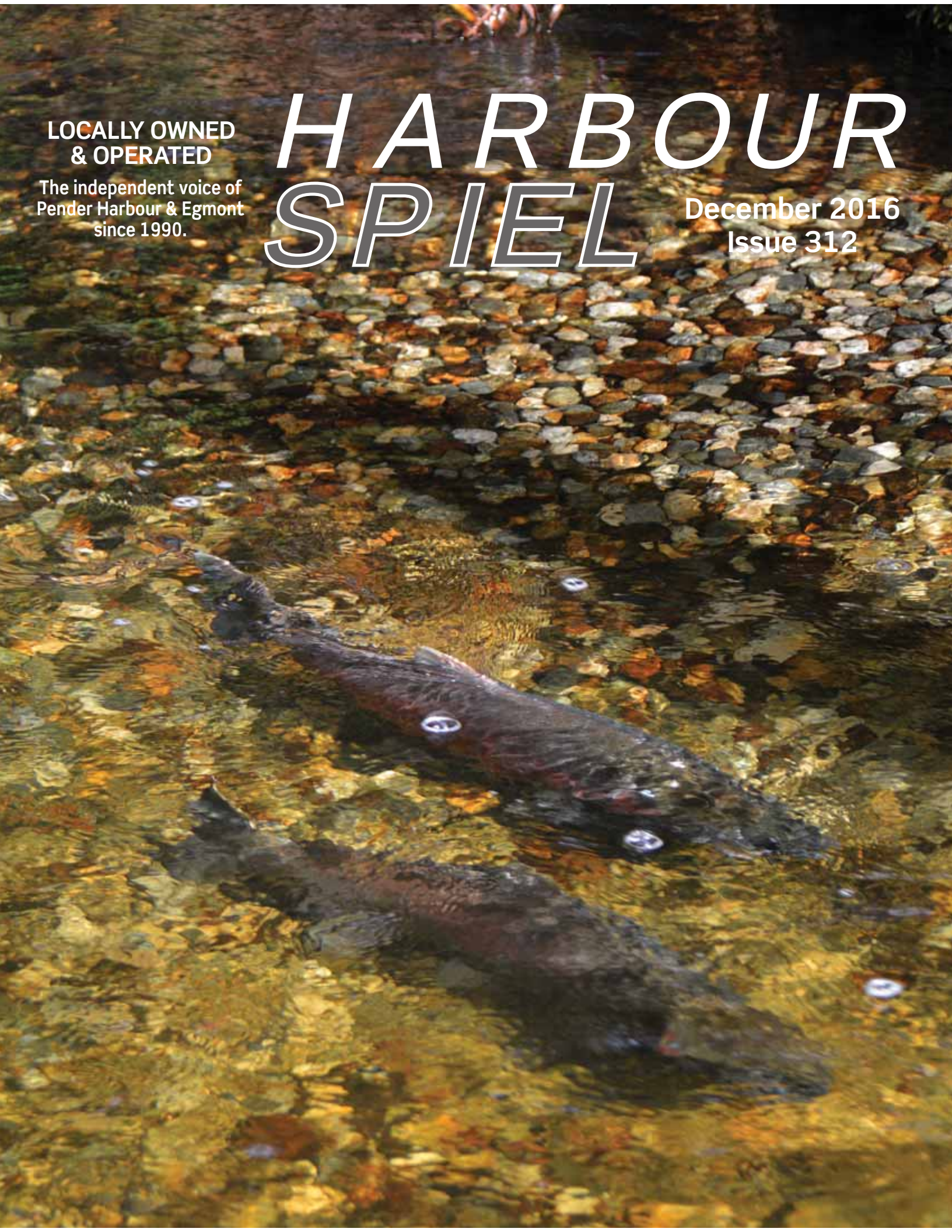


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HARBOUR SPIEL

December 2016
Issue 312





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~ Troy, Lorie and staff

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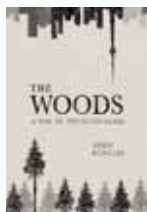
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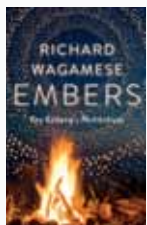
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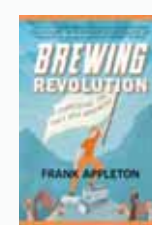
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EDITOR

Brian Lee

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This month we thank: Moe Colton, Alicia De Leo, Frank Mauro, Shane McCune.

Cover: A pair of coho salmon spawning in Mixel Creek Nov. 16. (Brian Lee)

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**JANUARY ISSUE:
Dec. 29**

editorial

Who's looking out for the fish?



Brian Lee

Like local chum runs, Mixel Creek has seen a hearty return of coho — 200 to 300 by one mid-November estimate.

So, I snapped some photos to document the phenomenon (see p. 16).

There's something about salmon returning to spawn that gives me hope we might still pull out of this mess.

By the time I knew the difference between a coho and a pink, I understood salmon stocks were depleted.

By years of overfishing, overpolluting and overlogging — greed.

Still, like most fishermen, I saw salmon as \$10 bills coming over the roller and assumed there'd always be more.

Mixel Creek connects Sakinaw and Mixel lakes and as I sat alongside it waiting quietly for a spooked coho to return so I could resume shooting at him with my Nikon, I couldn't help but consider how fragile it is.

An MVA, erosion, spills or logging — any number of mishaps could wipe it out.

People are its biggest threat but we're also best positioned to protect it.

That's not the case for possibly thousands of salmon runs already lost in BC, many hidden away up some inlet.

In 1996, the American Fisheries Society identified 142 genetically unique stocks of salmon that have gone extinct in B.C. and the Yukon.

A further 920 runs were not yet classified despite having mean escape-ments of zero for the previous decade.

More startling, the health of approximately 4,000 others is unknown.

Like the Mixel Creek coho, each is unique and allowing even one to be destroyed is unacceptable. Criminal.

I recall my Grandpa often returning home after some salmon enhance-

ment meeting or creek cleaning project.

Local people have always accepted responsibility for fixing what is broken.

But even during my Grandpa's time, we relied on a framework of provincial and federal support.

Fisheries biologists must be available to guide enhancement projects and enforcement must prevent someone from gillnetting the mouth of Sakinaw Creek during spawning season.

A few days after visiting Mixel Creek, I shut down my computer and paddled around Francis Peninsula.

Off the southern end, near the mouth of Churchill Bay, I came along a gillnet floating in the water.

It was a fraction of the length of a regular gillnet and was bunched up but hanging straight and untangled.

It had a good weed line with clean corks but no Scotchman buoy or lights.

Clearly someone was taking advantage of the fall's chum return.

It reminded me of a gillnet washed up on Martin Island a few years ago.

I didn't go ashore to inspect it but it doesn't take a fisheries cop to know it too was likely used for poaching.

That's if we had any fisheries cops.

Since the closure of the Madeira Park DFO office, we rely on three fisheries officers in Powell River to patrol from Toba Inlet to Howe Sound.

DFO basically told the *Harbour Spiel* this month (see p. 10) not to expect too much when it comes to the management of local fisheries projects.

This on the heels of the federal government's announcement of a \$1.5 billion "ocean protection plan" to protect us from oil spills.

It may be a convenient salve slapped on a political sore spot but despite the headlines, our marine habitat's greatest threat isn't tankers, it's us.

And if you ask anyone who is out on the water regularly, we're out of control.

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HARBOUR SPIEL JANUARY 2017 ISSUE

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spiel picks

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CHRISTMAS BOAT PARADE: Wednesday, Dec. 21, 6 p.m.

A 52-year tradition. Light up your boat and meet off the Madeira Park government wharf between 5:30 and 6 p.m. to parade around the Harbour.

photojournal



submitted

Cole Edwardson has caught a few fish in his day but probably none as big as this 555-pound Atlantic bluefin tuna he snagged in Port Hood, N.S., Oct. 7.

Public looks over Area A's OCP draft

There weren't too many surprises when the Sunshine Coast Regional District hosted an information session on Nov. 12 to show off the recently released draft of Area A's official community plan.

Members of the 13 person advisory group and SCRD staff were on-hand to field questions from residents who drifted in and out of the Pender Harbour Community Hall through the afternoon.

"The biggest change we made is that we simplified the thing," said Peter Robson, chair of the Area A OCP advisory group.

"If you look at the number of pages in the old OCP, for example, I think there were a hundred and something pages [146] and the new one is just over 40 pages [59].

"We took out some zoning that was way too complicated and the language in it was kind of onerous."

Frank Mauro, SCRD director for Area A agrees.

"I think it much more clearly defines the vision and the policies," said Mauro.

"The last OCP, I think, was a good OCP, but in a lot of cases it got into details and work plans and how things should be accomplished which is not really the specific goal.

"The OCP gives you the vision and the planning and the framework under which you operate.

"That's the biggest change I see."

If the OCP's simplification is the biggest change, the one that may have the greatest impact to residents is likely the expansion of development permit areas.

Development permit areas are those identified as containing potential hazards that may require a review by a "qualified professional" prior to subdividing, issuance of a building permit or

"land alteration."

The draft OCP has expanded the development permit areas to include coastal zone hazards (coastal flooding, coastal slope stability), creek hazards (creek corridors, ravines, floodplains, low channel confinement), slope hazards and riparian protection.

"The development permit areas have been expanded substantially and the reason is that we have much better information," said Mauro.

In 2015 Kerr Wood Leidal Associates Ltd. Consulting Engineers conducted an inventory of hazardous lands within the Egmont/Pender Harbour plan area.

