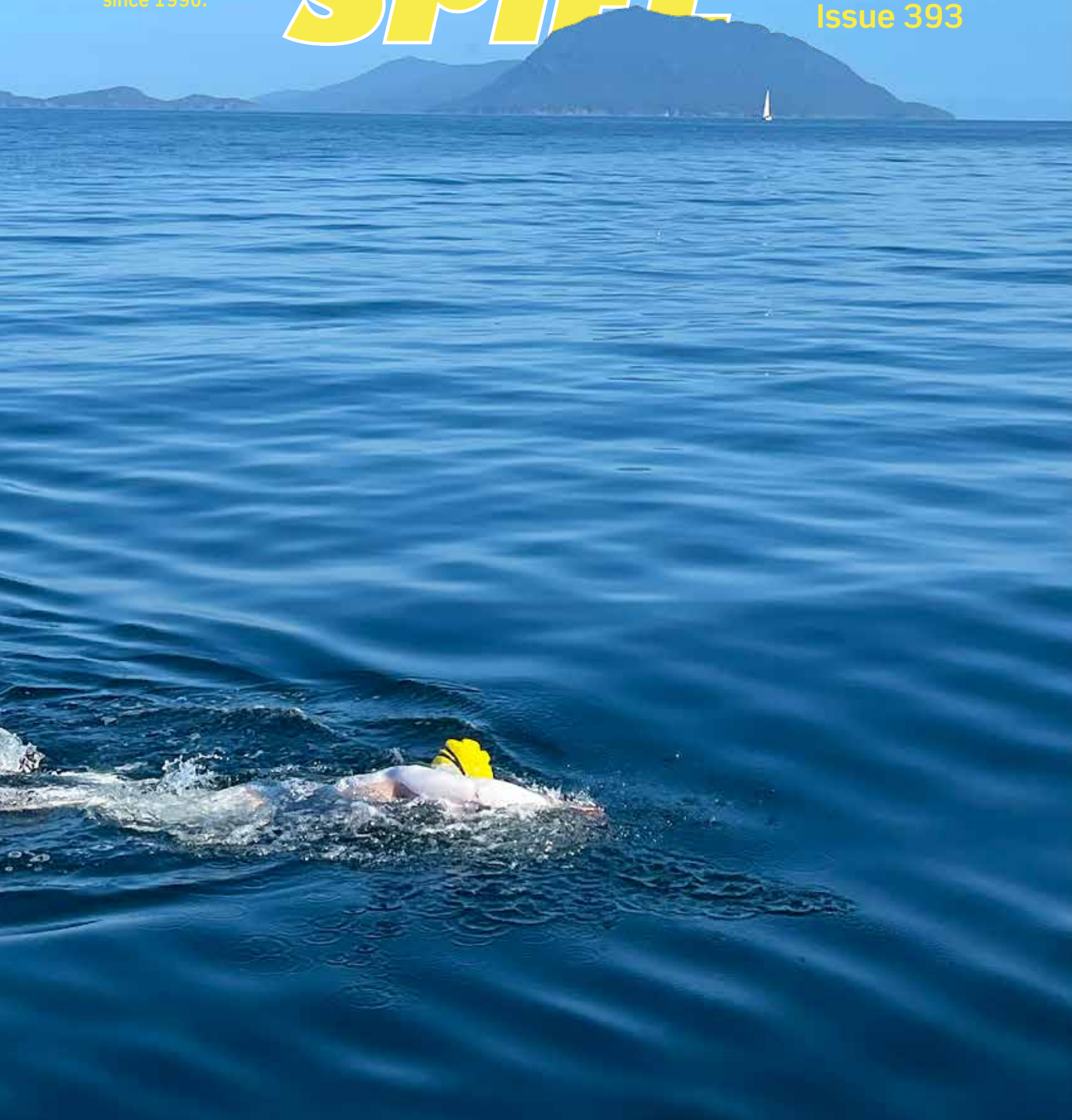


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September 2023
Issue 393



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EDITOR

Brian Lee

CIRCULATION (2,500)

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

CONTRIBUTORS

This month we thank: Barb Barbour, Jessi Harewicz, Leonard Lee, Robert Livingston, Shane McCune, Sydney More, Richard Moreno and Robert Vroom.

COVER

On Aug. 9, swimmer Kim Hedges became the first American and fifth woman to swim across the Strait of Georgia (see story p. 32).

(Jessi Harewicz photo)

ADVERTISING

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(Advertising bookings before Sept. 15.)

editorial

Into the chamber of the unknown



Brian Lee

Anyone who has lived here longer than 10 years understands that the micro-economy of Pender Harbour and Egmont has always been fragile.

It's one reason why the Pender Harbour Board of Trade was formed in 1949 — to bolster industry in our isolated community.

Things are booming these days but the transition from fishing and logging dominance to include tourism and construction has taken awhile and there has been much discussion during that time about how to keep the lights on in the winter.

At some point, the PHBT evolved into the Pender Harbour and District Chamber of Commerce.

The local “voice of business,” dedicated itself to welcoming visitors by supporting initiatives like the early 2000s Madeira Park beautification projects and ongoing management of the visitor information centre.

A brief housing boom during that time was followed by the 2008 financial crisis.

The resulting slowdown forced some families to split and our school's enrolment took a subsequent dip.

The school district talked about combining our two schools, again, and the SCRD, not knowing what else to do, started throwing money at a new organization they created called the Sunshine Coast Regional Economic Development Organization, intended to “enhance economic capacity” on the Coast.

But even then, most knew that our proximity to the Lower Mainland meant that the Sunshine Coast would be discovered, some day.

After COVID accomplished what

well-meaning organizations couldn't, concern about the state of our economy has taken a back seat to how we can preserve it while maintaining the quality of life folks stay here for.

With that in mind, our chamber of commerce directors have proposed a merger with the other two chambers on the Coast (see story, p. 5).

It makes sense in many ways.

Some of the biggest threats to our lifestyle involve pan-Sunshine Coast issues like the failing ferry system and developing infrastructure required to accommodate the influx of refugees from the Lower Mainland.

A unified Sunshine Coast Chamber of Commerce might be more effective at advocating for solutions to these issues that are increasingly tied to provincial authority.

But I wonder, will it work?

Pender Harbour and Egmont have a history of distrust of the larger population centres down the Coast.

And there's a reason our politics hasn't always aligned with the Lower Coast.

