w/ floor mats at 9-10am and Chair Yoga at 10:30-11:30am Drop-In \$3

Seniors Programs for November!

**PENDER HARBOUR
COMMUNITY
SCHOOL**



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**Tues/Wed/Fri
9am to 4pm**

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Madeira Park
VON 2H0

604.883.2826

phcs@dccnet.com

FOOD SKILLS FOR FAMILIES

Tuesdays Nov. 8 to Dec. 13, 11am-2pm at the Legion. Connect with your friends over recipes, cooking and information!

GRANT WRITING with Marg Penney

Saturday Nov. 19, 1-4pm at the School of Music, \$70. Learn the finesse of finding and applying for grants. Call 604.883.2826

CONSERVATION & OUTDOOR RECREATION EDUCATION (CORE)

Nov. 25, 26, 27 in the Harbour Learning Centre, \$140 for Non-Restricted, (\$210 to include Restricted portion) Ages 12+

ART KIDS @ SERENDIPITY CHRISTMAS CRAFT FAIR

Saturday Nov. 26 at the Pender Harbour Community Hall

DROP-IN SPORTS NIGHTS AT PHSS

Youth Badminton – Mondays 7-9pm, \$3 drop in, PHSS gym

Boys Floor Hockey – Tuesdays 7:30-9:30pm, Grade 10+, \$3, PHSS gym

Pickleball – Wednesdays 6:30-8:30pm, \$5, PHSS gym

Youth Soccer – Thursdays 7:30-9:30pm, \$3, PHSS gym

ADULT YOGA AT THE SARAH WRAY HALL

Thursdays with Carol, 1-2pm \$15 drop in.

www.pendercommunity.ca



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PH Secondary School:

13639 S. C. Hwy.

(604) 885-6866

phaquatic@scrd.ca

www.scrd.ca/Recreation

GLOW NIGHT: Toonie Tuesday, Nov. 8, 5-9 p.m.

Nights are darker but the pool has a colourful glow. Come join in the fun.

BRONZE MEDALLION: 4 Saturdays Nov.12-Dec. 3, 10:30am-3:30pm

This Lifesaving program is a building block toward further lifesaving and lifeguard training. \$149 plus course material. Pre-requisite is Bronze Star or 13 years of age.

FOREST THERAPY WALKS: 3 Tuesdays Nov. 8-22. 9:30am-12pm

Enjoy better mental health, lower blood pressure and a stronger immune system. Experience a slow mindful walk led by intriguing invitation ending with an outdoor tea ceremony. Instructor: Haida Bolton \$120/3 sessions Drop-in: \$45 if minimum numbers met.

SWIM FOR FITNESS: Tuesdays 7:45-8:30am & Thursdays 5-5:45pm

Looking for a swimming workout to help motivate you? During these times specific swim workouts will be posted to give you training options at your own fitness level. Drop In or use your PASS.

PRE-SCHOOL GYM PLAY & POOL: Wednesdays 11am-12:30pm

Enjoy positive play experiences in both the gym and the pool. Adult supervision required. \$2 drop in (includes both parent/caregiver and child). Ages 4 months-5 years.

FACILITY WILL BE CLOSED FRIDAY NOV. 11

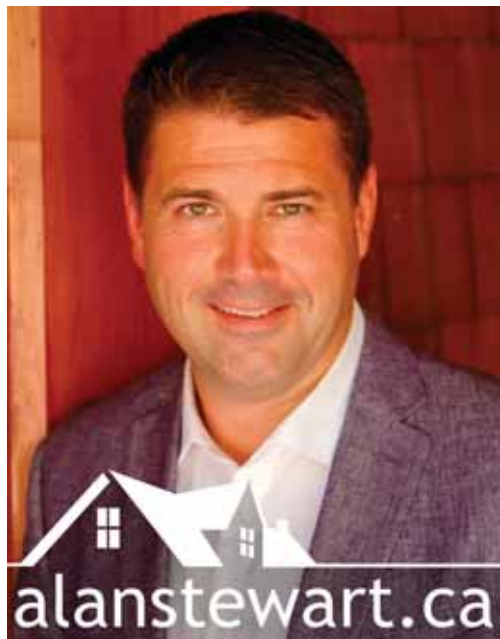
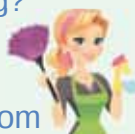
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NOVEMBER

Nov. 3: Flu Shot Clinic

Nov. 5: Rotary Auction

Nov. 11: Remembrance Day

Nov. 27: Grey Cup Party

Enjoy food and beverages while watching on our 10-foot screen.