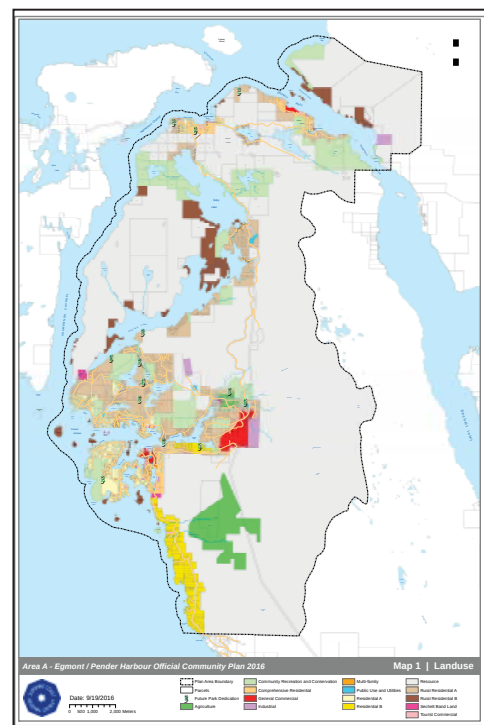
They used LIDAR, which uses light in the form of a pulsed laser to measure variable distances to the Earth.

LIDAR is able to generate precise, three-dimensional information about the surface characteristics of the Earth's surface.

As a result, a much larger area has been flagged (see map, p. 6) as potentially hazardous than before.

"If you're building in a development permit area, you would have an engineer or geologist sign off on plans and loads and all those things to make sure it is appropriate to build there," said Mauro.

"The biggest reason is that there's way better data we have using LIDAR



SCRD

For a closer look at this land-use map, visit www.scrd.ca/egmont-penderharbour for the complete document.

but also the standards have changed.

"Sea level rise might be taken into account, rainfall predictions — all those things go into defining the development permit area.

"Really, it's all about making sure that houses are built safe."

Slope hazards (DPA No. 3) make up the largest land area identified as potentially hazardous (for erosion or

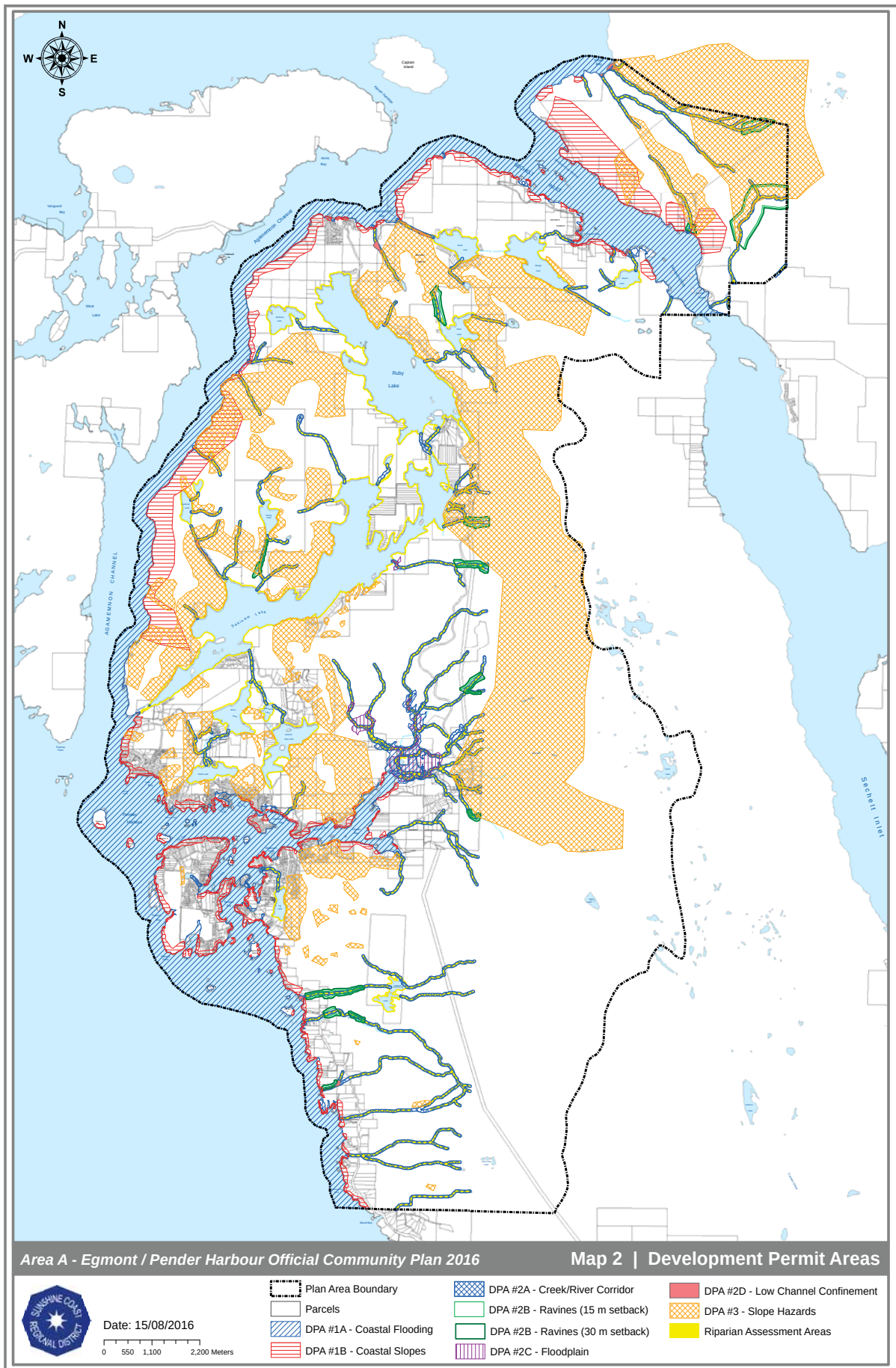
continued on p. 7





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Development permit areas in the draft of Area A's official community plan.

OCP draft (cont.)

continued from p.5

landslides).

Areas near creeks are also newly identified in this OCP as carrying a potential for hazardous flooding or debris flow and development in those areas may require a site specific assessment.

Other additions to the draft OCP involve making the document consistent throughout the area.

As an example, SCRD senior planner Andrew Allen points to the setback distance for construction on lakes.

“Currently the zoning bylaw at Ruby Lake has a 30-metre setback.

“Sakinaw Lake has a 20-metre setback.

“What the draft says is that, generally speaking, setbacks to lakes can be 20 metres, subject to the development permit through the riparian area regulation, which is still a 30-metre assessment area.”

As an example of a specific land-use or zoning change, Allen points to the area of southeast Francis Peninsula.

“In the existing OCP, it has that comprehensive residential designation that we have around Madeira Park.

“That equates to the R3 zone which allows for a number of auxiliary community uses like bakery, yacht club or a fraternal lodge.

“Over the past 20 years, that area, down near Baker Beach and Billygoat Road, has been settled more like a residential zone than like a residential/auxiliary commercial.

“So, there’s an area where we changed from comprehensive residential to residential.”

The draft also hints at what may be coming in the future for Area A.

From section 3.1.3 (h):

Development of zoning on water bodies should take place in a separate process after adoption of the OCP.

The process of creating zoning

over the water shall be a local solution that works for the community complete with input and guidance from a community advisory group.

“The intent of the zoning is to identify that the foreshore use is an appropriate match for the upland use and to determine that there may be limits on the size and use of moorage structures.

“In virtually all of the rest of the SCRD, the water is zoned,” said Mauro.

“It’s a very coarse zoning but it allows us to restrict heights of buildings, restrict sizes of docks — those kinds of things — relatively simply so it reflects the upland usage of the property.

“Right now, when we get a referral, all we can comment on is that it doesn’t contradict the upland zoning, but you can build something that is completely inappropriate and it won’t contradict.

“So, we have little control on that and I think it’s something that needs to be moved ahead.”

Despite some of the complicated issues involved, all interviewed by the *Harbour Spiel* agreed there was a very capable and diligent advisory group behind the document.

“On only two occasions we broke into a show of hands but most of the time we were able to talk through it and come to agreement,” said Allen.

One of those occasions involved campgrounds.

“Traditionally, you have been allowed to have campgrounds on your residential property and half of us were thinking it should be commercial if you’re running a campsite,” said Robson.

“Other people thought it should be an allowed use because it has traditionally been an allowed use.”

Robson said the OCP committee landed on a limit to the number of campsites allowed on a residential property.

For properties zoned either comprehensive residential or rural residential, the draft OCP states, “the density for sleeping units and campgrounds shall be 10 per units per hectare up to a maximum of 30 units.”

For this and other issues, Allen said the OCP should be looked at as a guiding document and not the final answer for land use and development.

“The OCP shouldn’t be a barrier that might prevent something interesting from happening in 10 years, just because we didn’t think of it now.”

Allen said the next step is to review the feedback and make changes to the draft.

“Then I can see early in the year, maybe February, presenting it to the board.”

A bylaw approval process will then get underway way to officially adopt the OPC and will include a public hearing prior to final adoption.



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Second car in month goes over bank at waterworks corner

For the second time in November, a vehicle has gone over an embankment near a sharp corner north of Madeira Park.

At 1:30 p.m. on Nov. 23, emergency crews were called to the 12000 block of the Sunshine Coast Highway, locally known as the Pender Harbour waterworks corner, after a SUV fell about 40 feet off the roadway into a creek.

Sunshine Coast RCMP, BC Ambulance Service and the Pender Harbour Volunteer Fire Department responded to the call.

In a release, Sunshine Coast RCMP said the vehicle had come to rest on its side in a swollen creek bed, on the edge of another drop-off.

The Sechelt Fire Department was called out for their specialized training and equipment for high-angle rescues.

Members of Sunshine Coast Search and Rescue attended as well.

Once first responders were able to extract the sole occupant from the vehicle, she was airlifted to hospital with non-life-threatening injuries.