At less than 10 per cent of the Coast, our population deficit sometimes means that matters important to us are not seen as urgent by those south of Secret Cove.

So, when an issue specific to Pendermont inevitably arises, will this new entity take action?

Time will tell.

The merger is worth the shot but there's a risk that when a divisive topic does rear up, if left unsatisfied, our members will vote with their feet.

And then we'll be without chamber of commerce representation.

Until, I suppose, we resurrect an alternative to replace it.

Like the “Pender Harbour and Egmont Board of Trade.”

SCHOOL OF MUSIC COFFEEHOUSE: Friday, Sept. 8, 7 p.m.

This month’s School of Music Coffeehouse lands on Friday, Sept. 8 at the Pender Harbour School of Music. Performances by Rebecca Lorna and Jeremy Helten, Poppa Greg and Sean Peters. There is a \$10 suggested donation at the door and delicious deserts are provided by the Pender Harbour Choir. Doors open at 7 p.m. with music at 7:30 p.m.

FRESHWATER JELLYFISH IN BRITISH COLUMBIA & BEYOND: Saturday, Sept. 9, 2 p.m.

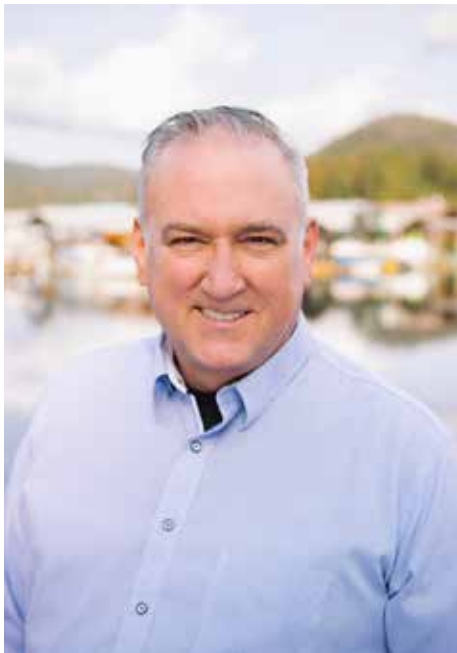
Dr. Florian Luskow presents an informative update on “Freshwater Jellyfish in British Columbia & Beyond: Knowledge gaps and current progress” on Sept. 9 at 2 p.m. at the Sarah Wray Hall in Irvines Landing (4334 Irvines Landing Road). Since at least 1990, an invasive freshwater jellyfish called *Craspedacusta sowerbii* from China has been observed and is spreading across BC, mostly on Vancouver Island, the Lower Mainland, and the Sunshine Coast. The species is not dangerous to humans, but its function in local freshwater systems is still unclear. Their numbers are increasing with ongoing climate change and to be able to predict (and manage) their future populations, we now require an understanding of their seasonal appearance, population development and interplay with fish, zooplankton and algae.

10TH ANNUAL TRASH BASH: Saturday, Sept. 16, 10 a.m.

The entire community is invited to pre-register and come out to help remove trash from our roads and backroads. Meet and sign up at the P. H. Lions Park on Saturday Sept. 16 at 10 a.m. In addition to good karma, volunteers will receive a free lunch. Pre-register for roadside or backroad cleanup at letstalk.scrd.ca/trash-bash.

PENDER HARBOUR WOMEN’S CONNECTION: Tuesday, Sept. 26, doors at 9:30 a.m.

The Pender Harbour Women’s Connection opens their 2023/20224 season on Sept. 26 with a “Brunch and Share” potluck gathering. Come along with your favorite brunch appetizer. It’s all about reconnecting with friends, and welcoming new people to our community. Brunch potluck ideas could include fresh fruit, crudités, baking, sweet or savoury — preferably food that does not need to be heated. Doors open at 9:30 a.m. and there’s a drop-in fee of \$4.



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Sunshine Coast chambers of commerce propose merger

Members of the three chambers of commerce on the Sunshine Coast, including the Pender Harbour and District Chamber of Commerce, will soon vote on a proposed merger.

According to a joint Aug. 14 press release titled "Stronger as one," the boards of directors of the three chambers of commerce on the Sunshine Coast recently signed letters of intent to merge into one organization by the end of the year:

"The decision to pursue a merger revolves mainly around enhancing member benefits, services, and sales.

"By combining into one organization, members will pay one annual membership fee to achieve expanded exposure to customers, suppliers, and vendors from Port Mellon to Egmont.

"One board of directors also unifies and strengthens positions on advocacy, public policy and legislative priorities for all businesses on the Sunshine Coast."

In an interview with the *Harbour Spiel*, Ron Badley, president of the Pender Harbour and District Chamber of Commerce, said this wasn't the first time the topic of merging the three chambers of commerce on the Sunshine Coast has come up.

"They tried a few years ago and made an effort but there was a bunch of personality clashes," he said.

"In the spring, we did a bit of a meet and greet up at the Fuse Work Hub at the Harbour Spirit Centre and everybody was there and we all got along really well and it sort of popped up then as a possibility."

Badley said meetings took place afterward and then a consultant, Janice Iversen, was hired to facilitate the process.

Combined, the three chambers' membership base exceeds 500, and

annual revenues are \$170,000.

Badley said that details are still coming together about what the Sunshine Coast Chamber of Commerce would look like but the groups are aiming to send a vote to their membership in November.

In order to conduct a vote, Badley is consulting bylaws that were written in 1949 when the "Pender Harbour Board of Trade," which later became the current chamber of commerce, was created.

"The representation would be the same or better because it would be more Coast-wide and a lot of the businesses are Coast-wide," he said.

"I think they (local businesses) are going to get more exposure to the southern part of the Coast."

Essentially, Badley sees benefits from having a "bigger voice in a bigger group" in order to advocate for some of the broader Sunshine Coast issues like ferry travel and to access more funding for projects.

"We've been talking about it a lot and it's hard to find a bad side," said Badley.

Badley said the initial plan is to have two members from each chamber on the new board plus one more, likely a representative from an organization like Sunshine Coast Com-

munity Futures or the Sunshine Coast Regional Economic Development Organization.

"Each chamber does slightly different stuff but it would be more organized for sure," he said.

"Less looking after bathrooms and more looking after businesses," he said referring to the PHDCC's responsibility to maintain the washrooms at the Madeira Park Visitor Information Centre.