~ IT'S TIME ONCE AGAIN ~

Renew your Legion Membership!

&

Book your Christmas Party!

&

Watch for tix – Playback @ New Years!



(604) 883-2235
**Royal Canadian
Legion #112**

NON-MEMBERS ALWAYS WELCOME

organizations

Whale researcher presents 'Our cetaceans'

Submitted

It will be a whale of a time when Pender Harbour Wildlife Society hosts whale researcher Susan MacKay at their monthly meeting.

MacKay will present “Our Cetaceans” on Tuesday, Nov 15, at 7 p.m. at Pender Harbour Secondary School.

MacKay is the founder of the Wild Ocean Whale Society and has been involved with photographing and recording whale, dolphin and porpoise activity for over 20 years.

WOWS mandate:

“To raise public awareness, respect and enthusiasm for the protection and welfare of coastal wildlife and marine ecosystems. We monitor and post sightings and behaviour of

whales, dolphins and porpoises in our inside waters of the Pacific Northwest of British Columbia.”

Using video, audio and photos, MacKay will describe methods of identifying various species of whales and dolphins that frequent local waters.

Her videos show cetaceans interacting with other marine species — including their food — as well as with humans.

MacKay will translate recordings of cetacean vocalizations while they socialize, echo-locate and forage, in a presentation that often sells out.

This event is open to everyone and refreshments will be served.

Look for updates at info@pend-erharbourwildlife.com.



Darlene Fowlie

A pod of killer whales entered Pender Harbour in July 2015.

Lordy, Lordy: The Pender Harbour Health Centre

submitted

Where were you 40 years ago?
What did Pender Harbour look
like 40 years ago?

That was 1976, the year that the Pender Harbour and District Health Centre Auxiliary was formed to support the new Pender Harbour and District Health Centre.

It was a unique, forward-thinking initiative of the people of this community.

Much has happened over those last 40 years.

The dedicated hard work of many volunteers has made it possible for the health centre to continue to operate and provide quality health care services to the community.

There were times, especially in the early years, when it would not have been possible without the financial support from the auxiliary.

A number of ingenious fund-raising approaches were crafted over the years but for the last decade, the Bargain Barn Thrift Store in Madeira Park has outdone all of them.

Since it opened in 1977, it has become a shoppers' mecca, raising over \$900,000 through the sales of donated merchandise.

It has been so successful that the auxiliary has seen the need to become a formal organization.

As of Aug. 1, 2016, the Pender Harbour and District Health Centre Auxiliary Society seamlessly took over all the functions of the auxiliary.

In closing out its accounts, the auxiliary was able to donate \$39,000 to the Pender Harbour Health Centre.

The cheque was presented by Linda Pearson, vice-president of the auxiliary, to Rick MacDonald, PHHC administrator, at the Health Centre's



Brian Lee

The entrance to the Pender Harbour Health Centre in 2012. Can you spot the changes?

annual general meeting on Sept. 25.

That's in addition to \$35,000 given earlier in the year.

The society also funds three student bursaries.

The Muriel Cameron bursary consists of two \$2,000 bursaries paid annually to graduating high school students who are entering a health related career.

The Linda Curtiss Student Citizenship award is a \$1,000 scholarship awarded annually to students from

Grades 9 to 12 who have performed volunteer or community work in the Pender Harbour area and demonstrated leadership and inter-personal skills.

An afternoon tea for present and past volunteers of the auxiliary will help celebrate the 40th anniversary at the Pender Harbour School of Music on Nov. 28 from 1 to 3 p.m.

All present and past volunteers are invited to attend.

Please RSVP to bbarnph@gmail.com by Nov. 15.

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Meal service has resumed.

For emergency service, call Linda or Anky.

Linda: 604.883.2819 or Anky: 604.883.0033.

Calendar listings are provided free of charge by the Harbour Spiel. Send information to editor@harbourspiel.com by the 15th of the month.