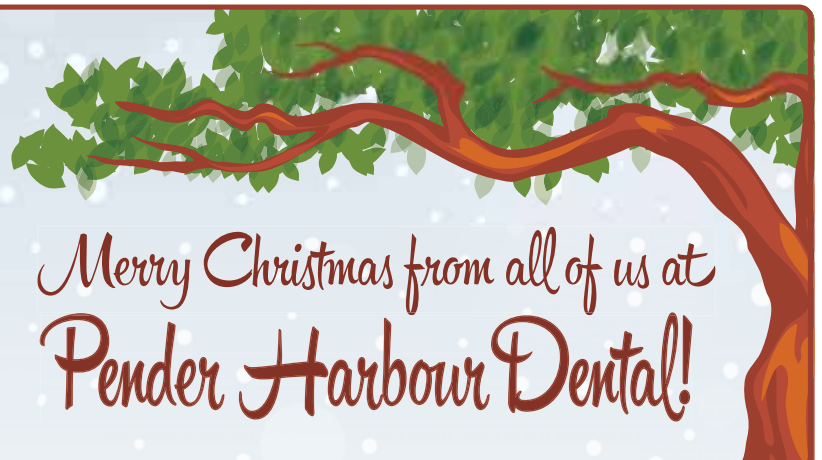
The highway was fully closed to traffic for nearly two hours.

Because of the dangerous location and high water levels, the vehicle remained in the creek until it could be removed safely.



John McDonald photos

Members of the Pender Harbour and Sechelt volunteer fire departments work to extract a driver who went over an embankment and into Haslam creek on Nov. 23.



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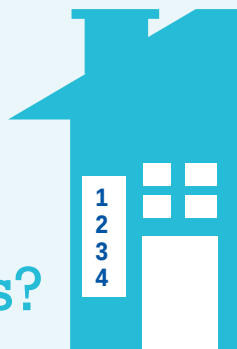


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news

DFO responds to community adviser queries

A late request for comment from the Department of Fisheries and Oceans on the future of local fisheries projects left by retired community adviser Grant McBain was received too late for the story in last month's issue.

When asked about a replacement for McBain and the fate of the fisheries projects he oversaw, a DFO spokesperson provided this emailed reply:

"The dam and fishway facility are operated to permit a continual water release in order to maintain sockeye and coho salmon migration during low flow periods at the lake outlet from July to October, as required under the Fisheries Act.

"A DFO community adviser maintained the Sakinaw lake dam op-

erations since 1999.

"Their retirement created a temporary gap in support for salmon enhancement projects on the Sunshine Coast, which is currently being supported by other community advisers.

"DFO will continue to operate the Sakinaw Lake weir and will provide continued engagement through other staff in the salmonid enhancement program to the best of its ability to address any ongoing concerns with the management of the weir.

"The department would like to emphasize that the enhancement, restoration and conservation work and support provided by the people of the Sunshine Coast to the fisheries resource is greatly valued and recognized.

rcmp news

RABBIT RUSTLERS

Sometime in the last two months, a thief stole 50-70 rabbits from a property in the 5900 block of Menacher Road, Garden Bay.

There was no indication that wildlife were involved or that any rabbits were eaten or attacked on site.

MVA

On Nov. 11, police attended a single-vehicle incident in the 12000 block of Highway 101, Madeira Park, after a northbound vehicle lost control on a curve, travelled across the southbound lane and down an embankment.

Both driver and passenger were able to exit the vehicle on their own.

The highway was noted to be quite slick with spots of fuel.

FERRY BUMPER CARS

On Nov. 13, police attended a multiple vehicle incident at the Earls Cove ferry terminal, after a motorist, was asked to back up a ramp and

reversed too far and struck the vehicle behind him.

The motorist then put his vehicle in gear, striking the vehicle in front.

No serious injuries were reported and damage to other vehicles was minor but RCMP are requesting the driver undergo a medical review.

IMPAIRED DRIVER

During the afternoon of Nov. 14, police witnessed a vehicle speeding on Highway 101 near Wood Bay Heights Road in Halfmoon Bay.

Police stopped the vehicle and noted the driver exhibited signs of intoxication.

The driver did not have a valid driver's licence, admitted to consuming alcohol and failed two roadside alcohol screening tests.

The driver was issued a 90-day roadside prohibition, the vehicle was impounded for 30 days and was issued tickets for no insurance and no driver's licence.

PODS project team turns focus to Irvines Landing

The Ruby Lake Lagoon Society now hopes to build the \$10-million PODS marine research station on the former Irvines Landing marina property.

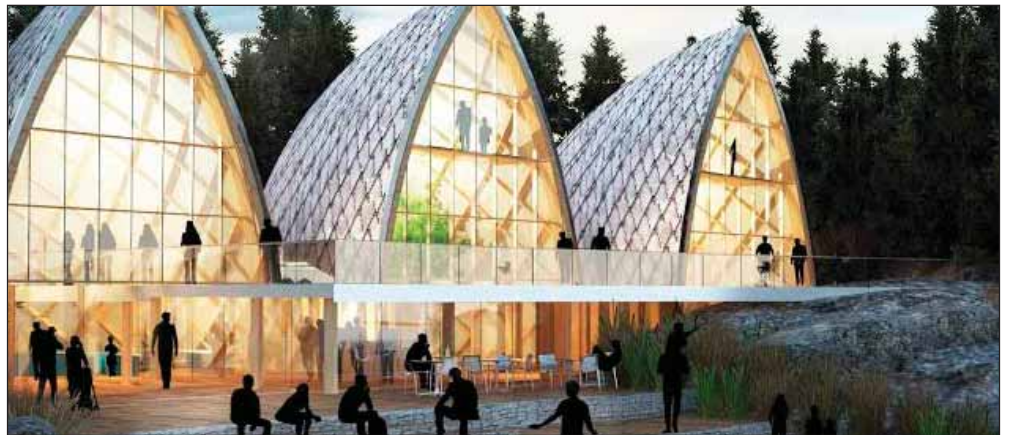
Michael Jackson, chair of the RLLS, said they are still working out some of the details but an offer has been accepted by the owner and they have until Jan. 31 to come up with over \$2 million for the purchase.

Jackson said they have close to 20 per cent of that amount already and are currently wooing potential investors and philanthropists to make up the rest.

The RLLS was in discussions with School District No. 46 to build PODS on the former teacherage site across from the Madeira Park Elementary School.

Jackson said those discussions weren't progressing as fast as the PODS team would have liked and in the meantime, the much larger Irvines Landing property was floated to them.

"It is much closer to the ocean, which is really good, and has a much better supply of water for the aquar-



Deutscher Architecture

An architect's vision of what one part of the PODS project may look like.

ium," said Michael Jackson, RLLS chair.

"But the big thing is that there's much more scope for expansion there.

"It gives us more room for parking and a restaurant as well as a 200-seat conference room, which is really what we need."

Jackson said the group still aims to build PODS by 2020 and not having a confirmed site was holding them up.

"In order to proceed, the architects needed to know where for sure

it was going to be and now we are far more certain," he said.

"Plus, once you have the land, it makes it a lot easier to raise the rest of the funds."

To that end, the PODs team is hosting an invite-only event to premiere a promotional video "PODS AWAY," to its network of supporters on Dec. 3 at the Painted Boat Resort.

The video will soon be available on the PODS website at www.open-pods.com.

Lori Pratt
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Sussex

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Celebrating 40 years of service to our community



December 2016 marks the 40th anniversary of the Pender Harbour & District Health Centre, a pioneer and continuing leader among community-owned and operated health centres in British Columbia.

In 1964, St. Mary's Hospital was moved from Garden Bay to Sechelt and Area A residents needing medical care were faced with a treacherous gravel road and lack of public transportation.

Having a health centre in Madeira Park made sense on many levels, so the community got to work.

With early funding for construction coming from BC's Ministry of Health and an SCRD tax bylaw in Area A that passed with more than 95% approval, residents focused on raising additional funds to hire staff and purchase equipment.

In 1974 the Pender Harbour and District Health Centre Society was incorporated and, on Dec. 8, 1976, our community-owned Health Centre opened its doors.

Also in that year, volunteers founded the auxiliary (now a registered society) to raise funds to sustain the health centre on an ongoing basis, largely through the Bargain Barn.

Modest in size, the Barn is known far and wide as the place to shop and has generated more than \$900,000.

In those first 40 years, the health centre building has undergone two major expansions.

The first was completed in 1996 and more than doubled the space allowing for additional health services, many of which generate revenue in tenant leases.

The 2006 expansion boosted the footprint to 7,500 square feet to house nursing, doctors, dental and specialist services.

Following the highly successful "It's Ours" fundraising campaign, the P. H. Health Centre Society paid off the mortgage in December 2006.

From a part-time doctor and nurse in 1976, the health centre has grown to accommodate full-time, multi-practitioner medical and dental practices and other professionals who base their practices in our building.

From Monday through Friday, our nurses offer clinic services and ambulatory care while the home care team provides daily nursing care for housebound patients.

Community outreach programs include women's wellness, youth clinic, palliative and bereavement support, chronic pain self-management and Harbourside Friendships, a program focusing on seniors.

These are funded entirely through donations from individuals, estate bequests and the auxiliary society.

Our health centre works closely with Sechelt Hospital, Vancouver Coastal Health and medical groups on the Coast to ensure our voice is heard and we are fully aware of provincial and regional plans.

We also work with organizations such as the P. H. Aquatic and Fitness Centre, P. H. Community School and Seniors' Housing Society to enhance local health and wellness services.

Reliable surveys taken by organizations such as the Sunshine Coast Community Foundation indicate



that the health centre is a key element in attracting new residents to our area.

As part of its strategic planning, the board of trustees recently authorized the purchase of the property to the west of the building.

This was done to ensure the health centre is not physically limited to meet evolving health care needs in areas such as intravenous therapy, rehabilitation therapy and basic medical imaging.

This community has long demonstrated a proud, independent spirit and an ability to get things done.

Now 40 years young, the Pender Harbour and District Health Centre is a concrete example of how that pride and determination have made this a wonderful place to call home.