Badley said that post-merger, the

(continued on p. 7)



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Vocalist and pianist Diane Lines returns with her jazz/blues/swing trio for a lively concert that will make you want to dance in the aisles!



submitted

A field of 43 golfers took over the Pender Harbour Golf Course on Aug. 10 for the annual ladies club tournament. After facing down participants from on and off the Coast, the winner of the four-ball, two best-ball event was the local team of Linda Klikach, Linda McGrath, Nami Stewart and Chrystl Barnett. Second place went to another local team made up of Kathy Bergman, Wendy Haddock and Nora Brooks. Seen here hamming it up for the fiesta-themed after party are (l to r): organizers Kathy Needham and Pat Hallborg, and Marnie Parkes.

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Robert Vroom

Halfwits were here. A hiker that regularly visits the parched, grassy bluffs above the Sakinaw Lake outflow took this photo of the remnants of a recent fire during extremely dry conditions in late July.

news

Proposed chamber merger (cont.)

(continued from p. 5)

VIC could be taken over by Sunshine Coast Tourism who already run the Sechelt and Gibsons visitor information centres.

If the chamber members vote to move ahead with the merger, Badley said his group hopes the new entity will be operable by Jan. 1.

Currently, the heads of the three chambers have been meeting with members and other organizations to consider a blueprint for the merger process.

Badley said they are meeting every two weeks and hashing out details ahead of the planned vote in November.

Though the plan is still coming together, Badley said details about

how the new organization will operate will be forthcoming prior to the vote planned for November.

“There will be a solid plan in place and all of the details will be worked out.”

Badley said there will be opportunities in the coming months for members to learn more about the proposed merger ahead of the vote.

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Richard Moreno

A handful of the participants in the boat parade around Pender Harbour that kicked off Pender Harbour Days on Friday, Aug. 4.

local music

Summer magic: First of the PHMS concert series wows audience

submitted

On Aug. 12 and 13, the Pender Harbour Music Society kicked off its annual concert series with a weekend of chamber music concerts.

Performing in the Mid-summer Chamber Music Weekend were Joan Blackman (violin), Julia Nolan (saxophone), and Jane Hayes (piano) and two brilliant young cellists, Henry Shapard and Hannah Adarrio-Berry.

Concertgoers were treated to a brilliant performance of wartime masterpieces by Britten, Shostakovich and Ravel.

Program notes and narration by the musicians clearly placed the compositions in the context of what was happening on the world stage during that time.

Seldom do we hear such a brilliant



Karen Strong

Joan Blackman on violin, Henry Shapard, (principal cello with the Vancouver Symphony Orchestra) and Jane Hayes on piano.

liant performance of these major 20th century compositions.

The next day, the P. H. School of Music became a vehicle for a musical journey through France and Spain.

The delightful and engaging per-

formances highlighted the exquisite music of Ravel, Sarasota and Faure.

The *History of the Tango* by Piazzolla had the audience transported by familiar, beautiful melodies and seductive rhythms.



1. What was the name of the company that started up a car ferry line to the Sunshine Coast in 1951?

- ☐ a. Gulf Lines
- ☐ b. BC Ferries
- ☐ c. Union Steamships
- ☐ d. Black Ball Ferries

2. Where did the original Frances's Hamburger stand first sit?

- ☐ a. Opposite the IGA entrance.
- ☐ b. On the P. H. Community Club property.
- ☐ c. In the lot where Madeira Landing sits now.
- ☐ d. In the Bargain Barn.

3. Where is Doriston?

- ☐ a. Head of Salmon Inlet.
- ☐ b. Present day Earls Cove.
- ☐ c. Opposite shore of present day Egmont
- ☐ d. West side of Sechelt Inlet.

4. What island is reputed to have the largest arbutus (arbutus menziesii) tree in BC?

- ☐ a. Texada Island
- ☐ b. Nelson Island
- ☐ c. Savary Island
- ☐ d. Harwood Island

5. How many main islands make up the Skardon Islands in Pender Harbour?

- ☐ a. 2
- ☐ b. 3
- ☐ c. 4
- ☐ d. 5

6. What was another common name for Mixal Lake?

- ☐ a. Duck Lake
- ☐ b. Bear Lake
- ☐ c. Haslam Lake
- ☐ d. Killarney Lake

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Keighley: Irvines Landing Rd. too narrow, too tight, too dangerous

Editor,

Everyone knows that driving accidents happen all the time wherever there are vehicles on roads.

But when a particular outcome begins to repeat at a single location, highway engineers begin to look for reasons beyond human error to see if poor road conditions or design are contributing factors, and if they are, take steps to correct them.

In the last 17 years, there have been four vehicles off the Irvines Landing Road at the Mixel Lake curve and into the lake.

In 2006 a body was retrieved from a submerged van.

Since then, three other vehicles have gone into the lake, fortunately all without fatalities.

The latest incident this past May involved Fay and Ian Wright of Irvines Landing.

Fay was driving them home when they encountered a construction truck towing an equipment trailer over the centre line.

Fay moved onto the very narrow shoulder to avoid a head-on collision, but the shoulder quickly disappeared and they plunged into the lake.

Their car floated forward and miraculously came to rest on a submerged alder trunk, which kept them from slipping into 25 feet of water, and their probable deaths.



Jef Keighley

There's little room for error on this narrow section of Irvines Landing Road.

The key contributing factors to those four vehicles ending up in the lake are the extreme tightness of the curve and the absence of concrete barriers to keep vehicles on the road.

There is zero shoulder at the critical point along the curve.

The bank slopes steeply down from the pavement into deep water.

There is no land on which to mount a secure barrier.

Irvines Landing Road was pushed through as a narrow gravel road around 1936 during the Great Depression and still follows its original 87-year-old placement.

Back then vehicles were smaller and fewer.

Today, as development proceeds apace, vehicles are substantially larger and traffic volume is much heavier.

The Mixel Lake curve is simply too narrow, too tight and too dangerous.

It's time for our Ministry of Transportation and Infrastructure to "Fix the Mixel Lake Curve."

Before it's too late.

Fortunately, the existing curve only occupies the outer one-half of the 66-foot road allowance, meaning there is plenty of MOTI land to blast out the rock on the inside of the curve, move the driving surface over away from the lake and easing the curve.

Help us convince MOTI to fix the Mixel Lake curve by joining with the already 500 other citizens who have signed our online and print petition to MOTI Minister Rob Fleming at change.org/fixthemixalcurve.

More information is available on our Facebook page "C4MCR."

We hope we can count on your support.