NOVEMBER

- Thurs. Nov. 3.....P. H. Legion flu shot clinic - Royal Canadian Legion No. 112
- Sat. Nov. 5.....Pender Harbour Rotary Auction - Royal Canadian Legion No. 112
- Sun. Nov. 6.....Daylight savings time ends
- Sun. Nov. 6.....P. H. Seniors Initiative "Funtastics" bus trip - Mett at P. H. Community Hall, 2 p.m.
- Tues. Nov. 8.....Glow Night - at the pool - PHAFC, 5-9 p.m.
- Fri. Nov. 11.....Remembrance Day
- Fri. Nov. 11.....SoM Coffeehouse - P. H. School of Music, 7:30 p.m.
- Sat. Nov. 12.....Area A official community plan information session - P. H. Community Hall, 1-4 p.m.
- Sat. Nov. 12.....P. H. Music Society music memories collection day - P. H. School of Music, 1-3 p.m.
- Mon. Nov. 14.....P. H. Food Bank pickup - P. H. Community Church, noon
- Mon. Nov. 14.....P. H. Garden Club meeting - P. H. School of Music, 1 p.m.
- Wed. Nov. 16....."Save the Mountain Grind" meeting - P. H. School of Music, 7 p.m.
- Sat. Nov. 19.....Vintage Christmas Market - Sarah Wray Hall, 10 a.m. to 3 p.m.
- Sat. Nov. 19.....P. H. Community School presents a grant writing workshop - PHCS, 1-4 p.m.
- Sun. Nov. 20.....P. H. Music Society presents Archie Fisher - P. H. School of Music, 2 p.m.
- Mon. Nov. 21.....Pender Harbour Aquatic & Fitness Centre AGM - PHSS library, 7 p.m.
- Tues. Nov. 22.....P. H. Women's Connection HUGS - P. H. School of Music, 10 a.m.
- Fri. Nov. 25.....Christmas comes to Pender Harbour - P. H. Community Hall, 5-7 p.m.
- Sun. Nov. 27.....Pender Harbour Legion Grey Cup Party - Royal Canadian Legion No. 112,
- Mon. Nov. 28.....P. H. Food Bank pickup - P. H. Community Church, noon
- Mon. Nov. 28.....P. H. Health Centre Aux. past and present members' tea - P. H. School of Music, 1 p.m.
- Wed. Nov. 30.....PHSS parent-teacher interviews - PHSS, 2 p.m.
- Thurs. Dec. 1.....PHSS parent-teacher interviews - PHSS, 2 p.m.

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



FERRY DEPARTURES

~ Effective to Dec. 21 ~

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.bcf ferries.com for information on added sailings during peak periods.

HORSESHOE BAY

- 7:20 a.m. - Daily
- 9:20 a.m. - Daily
- 11:20 a.m. - Daily
- 1:20 p.m. - Daily
- 3:30 p.m. - Daily
- 5:30 p.m. - Daily
- 7:25 p.m. - Daily
- 9:15 p.m. - Daily

LANGDALE

- 6:20 a.m. - Daily
- 8:20 a.m. - Daily
- 10:20 a.m. - Daily
- 12:20 p.m. - Daily
- 2:30 p.m. - Daily
- 4:30 p.m. - Daily
- 6:30 p.m. - Daily
- 8:20 p.m. - Daily

EARLS COVE

- 6:30 a.m. - Daily except Sun.
- 8:25 a.m. - Daily
- 10:25 a.m. - Daily
- 12:20 p.m. - Daily
- 4:30 p.m. - Daily
- 6:30 p.m. - Daily
- 10:05 p.m. - Daily

SALTERTY BAY

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

The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time.

~ Mark Twain

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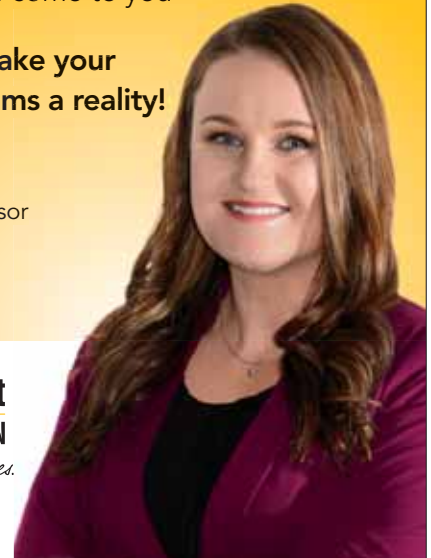
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Simply present your
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the time of purchase.



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