Dianne Rose Dennis (née Eaton)

OCTOBER 23, 1939 — NOVEMBER 5, 2016



It is with deep regret that the family of Dianne Dennis announces that she passed away peacefully after a lengthy illness on Nov. 5, 2016 at Shorncliffe Hospital in Sechelt.

Dianne leaves behind her loving and devoted husband of 58 glorious years, Jack, son Randy (Pat), daughter Laurie (Ron), grandchildren Rob, Shari, Megan, Alysha and James, great-grandchildren Erika, Jakob, Ellie, Carter, and Kenzie and her beloved little Chico.

Dianne was born on Oct. 23, 1939 in Parry Sound, Ontario.

She was the youngest of five children born to Cleveland and Jose-

phine Eaton.

Dianne's father passed away when she was six and she was raised to be a beautiful young woman under the watchful eye of her mother, three older brothers and big sister Madeline.

Dianne met her husband to be in North Bay, Ontario, after Jack was discharged from the navy.

They dated for four years, married and moved to Sault Ste. Marie Ontario where they lived for several years.

They had their two children before moving to Thunder Bay for several more until relocating to Surrey, B.C. in 1967.

After visiting with friends in Madeira Park several times, they became enamoured with the beautiful scenery, small town lifestyle and closeness of community.

So they pulled up stakes and built their home in Madeira Park in 1982 and lived there together until Dianne was admitted to Shorncliffe in December 2015.

Dianne loved working in her garden, needlepoint, painting, fishing and cruising in their sailboat and spoiling her dogs Muffin and Chico.

She was active in the Royal Canadian Legion No. 112 ladies

auxiliary, the local Canadian Power and Sail Squadron, was a member of the Order of the Eastern Star and sat on the board of the Pender Harbour Health Centre.

Dianne's home was considered your home and, together, she and Jack had countless friends and family stay with them.

The vacancy sign was always open and with that came spectacular meals and incredible memories — nothing was too good for her guests.

For those who knew her, Dianne's greatest achievement is the legacy she has left behind in the form of her children, grandchildren and great-grandchildren, whom she loved immensely.

She was forever bending someone's ear speaking highly of them all.

The family is indebted to Dr. Bruce Robinson and his colleagues at the P. H. Health Centre, the home-care givers and Shorncliffe staff for their care, compassion and devotion to Dianne's health.

A celebration of Dianne's life took place on Nov. 13 at the P. H. School of Music.

A special thank you to Rev. Erb, Allan, Margret, John, Marlene, Mary, Doug, and Ian for their dedication and involvement on this very special day.



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DAILY DINNER SPECIALS

Health care on the Coast



*Frank Mauro,
Area A Director*

REGIONAL HOSPITAL DISTRICT

One of the least understood governing structures in BC is that of regional hospital districts.

These were created in the 1960s and, in almost all cases, incorporate the regional district and its residents into an RHD.

The Hospital District Act states, in part, that the purpose of RHDs is the following:

- To establish, acquire, construct, reconstruct, enlarge, operate and maintain hospitals and hospital facilities;
- To grant aid for the establishment, acquisition, reconstruction,

enlargement, operation and maintenance of hospitals and facilities;

- To act as the agent of the government in receiving and disbursing money granted out of the hospital insurance fund, and
- To act as the agent of a hospital for receiving and applying all money paid to or for the hospital by the government of Canada.

In most cases the directors of the RHD are the same as the directors of the associated regional district and that is the case with our Sunshine Coast Regional Hospital District.

The SCRHD acts independently of the SCRDC, has its own board and chair (I have been chair for the past two years), borrows money, has its own financial statements and taxes independently.

The SCRHD, the Powell River

RHD and the Sea to Sky RHD have a joint memorandum of understanding with Vancouver Coastal Health.

It states that VCH is responsible for all health care services within the communities and that the RHDs are responsible, on a voluntary basis, for providing funding for capital expenditures based on a cost-share formula with VCH including capital facility maintenance, construction, the minor/major equipment and clinical information technology projects within their respective boundaries in accordance with the Hospital District Act.

The RHDs' cost share has been 40 per cent for many years.

The SCRHD has approximately \$10.4 million of long-term debt remaining from borrowing funds a few years ago in order to contribute \$15,900,000 as its 40-per-cent share

SUNSHINE COAST REGIONAL DISTRICT

UPCOMING MEETINGS

Special Corporate and
Administrative Services
Committee

December 1 at 9:30 a.m.

Regional Hospital District
December 1 at 1:00 p.m.

Special Corporate and
Administrative Services
Committee

December 2 at 9:30 a.m.

Planning and Community
Development Services
Committee

December 8 at 9:30 a.m.

Regular Board

December 8 at 1:30 p.m.

Infrastructure Services
Committee

December 15 at 9:30 a.m.

Corporate and Administrative
Services Committee

December 15 at 1:30 p.m.

Meetings are held at 1975
Field Road, Sechelt.

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

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:

Monday 8:30 a.m. to 4:30 p.m.

Tuesday CLOSED

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

Sunday CLOSED

www.scrd.ca/pender-harbour-transfer-station

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



www.scrd.ca
604-885-6800
info@scrd.ca

to the Sechelt Hospital expansion and rebuild.

The SCRHD also contributes \$240,000 annually as its 40-per-cent share of small capital purchases such as hospital equipment.

SCRHD contributions are only for capital expenditures and VCH contributes to capital and operating expenditures per the MOU.

The task of the SCRHD is to determine whether to fund its share of a project when requested and, if project funding is approved, to ensure that the project is properly executed and the taxpayers receive full value for their investment.

RESIDENTIAL CARE

This last summer there was an announcement from VCH regarding a proposal from the Trellis Group to build a residential care facility in Sechelt providing 125 beds, an increase of 20 when compared to available beds at Totem and Shorncliffe, which will be closed.

The 125 beds would be provided at the same cost to the patient as current beds in those facilities.

In public meetings much concern has been expressed by residents regarding the lack of consultation.

VCH has acknowledged that there was room to improve in this regard.

Virtually all doctors on the Coast signed a letter to the minister of health stating that an additional 20 residential care beds by 2018 is not sufficient.

A group called the "Friends of Residential Care" was a delegation at the SCRHD requesting that we lead a series of meetings along the coast to make a case to VCH regarding better consultation and additional residential care.

I support both of these goals and will certainly be there to listen but both the SCRHD and the SCHRD have a working relationship with VCH and it should not be our position to chair or lead such meetings.

I and other directors strongly support and are working toward increased capacity for residential care on the Coast.

The Trellis plan increases residential care capacity and enables the renovation of the existing facilities.

The opportunity that should not be missed is to act quickly to repurpose the existing facilities in order to meet the need for health care, including residential care, on the Coast.

CONTACT

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

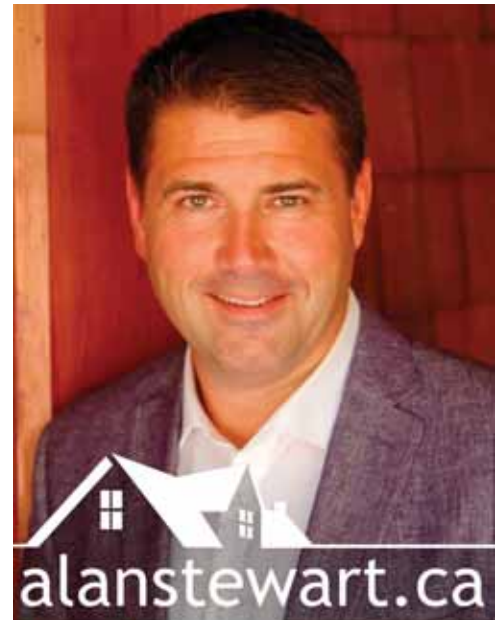
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Where do coho go?

Brian Lee

When it comes to spawning salmon in Pender Harbour and Egmont, most people think of John Daly Park and its often plentiful runs of chum salmon.

Coho typically spawn a month or so later than chum and though they rarely do so in Anderson Creek, it turns out they spawn just about everywhere else.

Mixal Creek is one of the more popular spawning destinations for local coho and has seen a higher than average return this year — estimated to be between 200 and 300.

Just off Bear Bay Road, the creek is well-shaded by lush ferns and a canopy of cedar and hemlock.

Even after the heavy rainfall this fall, the volume of water flowing over its polished gravel seems ideal for the pockets of busy coho working the stream bed.

Mixal Creek seems so untouched by man that if it wasn't for the well-trodden trail that runs alongside it, you might think you were the first to ever walk its banks.

"The Pender Harbour Wildlife Society basically started that trail back in 1979 or something like that," Grant McBain told the *Harbour Spiel*.



Brian Lee photos

Mixal Creek runs from Mixal Lake into Sakinaw Lake.

McBain is a local biologist who, after 36 years, recently retired from his role as community adviser for the Department of Fisheries and Oceans.

During that time, he's become familiar with most, if not all, of the salmon spawning locations between Desolation Sound and Howe Sound.

"After that, we got involved with them making handmade wooden weirs in Mixal (Creek) and then they dumped the spawning gravel in as well and then let the water take it down every year," says McBain.

Those efforts have helped to make Mixal Creek as healthy as a creek plunked in the middle of a de-

veloped area gets.

"We've actually done survival tests (on the eggs) in there and the survival rate is in the high 80s," says McBain.

"That's a really good survival rate because it's a fairly benign creek that doesn't tend to rage a lot and the lakes help to buffer off those big events.

"The only trouble they have is the creek tends to go dry in the summer."

Coho fry remain in freshwater for a year or more after hatching and in a small creek like Mixal, that means they're vulnerable to fluctuations in water levels, and with that, exposure to predators like kingfishers or heron.

"This year we were lucky because Garden Bay Lake was up and there was enough flow to get things going whereas, in other years, it hasn't been running as late as Jan. 1," said McBain.

"It all depends on how hard the regional district draws down the lake."

Unlike sockeye salmon, which venture far into the open ocean, coho spend their lives in coastal waters.