Jef Keighley, Dave Davies and

Peter Robson

Citizens 4 Mixel Curve Realignment

Clemence: Races are a drag on the environment

Editor,

Most people are very aware of global warming and are being so careful of burning fossil fuels.

They have bought electric cars and installed heat pumps etc.

They're doing all they can to help lower green house gas emissions.

But I have to query the fact that drag races (in Sechelt) are still allowed.

Obviously, the people who run

and attend these have no thought or consideration of their actions or the consequences.

What could be done to help us all?

Anne Clemence

LETTERS Letters to the editor should be of local interest, exclusive to the *Harbour Spiel* and include your full name, address and daytime phone number for verification. Letters may be edited for length and clarity. editor@harbourspiel.com

Tying up dead ends



*Leonard Lee
Area A director, SCRD*

A dead end occurs when a water pipe terminates at a small cluster of users.

An eight-inch water main is required for fire hydrants, but if there are too few users, they can't generate enough flow to prevent stagnation resulting in bacterial growth caused by sediment buildup and chlorine loss.

Insufficient flow causes decreased pressure, deteriorated quality, health concerns, and user complaints including odour, discoloration and an unpleasant taste.

Dead ends are avoided by looping mains to create a "grid," but a grid doesn't work until enough homes

have been built.

At the Sakinaw Ridge subdivision, a hydrant is opened regularly to generate flow, but it's costly to dispatch technicians, and it deteriorates water quality for the following day.

At the end of Porter Road, flow is ensured by a small branch pipe, continuously running into the ocean.

I've been asked why this waste of water occurs and how it could be avoided, so an investigation is underway with these considerations:

- The flushing hasn't diminished Garden Bay Lake or violated our water licence;
- Flushing is dependable, cheap, proven and effective;
- We could use technology solutions to release water at predetermined times and volumes;
- We plan to extend the Porter

Road main further into Kleindale;

- Discussions of connecting the North and South Pender systems, with a crossing at Gunboat/Oyster Bay;
- Who should pay for a more expensive, temporary solution;
- Can we use the flushed water, perhaps making it available via an always-on yard hydrant, and
- Should we continue flushing during a drought?

We shouldn't reduce water quality simply to respond to public perception that isn't supported by fact.

WATER CRISIS

South Pender remains on Stage 3 restrictions while Stage 4 depends on weather, water demand, and availability from Harris and McNeill Lakes.

Seven of the last eight years saw far below average summer precipita-



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UPCOMING MEETINGS

Committee of the Whole
September 14 at 9:30 a.m.

Committee of the Whole
September 28 at 9:30 a.m.

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

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

SCRD Board and Committee meetings are held in person and electronically on Zoom and video streamed live to YouTube. For more information, please visit www.scrd.ca/agendas.

Waste Reduction Initiative Program is back for 2023!

The SCRD is seeking applications for projects that contribute to waste reduction or diversion from the garbage. Funding is available to community groups and associations, non-profit societies, registered charitable organizations, SD46 and SD93 and school groups. Deadline to apply is October 20, 2023. Visit letstalk.scrd.ca/wrip for more information.



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tion, amounts that climate models predicted for 2050, and there has been a dramatic decrease in summer creek flow over the last decade.

The maximum drought period could be 200 days, from May 1 to mid-November, but we can't be certain because weather patterns are now unpredictable.

We need a budget to close the gap between current and future water demands.

We've done well in reducing individual water use at Stage 3 restrictions, with daily use dropping from 591 litres/person in June to 432 litres/person in July, but we could likely do better (Gibsons, at Stage 1, reports 408 daily litres/person).

To receive a monthly report of your water use, visit scrd.ca/water-use.

HARRIS AND MCNEILL LAKES

Watching the McNeill Lake water level, it would appear everything is all OK but that's not the real story.

On Aug. 1, for the first time in decades, we began releasing stored Harris Lake water, which is licensed only for emergency use during a drought and which feeds McNeill Lake, thus slowing the rate at which it drops.

We have licences to use about half the stored water in McNeill and Harris.

If we can get the Harris Lake water to McNeill, if our licences allow, we could probably manage 200 days of drought and still retain a reserve in case of emergencies such as structure fires and wildfire as we experienced at Cecil Hill a few years ago.

Today's challenge is that the existing outlet channel will only allow us 22 per cent of the stored Harris

Lake water, leaving us well short of water before the end of the drought.

The SCRD is exploring ways to access the last 78 per cent of stored water at Harris Lake.

If the drought drags on, interim solutions might be possible, such as siphons like at Chapman, or perhaps a pump similar to what was used to refill McNeill Lake from Harris Lake after water was released for expansion and maintenance many years ago.

Local action remains the best way to retain water for essential use throughout late summer and fall, and we all know how to do it, but we must want to do it.

JOINING THE NORTH AND THE SOUTH

Rumblings about joining our two water systems for a single service with one budget and rate make me wonder if it's an idea whose time has come:

- If one plant fails, the other can provide water;
- We need the volume of both plants to fight a wildfire;
- Expansions of both systems will be more efficient and cheaper, and
- If done now, it can prevent further South Pender restrictions.
- It worked for our fire departments, why not our water services?

As with most great ideas there are challenges, but with resident support, it can be done quickly.



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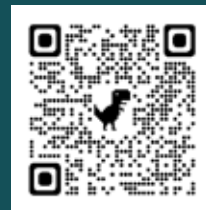


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**Join us for the 10th
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When: Saturday, September 16, at 10:00 a.m.
Where: Pender Harbour and Egmont

The community is invited to
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Meet and sign-in at
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Please **pre-register** for
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We will need:

1. Contact info.
2. Who will be joining you.

* Backroad volunteers will need a vehicle.

Special Thanks to:

- Pender Harbour Hikers
- Pender Harbour Lions Park
- Sunshine Coast Credit Union

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Gardening with native plants and natural processes

submitted

On Tuesday, Sept. 19, the Pender Harbour Wildlife Society hosts its first in-person monthly presentation since the start of the pandemic.

Presenting “Healthy habitats at home: Gardening with native plants and natural processes” will be Karen Cummins and Jan Smith.

Cummins and Smith are members of the habitat stewardship team with the MARS Wildlife Rescue Centre in Merville, BC.

MARS was recently recognized by the 2022 Greener Greenspaces program, initiated by the Society for Organic Urban Land Care.

The program recognizes sites that are examples of ecologically-focused land care that can inspire others to support healthy, climate resistant and bio-diverse ecosystems.

Their presentation will focus on what makes healthy habitat for people and wildlife.

What can we do about the global biodiversity crisis?

We can look to our own yard and gardening choices as a place to begin positive change.

Cummins and Smith will provide information about growing native plants and practices that support nature in our home gardens.

We will learn about the potential of native trees, shrubs, grasses, and flowering plants to be the anchors of a healthy habitat.

Become familiar with species that are native to our area and how to plan and plant for success.

Cummins is a retired landscape designer, horticulturist, and ISA-certified arborist.

She sits on the board of the Comox Valley Naturalists and co-ordi-



Jan Smith

The meadows at MARS Wildlife Rescue Centre in Merville, BC.

nates the “tree of the year” event and the wetlands restoration group.

Smith is a volunteer guide and habitat steward at the MARS Visitor Centre.

The presentation will be at the Pender Harbour Secondary School in

the food room.

Doors open at 6:45 p.m. before the presentation at 7 p.m.

Refreshments and raffle to follow and all are welcome to attend.

For more information, email info@penderharbourwildlife.com.



PENDER HARBOUR VOLUNTEER FIRE DEPARTMENT:

Request For Proposal

The Pender Harbour Volunteer Fire Department was founded in 1967 from the assets of the Pender Harbour Fire Brigade. Currently we service the Fire Protection District from Hall 1 in Madeira Park and Hall 2 in Garden Bay. We provide fire protection, auto extrication and medical first responders. We are looking for a qualified contractor to undertake a rebuild of Fire Hall 2 in Garden Bay.

The firehall, originally built in 1975, has settled a considerable amount which has led to building damage. We wish to raise the top floor and redo the foundation and lower floor of the building. An addition will be added to the building to house turnout gear to get it away from the diesel exhaust of the Fire Engines.

Interested parties will need construction experience and knowledge of all relevant BC Building codes for this project. Parties should contact the Fire Department and on-site visits can be arranged to discuss the scope of the work.

A submitted bid should include material and labour costs, excavating, cost of any sub-contractors and a proposed contingency for the project. Bids will be evaluated on all criteria and the lowest bid may not necessarily be the successful bid.

Please email phfire@dccnet for further information.
All bids must be received by Sept. 22, 2023.

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business directory

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- Ocean Breeze Accounting.....(604) 885-0366

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Pender Harbour Volunteer Fire Department 2023



The Pender Harbour Volunteer Fire Department's Madeira Park and Garden Bay halls got together recently for the 2023 annual meeting. Standing (l-r): David Lacey, Mark Slack, Matt McDonald, Michael Davison, Julia Massullo, John Forward, Ron Cymbalist, Sam Rolston. Kneeling (l-r): Tomasz Chruszcz, Scott Klassen, Bill Gilkes, Vince Burnett, Don Johnson, Vic Rittinger, Lorne Malcolm Johnson, Doug Evans, Ava Wagner, and Chloe Willes-Speakman.



Sydney More

their annual group photo. Standing (l-r): Bill Haskett, John Lucas, Barry Ashley, Tony Botticelli, Bruce Thompson, Beaton, Jim Cameron, Katie Edwardson, Glenn Eaton, Terri Scott, Steve Laeune, Andrew Maurer and Monty Barry Curtiss, Danielle Pazur and Al Chorley. Not pictured: Bruno Pepin, Mike Ewen, Nigel Cook, Mike Pazur,

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PENDER HARBOUR ROTARY SHOW & SHINE AUGUST 13



1962 AMC Rambler



Brian Lee photos

The Rotary Club of Pender Harbour's annual Show and Shine in Madeira Park always seems to land perfect weather. The event attracted over 75 classic cars and motorcycles to the Royal Canadian Legion No. 112 and an adjoining property on Aug. 13 and many more visitors. In the bottom photo are Rotary members waiting for voting results to begin trickling in (l-r): Carolyn Farrand, Barb McAllister, Lorraine Wareham, John King, Sarah Johnston and Frankie King.

Raymond Kraft

JANUARY 9, 1931 — MAY 5, 2022



Ray Kraft was born in 1931, in a one-bedroom shack in Kelowna.

Though his twin brother died at birth, Kraft grew up with seven siblings.

After spending time working and fishing, he joined the Royal Canadian

Air Force radar division.

In 1958, he met his wife, Josephine.

They married and travelled throughout Europe.

His career took his family to New Westminster, Comox, Alert Bay and Victoria before ending up in Pender Harbour in 1970.

Kraft became the local fisheries officer and got to know a lot of sports fishermen and others from far and wide.

After leaving Pender Harbour to take a job in Qualicum Beach for a few years, Kraft returned in 1986 to retire.

He loved Pender Harbour.

He enjoyed the people here and the Legion, volunteering, Keno and working in his workshop.

He was proud of his wonderful elephant garlic.

He loved to have a good laugh.

Kraft is survived by Josephine, his wife of 63 years, two daughters and three grandchildren who miss him dearly.

His family thanks Dr. Sutton, Dr. Robinson and the nursing staff at the Pender Harbour Health Centre, the Sechelt Hospital and ambulance attendants.

OBITUARIES: The *Harbour Spiel* publishes obituaries without charge as a longstanding effort to recognize and record the lives of those who lived in Pender Harbour and Egmont. Submissions must be timely, include the dates of birth and death and be submitted in a digital format. Submissions will be edited for length and to remove first-person and personal messages as required to maintain editorial consistency.

seals



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

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

A Harbour Seal of Disapproval to the **individual(s) that lit a campfire on the Sakinaw Lake trail** lookout.

It was certainly done during the last week in July as we climb that trail weekly.

Tinder dry grass... one spark.

Bob and Sharon Vroom

A boatload of Harbour Seals of Approval to **the organizers and volunteers who made the Pender Harbour Days Wooden Boat Festival possible** and such a success.

Listening to many personal stories while exhibiting *Lady Jayne*, was particularly interesting.

Nick Loenen

A Harbour Seal of Approval and huge thanks to **the organizers, sponsors, volunteers, and attendees** who made the 2023 Pender Harbour Days Wooden Boat Festival such a success.