The excellent spawning gravel in Mixal Creek isn't an accident — there was much labour involved by both fish and human to move it downstream.

“So they’re affected in the early stages because they’re having a hard time in the gulf (Strait of Georgia) finding food,” he says.

“Once they get out of the gulf, then there’s food.”

It isn’t known why but, McBain says lake-origin coho may be more sensitive than creek-origin coho.

“They seem to suffer more than creek-origin coho.

“I don’t know if that’s because there’s fewer lake-origin coho — but there’s lots of creek coho everywhere.”

Mixal Creek connects Sakinaw Lake to Mixal Lake and from there the coho populate a creek that connects to Hotel Lake but rocks block them from getting into the lake itself.

Instead, the coho content themselves with spawning behind Camp Burley Road.

From Mixal Lake, the salmon also travel into Katherine Lake and then to within 150 metres of Garden Bay Lake where they spawn in the creek that connects the two.

McBain says they’ll spawn anywhere there’s water including the intertidal zone and with sockeye in the deeper water of Sakinaw Lake.

But mostly, they like creeks and if a creek is accessible, there’s likely a coho in it right now.

Coho can’t enter the lakes in Egmont — Waugh, North and Brown — because they aren’t accessible from the ocean but are in West Lake (Nelson Island) and local inlets.

Back at Sakinaw Lake, they spawn in a number of small creeks.

At the north end, coho return to Haskins Creek and “the boat ramp creek” beside Sakinaw Lake Road.

They also spawn near the mouth of Ruby Lake.

“But they can’t make it over the falls,” says McBain.

“The cutthroat can make it over the falls and get up above into the swamps but the coho are too big.”

There is no official escape-ment data for Sakinaw Lake coho but through his own counts, McBain estimates the average Sakinaw coho return to be about 250.

“We haven’t recorded escape-ment for coho for about 10 years or so because they don’t have a contract for that anymore,” says McBain.

Sometimes over 500 coho return and he’s seen up to 2,500.

“But the year before, it was 20.”



A bright red back and a hooked snout is a good hint that you’ve found a spawning coho and not a chum salmon, which are often more yellow or purple in colour.

Coho Salmon

Oncorhynchus kisutch

- There are more distinct populations of coho than of any other Pacific salmon species in BC.
- Coho spawn in over half of the 1,500 streams in BC and Yukon for which records are available.
- Unlike other salmon species which generally migrate long distances in the open ocean, coho remain in coastal waters.
- Coho tend to remain close to the coastline but have been found as far as 1,600 kilometres from shore.
- Juvenile coho defend their territories through a series of manoeuvres including a complex shimmy-shake, dubbed by scientists the “wig-wag dance.”
- Young coho generally spend one year in freshwater.
- Migrating as smolts to the oceans, they spend up to 18 months in the sea before returning to their natal streams to spawn.

~ Fisheries and Oceans Canada



15th annual
Pender Harbour
ROTARY ART AUCTION

Thank you

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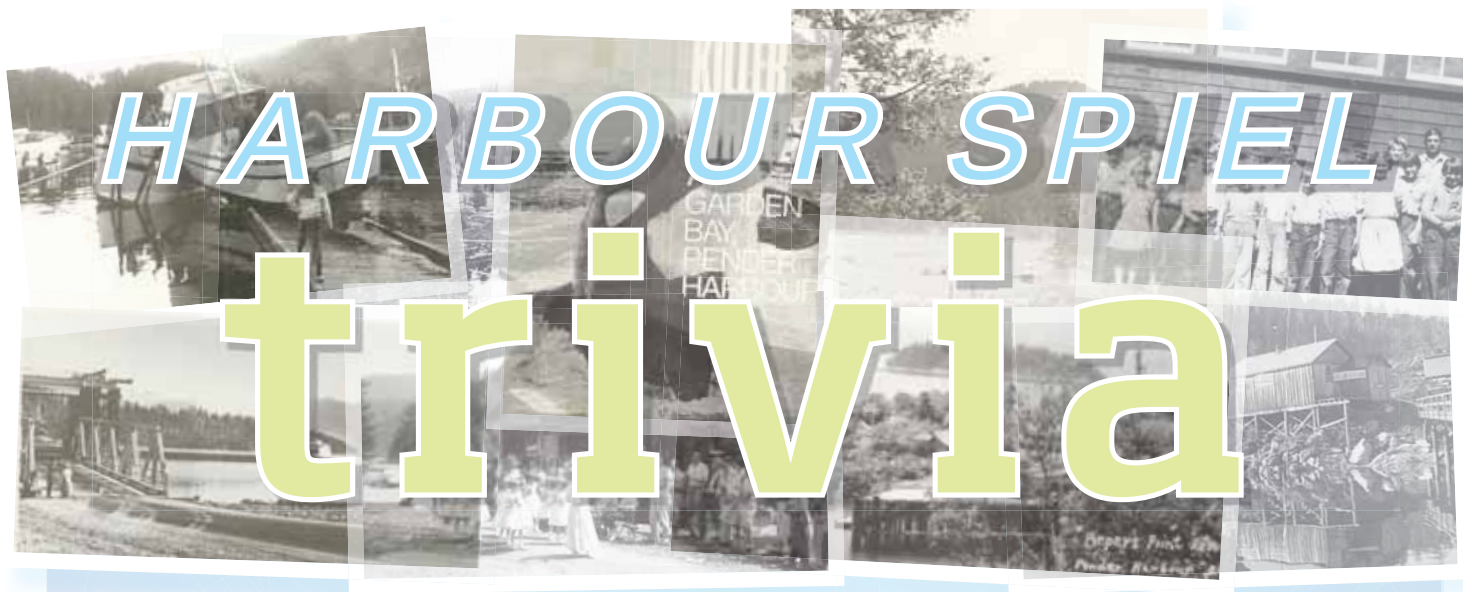
and special thanks to:

John King & Alan Stewart
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Coast Storage
for use of moving blankets

Tom’s Signs
for updating auction signage

Mark your calendars for the next
Pender Harbour Rotary Auction:
November 4, 2017



1. Tug that lead the Pender Harbour Christmas boat parade for 46 years.

- ☐ a. Lulu Island
- ☐ b. Nanaimo Tillicum
- ☐ c. Hecate Prince
- ☐ d. Kwatna

2. Where was the site of Lloyd's Store, Pender Harbour's first modern shopping store (1947)?

- ☐ a. Garden Bay
- ☐ b. Kleindale
- ☐ c. Francis Peninsula
- ☐ d. Irvines Landing

3. River flowing into the head of Jervis Inlet.

- ☐ a. Skwakwa
- ☐ b. Misery
- ☐ c. Brittain
- ☐ d. Vancouver

4. Prominent trees and subjects for photographers at the end of the Francis Point Park trail.

- ☐ a. fir trees
- ☐ b. arbutus trees
- ☐ c. maple trees
- ☐ d. hemlock trees

5. Approximately how many islands can be found in Ruby Lake?

- ☐ a. 3
- ☐ b. 7
- ☐ c. 11
- ☐ d. 15

6. Shishalh name for Pender Harbour.

- ☐ a. xeníchen
- ☐ b. ts'únay
- ☐ c. xwésám
- ☐ d. kálpilín

Answers: p. 42

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

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■ ROTARY CLUB OF PENDER HARBOUR

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604.883.2544

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■ PENDER HARBOUR LIONS CLUB

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► S. C. HEALTHCARE AUXILIARY (PENDER)

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► P. H. HEALTH CENTRE AUXILIARY

Box 308, Madeira Park, BC, V0N 2H1
604.883.9844
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► ROYAL CANADIAN MARINE SEARCH & RESCUE

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V0N 2H1, 604.883.2572
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► P. H. & DISTRICT HEALTH CENTRE SOC.

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604.883.2764
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► P. H. COMMUNITY IMPROVEMENT FDN.

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604.883.2819
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what's happening this Christmas?



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P. H Aquatic Centre



P. H. Community Club

CHRISTMAS BAKE SALE

Dec. 3, 10am
P. H. Community Hall



P. H. Women's Connection

CHRISTMAS LUNCH & FASHION SHOW

Dec. 6, 10am
P. H. Legion



Coasting Along Theatre

THE NUTCRACKER

Dec. 17-20
Raven's Cry Theatre



Harbourside Friendships

CHRISTMAS DINNER

Dec. 15, 10:30am
P. H Community Hall



PHVFD presents

SANTA CLAUS IN GARDEN BAY

Dec. 14, 6-8pm
Garden Bay Firehall



MPES presents

CHRISTMAS CONCERT

Dec. 14, 6pm
MPES gym



P. H. Music Society

B3 KINGS

Dec. 18, 2pm
P. H. School of Music



P H Chamber of Commerce

POLAR EXPRESS LIGHT TOUR

Dec. 20, 7pm
P. H Community Hall



52 annual

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PH School of Music



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Dec. 11
P. H. Community Hall



PHSS presents

PHSS HOLIDAY CELEBRATION

Dec. 13, 6pm
PHSS



P. H. Legion presents

NEW YEAR'S EVE

Dec. 31, 7pm
Royal Cdn. Legion 112

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Teresa Sladey Bill Hunsche Mary Mackay



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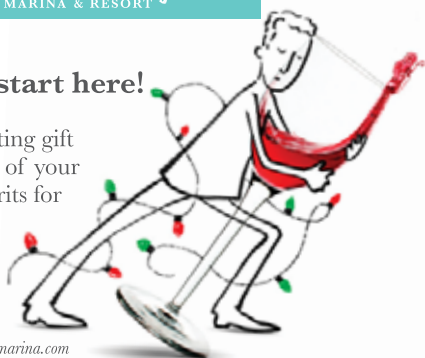
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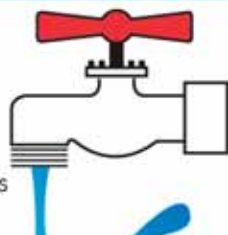
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C.....