Judy Renouf

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pender harbour tides ~ september 2023

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

Canoe Pass:



September	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Fri 01	7.9	8.2	9.3	10.9	12.5	13.7	13.9	12.9	11.1	8.6	6.2	4.4	3.6	4.0	5.6	8.1	10.9	13.4	15.1	15.6	14.9	13.2	11.0	8.9
Sat 02	7.3	6.7	7.1	8.5	10.4	12.2	13.4	13.7	12.9	11.2	9.1	7.0	5.6	5.1	5.8	7.5	9.9	12.4	14.4	15.4	15.3	14.1	12.0	9.6
Sun 03	7.4	6.0	5.6	6.3	7.9	9.9	11.8	13.1	13.5	12.9	11.5	9.8	8.1	7.1	6.9	7.8	9.5	11.6	13.6	14.9	15.3	14.6	13.0	10.7
Mon 04	8.3	6.2	5.0	4.9	5.7	7.4	9.4	11.4	12.8	13.3	12.9	11.9	10.6	9.4	8.7	8.7	9.6	11.1	12.7	14.1	14.9	14.8	13.7	11.8
Tue 05	9.5	7.2	5.4	4.4	4.5	5.4	7.0	9.0	10.9	12.4	13.1	13.0	12.4	11.5	10.6	10.2	10.3	11.0	12.1	13.3	14.1	14.4	13.9	12.6
Wed 06	10.6	8.5	6.5	5.0	4.2	4.3	5.2	6.7	8.5	10.4	11.9	12.9	13.2	12.9	12.4	11.8	11.4	11.4	11.9	12.6	13.2	13.7	13.7	12.9
Thu 07	11.6	9.8	7.8	6.1	4.8	4.2	4.4	5.2	6.5	8.2	10.0	11.6	12.8	13.5	13.5	13.1	12.6	12.2	12.0	12.2	12.5	12.8	13.0	12.9
Fri 08	12.1	10.8	9.2	7.5	6.0	4.9	4.3	4.4	5.2	6.5	8.1	10.0	11.6	13.0	13.8	14.0	13.7	13.2	12.6	12.1	12.0	12.0	12.3	12.4
Sat 09	12.3	11.6	10.5	9.0	7.4	6.0	4.9	4.3	4.4	5.2	6.5	8.3	10.2	12.0	13.3	14.1	14.3	13.9	13.2	12.5	11.8	11.4	11.5	11.7
Sun 10	12.0	12.1	11.6	10.5	9.0	7.4	5.9	4.8	4.2	4.4	5.2	6.7	8.6	10.6	12.4	13.7	14.4	14.3	13.7	12.8	11.8	11.1	10.8	11.0
Mon 11	11.5	11.9	12.1	11.7	10.6	9.1	7.4	5.8	4.7	4.1	4.4	5.4	7.1	9.2	11.3	13.0	14.1	14.4	13.9	13.0	11.9	10.8	10.2	10.2
Tue 12	10.7	11.4	12.1	12.3	11.9	10.7	9.1	7.2	5.6	4.5	4.2	4.7	6.0	7.9	10.1	12.1	13.6	14.3	14.1	13.2	12.0	10.7	9.7	9.4
Wed 13	9.8	10.6	11.6	12.3	12.5	12.0	10.6	8.9	7.0	5.4	4.5	4.4	5.3	7.0	9.1	11.3	13.0	14.0	14.1	13.4	12.1	10.6	9.4	8.7
Thu 14	8.8	9.6	10.7	11.9	12.6	12.7	11.9	10.4	8.6	6.7	5.4	4.8	5.1	6.4	8.3	10.5	12.4	13.7	14.1	13.6	12.3	10.7	9.2	8.1
Fri 15	7.9	8.4	9.5	11.0	12.2	12.9	12.8	11.8	10.2	8.3	6.7	5.6	5.4	6.2	7.8	9.8	11.8	13.4	14.1	13.8	12.7	11.0	9.2	7.8
Sat 16	7.0	7.2	8.2	9.7	11.3	12.5	13.1	12.8	11.6	10.0	8.2	6.9	6.2	6.4	7.6	9.3	11.3	13.0	13.9	13.9	13.0	11.4	9.5	7.7
Sun 17	6.5	6.2	6.8	8.2	9.9	11.6	12.8	13.2	12.7	11.5	9.9	8.4	7.4	7.1	7.7	9.1	10.8	12.5	13.6	13.9	13.3	11.9	9.9	8.0
Mon 18	6.4	5.5	5.7	6.7	8.3	10.2	11.9	13.0	13.3	12.7	11.5	10.1	8.9	8.2	8.3	9.1	10.5	12.0	13.2	13.8	13.5	12.3	10.5	8.5
Tue 19	6.6	5.3	4.9	5.4	6.7	8.5	10.5	12.1	13.1	13.3	12.7	11.7	10.5	9.6	9.2	9.5	10.4	11.6	12.8	13.5	13.5	12.6	11.1	9.1
Wed 20	7.1	5.5	4.5	4.4	5.2	6.7	8.6	10.6	12.2	13.2	13.3	12.8	12.0	11.1	10.4	10.2	10.6	11.4	12.4	13.1	13.3	12.8	11.6	9.9
Thu 21	7.9	6.1	4.7	4.1	4.2	5.1	6.7	8.6	10.5	12.1	13.1	13.4	13.1	12.5	11.8	11.3	11.2	11.5	12.1	12.7	13.1	12.9	12.1	10.7
Fri 22	9.0	7.1	5.5	4.4	3.8	4.0	5.0	6.4	8.3	10.2	11.8	13.0	13.5	13.4	13.0	12.5	12.0	11.8	11.9	12.3	12.7	12.8	12.5	11.5
Sat 23	10.1	8.4	6.7	5.2	4.2	3.7	3.8	4.7	6.1	7.9	9.8	11.6	13.0	13.8	13.8	13.5	13.0	12.4	12.0	11.9	12.1	12.3	12.5	12.2
Sun 24	11.3	10.0	8.4	6.7	5.2	4.1	3.5	3.5	4.4	5.8	7.7	9.8	11.8	13.3	14.1	14.2	13.9	13.1	12.3	11.7	11.4	11.6	11.9	12.2
Mon 25	12.3	11.8	10.6	9.0	7.2	5.5	4.1	3.3	3.3	4.1	5.7	7.8	10.1	12.2	13.8	14.6	14.5	13.9	12.8	11.7	10.9	10.6	10.8	11.4
Tue 26	12.0	12.4	12.3	11.4	9.8	7.8	5.8	4.2	3.3	3.3	4.2	6.0	8.3	10.8	13.0	14.4	14.9	14.5	13.4	11.9	10.5	9.6	9.4	9.9
Wed 27	10.8	11.9	12.7	12.8	12.0	10.5	8.4	6.2	4.5	3.6	3.6	4.7	6.8	9.3	11.8	13.8	14.9	14.9	14.0	12.4	10.6	9.0	8.1	8.1
Thu 28	9.0	10.4	11.9	13.0	13.3	12.7	11.1	8.9	6.7	5.0	4.1	4.4	5.8	8.0	10.6	13.0	14.6	15.2	14.6	13.1	11.0	8.8	7.2	6.5
Fri 29	6.9	8.2	10.0	11.9	13.3	13.8	13.1	11.6	9.5	7.4	5.8	5.1	5.7	7.2	9.5	12.0	14.0	15.1	15.0	13.8	11.7	9.3	7.0	5.5
Sat 30	5.1	5.9	7.6	9.8	12.0	13.6	14.1	13.5	12.0	10.1	8.2	6.8	6.5	7.2	8.9	11.1	13.2	14.7	15.2	14.5	12.6	10.2	7.5	5.4

Grace (Graziella) Pazur

JULY 20, 1963 — JULY 9, 2023



Grace (Graziella) Pazur was born July 20, 1963 in Toronto.

When she was born, she was welcomed into the world with thunder and lightning, and she kept a little bit of that storm in her throughout her life

with her boundless energy and loud voice.

She was never afraid to tell it like it was, and you would be wise to follow her loving advice.

As a young woman, Pazur came to Pender Harbour on a student exchange and never left.

She graduated from Pender Harbour Secondary and eventually made a home with her three children, Michael, Aaron and Danielle, her two foster children, Bryan and Taylor, as well as their farm full of animals.

She was an early riser and loved to wake the rest of the house up with her singing and playful exclaiming at her children and their friends to "Get up and start the day!"

Even if it was 5 a.m.

Pazur seized every day of her life with both hands, and her family only wishes they had more days to spend with her.

Pazur died in her home on July 9 surrounded by her family.

She was an unforgettable person and will be deeply missed by her family, friends, community and sister Anna, niece Debbie and nephew James.

Her family sends a big thank you to the Pender Harbour nurses, paramedics and care aides from Vancouver Coastal Health.

The Pazur's are also very grateful to the community of friends for their care and support over the last year.

Hans Jurgen Eckart Schroeder

OCTOBER 19, 1934 — AUGUST 3, 2023



Hans Schroeder was born in Kiel, Germany and moved to Denmark during the Second World War.

In the late 1950s, he moved to Toronto, married, and had children Sharon, John and Cindy.

In 1966 they moved to B.C. and Schroeder drove a taxi and bus.

After the marriage ended, Schroeder met Hal Straight and worked for him at Horizon Publications.

Straight had property on the Sunshine Coast and asked if he would be
September 2023

interested in caretaking.

Schroeder married Willa in 1976 and began their life on the Coast.

They lived in Middlepoint with sons Ryan and Chris and discovered they were neighbours with Joni Mitchell.

When Mitchell asked Hans to be her caretaker, it started an amazing friendship.

After Willa took over Frances's Hamburger Stand in Madeira Park, Schroeder could be seen there daily raking the grounds, having coffee, visiting with friends and making new ones.

He joined the P. H. Community Club and the P. H. Lions Club and started his own handyman service which made many more friends.

He loved his family and community and was the epitome of a social butterfly.

Schroeder leaves behind his

wife of 47 years Willa, children Sharon (Wolf), John (Gina), Cindy (Rob), Blair (Kate), Ryan, Chris (Nicole) as well as grandchildren and great-grandchildren.

A celebration of life will be held at the Lions Park on Sept. 30, from 12 noon to 4 p.m.



**RECYCLING &
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ONE-STOP CONVENIENCE

- Multi-material recycling
- Beverage container refund centre

Plus, recycling of:

- Small appliances and electronics
- Household batteries
- Light bulbs and paint

Hwy. 101 & Menacher Rd.

OPEN: 8:30am to 3:30pm

CLOSED: STAT. HOLIDAYS & WEDNESDAYS

NOW OPEN SUNDAYS

SKOOKUMCHUCK VIEWING TIMES

SEPTEMBER

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

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

1. 12:15 PM -XL, 7:06 PM +XL
2. 1:14 PM -XL, 7:22 PM +XL
3. 7:54 AM +L, 1:58 PM -L
4. 8:56 AM +L, 2:55 PM -M
5. 10:02 AM +XL, 3:59 PM -M
6. 11:14 AM +XL, 5:02 PM -S
7. 12:28 PM +XL, 6:14 PM -S
8. 1:35 PM +XL
9. 7:59 AM -L, 2:45 PM +XL
10. 9:01 AM -L, 3:41 PM +XL
11. 9:50 AM -L, 4:28 PM +XL
12. 10:01 AM -L, 5:06 PM +XL
13. 10:39 AM -L, 5:36 PM +XL
14. 11:16 AM -L, 5:57 PM +XL
15. 11:44 AM -L, 6:18 PM +L
16. 12:22 PM -L, 6:20 PM +L
17. 12:57 PM -L, 6:33 PM +L
18. 7:46 AM +L, 1:45 PM -M
19. 8:35 AM +L, 2:42 PM -M
20. 9:31 AM +L, 3:50 PM -S
21. 9:57 AM +L, 4:53 PM -S
22. 10:55 AM +L, 6:02 PM -S
23. 12:57 PM +L
24. 2:46 PM +XL
25. 3:14 PM +XL
26. 8:17 AM -XL, 4:02 PM + XL
27. 9:29 AM -XL, 4:39 PM +XL
28. 10:24 AM -XL, 5:08 PM +XL
29. 11:12 AM -XL, 5:28 PM +XL
30. 12:14 AM -L, 5:54 PM +XL

These are estimates only and not intended for navigation.



BC LIQUOR

127

The number of spirits manufacturers in British Columbia.

47

The number of spirits manufacturers in the Lower Mainland.

\$406,884,000

Sales of domestic spirits in BC liquor authorities and retail stores in 2022.

\$637,564,000

Sales of imported spirits in BC liquor authorities and retail stores in 2022.

60.4%

The 2020 peak of on-premise market share White Claw (owned by BC's Anthony Von Mandl) held in the "hard seltzer" category in U.S. bars and restaurants.

\$1.93 billion

Total sales of White Claw in 2021.

29.5%

The market share of whiskies in BC, the largest of all spirits.