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

COMPUTER SALES AND SERVICE

- Wet-Coast Computer/Roxanne Jerema.....883-1331

CONCRETE

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

D.....

DINING

- The Cove Restaurant.....883-9414
- Harbour Pizza.....883-2543
- Mad Park Bistro.....883-2223
- Triple B's Burger Stand.....883-9655

DOCK & RAMP CONSTRUCTION

- Garden Bay Marine Services.....883-2722

DOOR AND GATE SYSTEMS

- Doormaster.....741-5231

E.....

ELECTRICIANS

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

F.....

FINANCIAL INSTITUTIONS

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

G.....

GARAGE DOORS AND GATES

- Doormaster.....741-5231

GENERAL CONTRACTOR

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

GENERAL STORE

- Bathgate General Store, Resort & Marina.....883-2222
- Oak Tree Market.....883-2411

H.....

HAIR

- Miss Sunny's Hair Boutique.....883-2715
- Steph's The Beauty Boutique.....883-0511
- Sweet Pea's Hair Studio.....883-9888

HARDWARE

- Rona Sunshine Coast.....883-9551

HOT TUBS

- SunCoast Waterworks.....885-6127

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L.....

LANDSCAPING

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

LAWYER

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

LOGGING

- Sladey Timber883-2435

M.....

MOBILE HOMES

- Glenbrook Homes883-0234

MOBILE MECHANIC

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

P.....

PAINTING

- Kim's Painting and Decorating740-6177

POWER POLE & LINE SERVICE

- Midway Power Line Services885-8822

PRINTING

- Coast Copy Centre (Sechelt)885-5212

PROPANE

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

PUBS

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

R.....

REAL ESTATE

- Dave Milligan, Sunshine Coast Homes.....883-9212
- Bev and John Thompson, Re/Max Oceanview740-2668
- Julie M. Hegyi, Sutton Westcoast Realty740-2164
- Lori Pratt, Royal LePage Sussex740-2370
- Royal LePage Sussex Pender Harbour883-9525

S.....

SEPTIC SERVICES

- AAA Peninsula Septic Tank Pumping Service.....885-7710
- SunCoast Waterworks.....885-6127

STORAGE

- Squirrel Storage883-2040

T.....

TREE SERVICE

- Pender Harbour Tree Service883-9166

TRUCKING SERVICES

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

HOME BEAUTIFICATION SERVICES

- Pressure Washing

- Window Cleaning

- Painting & Staining

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- Gutter Cleaning

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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>

I WITNESSED A PRISON
BREAK AND SAW A
DWARF CLIMB THE FENCE.
AS HE JUMPED DOWN,
HE SNEERED
AT ME.



IT WAS A LITTLE
CONDESCENDING.

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Paul Nicholson: 604.989.2565

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Dr. Rick Smalley, DVM

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EMERGENCY**

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SATURDAY
9 a.m. - Noon

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www.madeiraparkvethospital.com



Dave
Milligan

ROYAL LEPAGE **Sussex**

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info@sunshinecoasthomes.com

DECEMBER BIRTHDAYS

- Dec. 2 ~ **Diane Lee**, Ray Phillips and Al Wood.
- Dec. 3 ~ **Paula Campbell**, Mike Pickering, Joanne McQuaig and Ed Wray.
- Dec. 4 ~ **Lil Abbott**, Noel Lebrun and John Williams.
- Dec. 5 ~ **Gaye Beardmore**, Andrea Curtiss, Andy Curtiss and Logan McCormack.
- Dec. 6 ~ **Ryan McDonald** and Bill Reid.
- Dec. 7 ~ **Dianne Rousseau**, Dan Gifford and Jennifer Reid.
- Dec. 8 ~ **Keenan Clerx**
- Dec. 9 ~ **Michelle Beardmore** and Robert Purdy.
- Dec. 10 ~ **Trevor Jones** and Cathy Thompson.
- Dec. 11 ~ **Grace Donnahee**, Bill Griffith, Patti Reid and Al Wendland.
- Dec. 12 ~ **Malcolm Duncan** and Pat Martin.
- Dec. 13 ~ **Cody Edwardson-Zayshley**
- Dec. 15 ~ **Kay Langsford**.
- Dec. 16 ~ **Ginger Taylor** and Cassandra Whelan.
- Dec. 17 ~ **Ian Campbell**, Joi Phillips and Doreen Willgoose.
- Dec. 18 ~ **Tony Adamson** and Niki Verzuh.
- Dec. 19 ~ **Tyson Carswell**, Helen Garrett and Jamie Bouvette.
- Dec. 20 ~ **Nicole Fletcher**, Cole Hawker and Tyler Silvey.
- Dec. 21 ~ **Harvey Langton** and Josh Young.
- Dec. 22 ~ **Gwyneth Bryant**, Steven Fouts, Shane Hardie, Rob Nieuwenhuis, Dani Thompson and Christine West.
- Dec. 23 ~ **Kate Thompson**.
- Dec. 24 ~ **Tatiana Phillips-Campbell**, Chris Phillips and Clifford Silvey Jr.
- Dec. 25 ~ **Peter Schmidt**.
- Dec. 26 ~ **Peter Fritz**.
- Dec. 28 ~ **Steve Boyd** and Jeff Girard.
- Dec. 29 ~ **Diane Gamble** and Jesse Hawker.
- Dec. 30 ~ **Dean Bosch**, Bryan Edwardson, Andy Ross and Jean Minch.
- Dec. 31 ~ **John Brimacombe**, Nathaniel Johnson, Fara Priest and Scott Bruce.

BC BESTSELLERS

For the week of Nov. 20, 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 | 6. None of This Was Planned by Mike McCardell |
| 2. The Queen of the North Disaster by Colin Henthorne | 7. Embers by Richard Wagamese |
| 3. Hard Knox by Jack Knox | 8. Gut by Giulia Enders |
| 4. Red Robinson by Robin Brunet | 9. Vancouver in the Seventies by Kate Bird |
| 5. The Last Gang in Town
by Aaron Chapman | 10. The Hockey Song by Stompin' Tom Connors |

~ Association of Book Publishers of BC

DECEMBER ASTROLOGY



SAGITTARIUS: NOV. 22 – DEC. 21

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 key acquaintances will abandon you.



CAPRICORN: DEC. 22 – JAN. 19

Capricorns often experience hardship early in life, but their resourcefulness makes them survivors. Sometimes hard to get to know, they are loyal, responsible and down-to-earth. Spiritual compatibility will become the focus for all relationships this month and into the New Year. Atheists will be like salt on your wounds so wipe them off with warm water and move on with renewed energy. Focus on having a baby by any means available — it is your time; it may require a little deception to pull it off.



DEBT

#1

Canadians have the highest debt to income ratio (168%) of all G7 countries. The U.K. is second (156%).

\$1.262 trillion

What Canadians owe in mortgage debt.

1 in 6

Canadians would owe an extra \$50 a month if rates rose by just a quarter percentage point.

7 million

Approximate number of Canadians who have a variable rate on their debt.

2.52%

Percentage of Canadians who are more than three months behind on their bills (across all forms of non-mortgage debt).

\$21,348

What a "typical" Canadian owed in consumer debt at the start of 2016.

26 million

Number of Canadians with some form of debt, including mortgages, lines of credit and credit-card debt.

168%

Canada's new — and record high — household debt to disposable income ratio (second quarter 2016).

Source: Figures pulled from a variety of recent CBC News and Financial Post stories

DECEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our average daily high temperature in December is 6.5 C and our average daily low is 3.2 C, giving us a mean daily temperature of 4.9 C. The highest December temperature recorded is 13.3 C (Dec. 14, 1962) and the lowest was -11.7 C (Dec. 28, 1968).

PRECIPITATION (MERRY ISLAND)

December has an average of 54.9 hours of bright sunshine. It usually has 19 days with measurable precipitation, an average monthly rainfall of 140.1 mm and an average monthly snowfall of 10.6 cm. Our average month-end snowfall is 4 cm. December has the highest snowfall of the year (November has the most rain). The highest December daily rainfall recorded at Merry Island was 66 mm (Dec. 25, 1972). The record daily snowfall was 40.6 cm (Dec. 31, 1968).

SKOOKUMCHUCK VIEWING TIMES

DECEMBER

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

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

1. 12:28pm -M
2. 1:09pm -M
3. 1:53pm -M
4. 2:50am -M
5. **8:45am +XL**, 3:43pm -M
6. **9:25am +XL**
7. **10:09am +XL**
8. **10:55am +XL**
9. 11:43am +L
10. 12:25pm +L
11. 1:20pm +L
12. 9:29am -M, 2:12pm +L
13. 10:22am -M, 3:01pm +L
14. 11:11am -M
15. 12:09am -M
16. 1:00pm -L
17. 1:53pm -L
18. 2:48pm -L
19. **8:54am +XL**, 3:46pm -L
20. **9:35am +XL**
21. **10:16am +XL**
22. 11:58am +L
23. 11:41pm +L
24. 12:26pm +L
25. 1:12pm +M
26. 9:23am -S, 1:55pm +M
27. 10:05am -M, 2:42pm +M
28. 10:44am -M, 3:18pm +M
29. 11:31am -M
30. 12:10pm -M
31. 12:52pm -M

These are estimates only and not intended for navigation.

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
• FLAIR in Pender (3rd Sat 10-12)	883-0660
• 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. MAY DAY

In honour of Canada's 150th anniversary of Confederation, the Pender Harbour May Day committee recently announced that the theme of the 72nd running of May Day will recognize this significant milestone.

Though the exact details are not yet available, the theme for parade entries and associated celebrations May Day 2017 will be a 150th birthday celebration.

52ND ANNUAL CHRISTMAS BOAT PARADE

Bob Fielding (*Adagio*) and Charlie Park (*Frendy*) invite all local boat owners to participate in the 52nd annual Christmas boat parade around the Harbour on Wednesday Dec. 21.

You will need to decorate your vessel with Christmas lights and meet off the Madeira Park docks between 5:30 to 6 p.m. Communications will be on VHF channel 6 and your parade position will be assigned by *Frendy*.

The parade will get underway at 6 p.m. and will be led by *Adagio*. After the parade ends, around 7:30 p.m., a dock party for participants and their guests will follow at the docks at Fisherman's Resort.

Anyone interested in decorating their boats and participating are welcome and should contact Charlie Park at (604) 883-0453 or Bob at (604) 740-2400 for directions.

P. H. WOMEN'S CONNECTION

The ever-popular Women's Connection Christmas Luncheon and Bargain Barn Fashion Show will run on on Tuesday, Dec. 6, 2016 at the P. H. Legion. Tickets are available for \$25 for members and \$30 for non-members.

For tickets or more information about membership, contact Joyce at (604) 883-9449 or Maureen at (604) 883-0444.

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Note your (dis)approvals.

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

A poppy full of thanks and gratitude **to all those who shared in our Legion Branch 112 Remembrance Day ceremony** — the parade participants, pipers, choir, band and everyone who attended.

Also, thanks to **everyone, including the businesses who supported our poppy campaign**. It is the efforts of dedicated volunteers that make this very special day possible. We are all fortunate to live in this community, where the true meaning of “Harbour Spirit” shines through.

Lyn and Bill Charlton
RCL Branch 112

A Seal of Disapproval to the **resident of Garden Bay (weekenders)** who, for sport, shot a tame deer in their front yard with a bow.

They only wounded it and then dressed up in full camouflage (with faces unpainted) to track it to Hotel Lake campsite on their ATV.

They finally found it alive with an arrow in its back side.

Not sure how the young buck was finished off.

Brave hunters?

Ron and Jean Minch

Fifty big fat smiling Harbour Seals of Approval to **all the volunteers who helped run the Pender Harbour Jazz Festival** so smoothly over the past nine years.

It could not have been done without you. I am the burnout, you all rock. Thank you all so much.

Carole Rubin

A huge thanks to the **Pender Harbour community** for donating to the Realtors Care blanket drive.

Your support will help keep everyone a bit warmer this winter.

Alan and Paola Stewart

Inviting all businesses and homes to decorate for the holiday season and take part in the:

POLAR EXPRESS CHRISTMAS LIGHT TOUR

Passengers are judges!

Bus departs P.H. Community Hall at 7pm

Returns about 8pm.

\$5 GOLDEN TICKETS:
Harbour Insurance
Earth Fair Store





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

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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

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

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

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

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

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

Feeling down during the most wonderful time of the year?

Alicia De Leo, RN

Many people struggle with feelings of sadness and isolation during the holidays.

Whether it is due to excessive alcohol consumption, less time for regular exercise, or the stress of too many social commitments, the holiday season can leave even normally content people feeling sad.

While the holiday blues are common this time of year, it is important to differentiate them from a more serious condition known as clinical depression.

Depression is a disease that causes you to feel sad and hopeless and prevents you from enjoying all the many wonderful things in life.

These feelings of hopelessness can become so profound that people may even contemplate suicide.

There is evidence that depression has both genetic roots (family history), behavioural roots (your personal thinking style), and environmental causes (any event that causes stress, such as the busy holiday season).

HOW DO YOU KNOW IF YOU ARE SUFFERING FROM DEPRESSION?

If you are feeling sad or hopeless, and you have lost interest in things that used to bring you pleasure most days for two weeks or more, you may have depression.

Healthlink BC has a simple interactive screening tool that you can visit on the web at www.healthlinkbc.ca/health-topics/tx4369#tx4371.

If you think you are suffering from depression there are many resources available.

In addition to your family doctor, you can call the BC crisis line at (604) 310-6789 for information and support.



If you or someone you know is feeling so bad that suicide is being considered, you should call 911 right away.

Serious signs of suicide risk include deciding how to kill yourself, setting a time to kill yourself and feeling that there is no other way to solve your problems.

SELF CARE

While clinical depression may not be entirely preventable, taking good care of yourself can help you recover and can prevent the less serious holiday blues for many people.

Good self care habits include:

- Avoiding drugs and alcohol;
- Making time for regular exer-

cise;

- Taking any medications as prescribed;
- Having healthy sleep patterns;
- Eating a balanced diet, and
- Looking back at previous years and identifying things that were very stressful for you, so you can avoid them this year (for example, too many holiday gatherings)

We often put so much time and effort to make the holidays special for those we love.

With a little attention to caring for yourself you can make your own holiday season more enjoyable, by preventing the holiday blues, or identifying and treating depression early.

PENDER HARBOUR SENIORS INITIATIVE



Aboard the Slo Cat for a tour of the Harbour.



Putting practice at the Pender Harbour Golf Club.

PENDER HARBOUR COMMUNITY SCHOOL



Pickleball at the Pender Harbour Secondary School.



Roots of Empathy, Madeira Park Elementary School.

PENDER HARBOUR AQUATIC & FITNESS CENTRE



Total body and core fitness class.



Cardboard boat building challenge, Sept. 27.



Harbourside Friendship meeting at the Sarah Wray Hall.

WALKING: Tuesdays, Dec. 6 & 13 @ P.H. Community Hall 10:30-11am, \$3

CARPET BOWLING: Wed, Dec. 7 @ P.H. Community Hall, 1-3pm, \$3

HARBOURSIDE FRIENDSHIPS: Thursdays @ P.H. Community Hall, 10:30am with lunch served at noon. \$10

Dec 1– Ping Pong, Carpet Bowling, Cards & Noodle Batting

Dec 8 – Sharing time with the Grade 5/6 class

Dec 15 – Christmas lunch and music by the Christmas Cantata \$10 (ticket must be purchased prior to the event).

YOGA CLASSES: Fridays (Dec. 2 & 9) @ P.H. Community Hall, \$3
Chair Yoga: 10:30-11:30am (Sorry - no Mat Yoga classes at this time)

POLAR EXPRESS XMAS LIGHT TOUR: Dec. 20 (passengers are judges)
Bus departs P.H. Community Hall at 7pm returns about 8pm.
\$5 Golden Tickets: Harbour Insurance & Earth Fair Store



Kids fishing club, Madeira Park government wharf.

SANTA CLAUS IS COMING TO GARDEN BAY!

Wednesday, Dec. 14 from 6-8pm at the Garden Bay Fire Hall, Deller Road! Smokin' hot dogs and fire truck tours! A fun night for all.

Thank you to all the volunteers & facilitators who helped us offer so many great programs and activities in our community in 2016:

Dee Rosen, Shannon Reid, Lyn Charlton, Sylvia Showler, Val and Gary Ridsdale, Sharlyne Niemela, Janet Falk ~ Brittany Shepherd, Karen Dyck, Andy Ross, Ann Harmer, Mr. Mo, Carla McCormick, Samantha Stewart, Helga Grout, George Connell, Carol Goulette, Kent Morgan, Linda Curtiss, Alison Sawyer, Janet Falk, Kathy & Wayne Bergman, Lee Ann Ennis, Elaine Lane, Larry Curtiss, Marg Penney, Andrea Richmond, Fishin' Tom, Dave & Elissa, Dwayne Dobson Tamara & Cindy, Jen Morgan, Paola, Darcie, Patti & Francine.

THE BOARD, STAFF AND VOLUNTEERS OF PENDER HARBOUR COMMUNITY SCHOOL WISH YOU A HEALTHY AND PEACEFUL HOLIDAY!

Schools are closed from Dec. 19 to Jan. 3



New accessibility equipment was installed at the facility June 2016.



Annual Easter bonnet aquafit event.

**GIVE THE GIFT OF HEALTH —
SCRD RECREATION GIFT CERTIFICATES**

HOLIDAY HOURS:

- Closed Friday evening, Dec. 23, Dec. 24-26 and Jan. 1.
- MYPASS fitness classes will take a holiday Dec. 19-31.
- Schedule resumes Mon., Jan. 2.

Watch for your 2017 Winter/Spring guide in the mail and check out the wide variety of programs at PHAFC for the New Year!

**FROM ALL THE STAFF AT
PHAFC, WE WISH ALL
A MERRY HOLIDAY SEASON!**

Moe's excellent travel advice



Maggie Colton

Nothing in Hawaii can eat you, unless you're in the water. This woman on Polihale State Park beach (Kauai) contemplates the possibility of tiger sharks.

Moe Colton



When you live at the top end of the Sunshine Coast, travelling to other places can be a real disappointment.

Life here is as rich as any place you can fly to and your accommodations are already paid for.

But even Coasters have to get off once in awhile so, when we do, we like to make it count.

Vacating successfully comes down to the quality of your research.

Once you've decided on a destination, which area do you stay in?

Is it cyclone or rainy season?
Can you get the Zika virus from a monkey bite?

Lucky for you, I've been everywhere except Detroit.

CURRENCY EXCHANGE

For a Canadian, the currency exchange is always a key factor in determining where we travel.

Still, our most popular destination is the U.S. where we historically take it in the ear on the rates.

According to StatsCan, Canadians made close to 21 million visits to the U.S. last year but as I write this, C\$1 will net you US\$0.75.

So, as savvy travellers, we look

for ways to arm ourselves against these currency headwinds.

Canadians are a fun-loving people who suffer long winters so it's no surprise that 80 per cent of you drink and 20 per cent of us get sloshed regularly.

Thanks to alcohol taxes, Canada is one of the most expensive places in the world to get your booze on.

But that gives us a distinct economic advantage when we travel.

Here's the only numbers that ever made sense to me — I call it *Math for Dipsomaniacs*:

At home, a couple cases of Budweiser and a three-litre box of Copper Moon Shiraz, what we call a "Saturday," costs about \$72.

When we're in the States, even after the exchange, it costs only \$34 Canadian.

That's \$38 a day back to you.

A respectable boozier should be able to drink enough to offset a nice chunk of the exchange loss.

Non-drinkers just have to eat it.

So, you bet Shiraz, when I'm on vacation, I pound.

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FOREIGN DENTAL AND COSMETIC WORK

There's another way to save money when away but be warned — the savings are only temporary.

My band had a full time gig in Cabo San Lucas for a few seasons and the drummer had a bum tooth.

His dentist in Canada warned him that he needed a crown on his 1-5 tooth but he figured that's how he pays for his Audi, so he blew it off.

He felt pretty smug when he left Dr. Peña's office with the dental work completed and a bill that was a fraction of Dr. Canada's quote.

He wasn't quite as smug after he returned home and visited the dentist to learn Dr. Peña crowned a perfectly intact tooth and missed the intended target altogether.

It turns out there's an important bit of trivia for anyone considering a dental procedure in Mexico:

Mexico uses a different map for your mouth than the U.S. or Canadian systems.



internet

In Mexico, some dentistry methods may differ from what we're accustomed to.

In Mexico, your 1-5 tooth locates as 15, on the opposite side of your mouth from where a Canadian dentist would find it.

And I'll spare you my breast augmentation story if you promise not to get them worked on in a resort area.

Save money by knocking back \$1 margaritas — not by taking risks with your health.

continued next page



Maggie Colton

Even if you think you're a good swimmer, if you're not a surfer or experienced in surf, avoid the shorebreak of a foreign country. Near Sayulita, Mexico.

December 2016

Colton's destination tips

MEXICO

Sure it's cheaper, especially the drinks.

But it's not thaaaat cheap and the likelihood of getting rolled while trying to maximize your alcoholic investment offsets any savings.

So don't go unless you want to get sick, poop your pants on a bus and need an IV drip when you get home.

BORA BORA

You know those photos of idyllic boardwalk huts with glass floors overlooking a Bora Boran lagoon?

They actually do exist but, unfortunately, not for us.

I was lucky enough to play in one of these resorts for a few weeks and we were put up for two nights in the lagoon suites.

It's the only way I could write about the experience because it would have cost over \$1,000 per night.

But, if I was paying for it, it would have been worth every penny. Do it.

CUBA

Like everyone says, the food sucks in Cuba but you should visit this unique country before President Trump annexes it.

If you go, I'd like a box of Montecristo No. 2s, please.

AUSTRALIA

I've never been to Australia and probably never will.

Flying there from here requires more hours on a plane than I can do.

Plus, a friend living in Sydney tells me it's just like Vancouver — vacant homes near the ocean are owned by Chinese while everybody else commutes from the inland suburbs to work there.

But, our currency is almost at par and Australians are a truly lovable people so it would be a firecracker of a spot to visit.

If you're able to dodge the snakes, spiders, crocs and jellies.

(continued next spread)

Moe's excellent travel hacks (cont.)



Moe Colton

You won't find an all-inclusive in Ecuador, but you might find these two. Montanita.

(continued from p. 39)

THE TROPICAL OCEAN

You took your Bronze Cross in high school and once jumped into the dive pool off the 10-metre tower.

But unless you've had plenty of experience in waves of all kinds and conditions, you have no business being in the water when there's even a moderate shore break.

Aquatic disasters are a common

occurrence in places that attract a lot of tourists, like Puerto Vallarta.

My place in PV overlooked the beach and once a week I'd watch some Canadian get carried up the beach on a spine board.

Also consider that when your skin is wet and soft, it cuts much easier than when dry.

So, if you're in the South Pacific, even glassy, reef-protected water can

hide a current that will drag you over painful coral.

Resulting cuts will likely get infected from unfamiliar bacteria.

If you're not careful when swimming in tropical water, there's a good chance you'll step on a sea urchin.

The spines must be removed before infection sets in but their reverse quills mean they can't be pulled out.

In 1994, I was surfing in Mexico



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WWW.OPENPODS.COM 

Photo Credit: Evan Guiton

without booties and stepped on one.

Another surfer, a Mexican, showed me the best way to get them out before they get infected.

He proceeded to beat the bottom of my foot with a piece of driftwood to break the spiny remnants into small pieces so they could be pulled out with tweezers.

I still spent the rest of the week in a hammock but dodged infection.

BOOKING FLIGHTS

Budget travel types say there's a sweet spot when booking your flight.

A recent CBC story suggests booking about eight weeks ahead of your departure day.

Their expert said you always pay full price when you book way ahead but prices start to drop two to three months from the departure date as the airline gets nervous the seats won't fill.

Then, about a month before departure, as it books up, the prices go back up too.

PACKING

Don't overpack — if you're travelling somewhere tropical, all you really need is your wallet, a passport, an extra pair of shorts or bikini and a toothbrush.

After you swim in the ocean (without showering), the saltwater kills off odour-causing bacteria.

I've found that if you take a few dips a day, you can go for a week in the same clothes.

Ditto if it's really cold.

And always pack a Swiss Army knife.

I've only ever used the large blade and the corkscrew but it's saved me from pushing the cork into the bottle, literally, hundreds of times.

OFF THE BEATEN TRACK

If you want to save money, find cheap drinks and not get ripped off, spin the globe and pick a spot you haven't heard of.

Otherwise, the locals already know how to take advantage of you.

In the late '90s, I spent a couple of months on the coast of Ecuador where I recall sitting down for a meal on a patio overlooking the beach

I downed four huge beers with a plate of lobster, octopus salad and rice for \$1.75.

Nobody spoke English, the air was saturated with the smell of cooking fires and I haven't been to a place I've enjoyed more since.

Places like this still exist but you won't find them at the end of a Westjet flight.

If in doubt, head farther south.

Colton's tips (Cont.)

HAWAII

A successful first trip to Hawaii comes down to research.

There are areas with nightlife, historical tours, hiking, surfing or snorkelling but they're generally not found in the same spot.

Plus, certain areas are crowded. Did you know there's a 10-lane highway running out of Honolulu?

If you pick the right spot, it's paradise, if you don't, it's L.A.

Still, Westjet will get you there in under six hours and you can drink the water.

EGYPT

If you want a warm vacation, a history that makes the Mayans look like newborns and winter weather as reliable as a Honda, try Egypt.

You've got pyramids, Nile river cruises for any budget and a culture that's as safe and welcoming as any I've come across.

Disclaimer: I was there in the '90s. Some stuff has gone down there since then. YOLO



Moe Colton

Here's a good example of unethical travel. As a kid I wondered what it would be like sit atop one of the pyramids at Giza. So, when I arrived in Egypt in 1992 and learned climbing on the things was forbidden, I did it anyway. This view is from as high as I climbed on the Great Pyramid. Even if the security guards below weren't simultaneously blowing their whistles at me, I'm not sure how much higher I would have climbed. It is steep and when you get this high, every steps gets more crumbly, thanks to 4,500 years of dickheads like me trying to scratch their way to the top.

community calendar

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

DECEMBER

- Thurs. Dec. 1.....Start of PHAFC's Christmas Activity Advent - P. H. Aquatic and Fitness Centre
Thurs. Dec. 1.....Harbourside Friendships (games) - P. H. Community Hall, 10:30 a.m.
Sat. Dec. 3.....P. H. Community Club Christmas bake sale - P. H. Community Hall, 10 a.m.
Sat. Dec. 3.....P. H. Rotary presents HopScotch - P. H. Community Hall, 7:30 p.m.
Tues. Dec. 6.....P. H. Women's Connection Christmas lunch and fashion show - P. H. Legion, 10 a.m.
Wed. Dec. 7.....P. H. Seniors Initiative carpet bowling - P. H. Community Hall, 1-3 p.m.
Thurs. Dec. 8.....Harbourside Friendships (sharing with grades 5&6) - P. H. Community Hall, 10:30 a.m.
Sun. Dec. 11.....P. H. Choir presents "A Special Time of Year" - P. H. School of Music, 1 p.m.
Mon. Dec. 12.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. Dec. 13.....PHSS Holiday Celebration - PHSS gym, 6 p.m.
Wed. Dec. 14.....Madeira Park Elementary School Christmas concert - MPES gym, 6 p.m.
Wed. Dec. 14.....Santa Claus in Garden Bay - Garden Bay Firehall, 6-8 p.m.
Thurs. Dec. 15.....Harbourside Friendships Christmas dinner - P. H. Community Hall, 10:30 a.m.
Sat. Dec. 17.....Royal Canadian Legion No. 112 giant ham/turkey draw - P. H. Legion
Sat. Dec. 17-20.....The Nutcracker (4 days) - Raven's Cry Theatre
Sun. Dec. 18.....P. H. Music Society presents B3 Kings - P. H. School of Music, 2 p.m.
Tues. Dec. 20.....Polar Express Christmas Light Tour - bus departs P. H. Community Hall, 7 p.m.
Wed. Dec. 21.....Christmas boat parade - meet at Madeira Park floats, 6 p.m.
Mon. Dec. 26.....P. H. Food Bank pickup - P. H. Community Church, noon
Sat. Dec. 31.....New year's Eve Party - P. H. Legion, 7 p.m.

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

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.bcferries.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



Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

~Norman Vincent Peale

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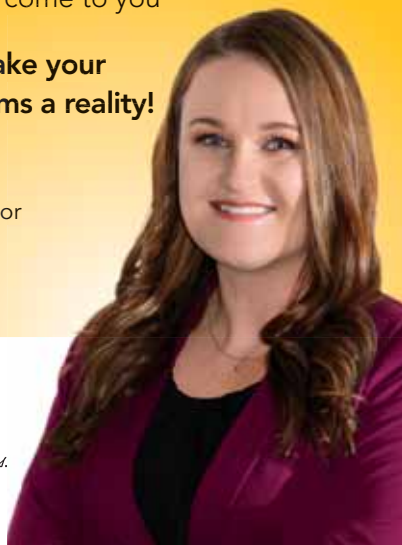
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