81.8%

The percentage gin sales rose in Canada between 2011 and 2021.

6.8 litres

The per capita purchase of spirits by British Columbians in 2022.

3/4

The increase in per capita spirits sales in BC between 2017 and 2022.

~ BC Gov., Craft Distilleries of BC, Stats Can

SEPTEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our average daily September high temperature is 17.6° C and our average daily low temperature this month is 12.1° C, giving us a mean daily temperature of 14.8° C. September averages 1.8 days with temperatures above 18.1° C. The highest September temperature recorded is 26.6° C (Sept. 3, 1988); the lowest September temperature recorded is 3.9° C (Sept. 27, 1972).

PRECIPITATION (MERRY ISLAND)

September averages 10 days with rainfall and a total of 63.1 mm for the month. September has an average of 212.4 hours of bright sunshine, and the highest daily rainfall recorded is 69.4 mm (Sept. 1, 1983).

SEPTEMBER ASTROLOGY

**VIRGO: August 23 - September 22**

Virgos value knowledge highly and their methodical approach to life ensures that nothing is left to chance. Virgos have high standards for themselves, and their goal is to be perfect in everything they do. Until Sept. 22, the sun is in the sign of Virgo. So be sure to wear astrological sunscreen or you will get burned. It is a time for regeneration and growth. Discard old friends or family nuisances in order to push through those stale relationships. Ignore any lingering pangs of conscience — they don't like you anyway.

**LIBRA: September 22 – October 23**

Libras seek perfection and harmony and passionately believe in fairness and equality. You are diplomatic, charming, stylish, self-expressive, and spontaneous. Librans do not tolerate argument from anyone who challenges their opinions and are impatient with criticism. On Sept. 14, Mercury will begin its movement in retrograde. Since nobody understands what that means, be careful out there. Insincerity is your weakness and will reignite trust issues and associated dysfunction from not having a strong father figure. Deal.

BC BESTSELLERS

For the week ending Aug. 19.

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. **East Side Story: Growing Up at the PNE** by Nick Marino (Arsenal Pulp Press)
2. **Every Child Matters** by Phyllis Webstad, illust. by Karlene Harvey (Medicine Wheel Publishing)
3. **Unbroken: My Fight for Survival, Hope, and Justice for Indigenous Women and Girls** by Angela Sterritt (Greystone Books)
4. **To Track a Traitor: A Lane Winslow Mystery** by Iona Whishaw (TouchWood Editions)
5. **A Season on Vancouver Island** by Bill Arnott (Rocky Mountain Books)
6. **Cold Case BC** by Eve Lazarus (Arsenal Pulp Press)
7. **A Complex Coast: A Kayak Journey from Vancouver Island to Alaska** by David Norwell (Heritage House Publishing)
8. **With Our Orange Hearts** by Phyllis Webstad, illust. by Emily Kewageshig (Medicine Wheel Publishing)
9. **A Kid's Guide to Plants of the PNW: with Cool Facts, Activities and Recipes** by Philippa Joly (Harbour Publishing)
10. **Wired for Music: A Search for Health and Joy Through the Science of Sound** by Adriana Barton (Greystone Books)

~ Association of Book Publishers of BC

SEPTEMBER BIRTHDAYS

- Sept. 1: **Heather Brown.**
- Sept. 2: **Brad Higgins and Earl Gudbranson.**
- Sept. 3: **Jeff Higgs.**
- Sept. 4: **Robin Heiliger.**
- Sept. 5: **John Dafoe and Maxwel Hohn.**
- Sept. 6: **Michael Parrott.**
- Sept. 7: **Ed Pazur.**
- Sept. 10: **Ernie Paiement, Emily Gamble, Kiri MacGreggor and Pam Roosen.**
- Sept. 11: **Barb Barbour, Sharon Rosel, Doris Wilkinson, Desiree De La Canal and Ashley Georgison.**
- Sept. 12: **Tanisha Chandler and Daniel Hardwick.**
- Sept. 16: **Theresa Baldwin and Steven Edwardson.**
- Sept. 17: **Gord Barnett.**
- Sept. 18: **Charly Mclean and Gary Saunders.**
- Sept. 19: **Patti Gaudet, Doug Reid, Dennis Gamble, Aldo Cogrossi, Jesse Little and Lauryn Young.**
- Sept. 21: **Black Bill Gilkes, Christy King and Joey Fletcher.**
- Sept. 23: **Helmut Haas.**
- Sept. 24: **Susan Knock, Marnie Davis and Matt Richards.**
- Sept. 27: **Dale Duncan.**
- Sept. 30: **Shelby Campbell, Irene Forsyth and Scott Minch.**



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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela, Dr. Endre Sinkovics

Darlene Fowlie – Hygienist

Monika Miller – Hygienist

Rosa Seda – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 984-5070

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

(604) 885-6101 ext. 4422

PHYSICIANS – (604) 883-2764

Dr. Colin Sutton

- By appointment only

CHIROPRACTORS – (604) 886-3622

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

- Wednesdays, call (604) 886-3622 or visit coastlinehealth.janeapp.com to book appointment

HEARING CLINIC – (604) 885-0155

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Terra Dannes – Registered Hearing Instrument Practitioner

- Full diagnostic hearing evaluations
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BETTER AT HOME PROGRAM (UNITED WAY)

(604) 212-2232

Haida Bolton – Program Coordinator

Helping Seniors Remain Independent

- Email: betterathome@penderharbourhealth.com



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

ALCOHOLICS ANONYMOUS: Meets Wednesdays at 7 p.m. – everyone welcome.

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

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

DIABETES & DIETICIAN MANAGEMENT PROGRAM: Weekly on Thursdays ~ call to book an appointment

CHRONIC DISEASE MANAGEMENT PROGRAM: Weekly on Wednesdays ~ call to book an appointment.

ADULT DAY PROGRAM: Dementia Care-Giver Support Group. Call (604) 883-2764.

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

You are not alone

*Compiled by Pender Harbour Health
Centre nursing staff*

*"You matter because you are you.
"And you matter until the last moment of
your life.
"We will do all we can to help you, not
only to die peacefully, but to live until you
die."*

*— Dame Cicely Saunders
(Founder of modern concept of hospice.)*

Dying and bereavement can sometimes be the most challenging time in our life.

There are many unfamiliar things to deal with and emotions get ragged.

Where do you turn?

The Sunshine Coast Hospice Society has volunteers from Egmont to Langdale who can support you and your family and friends through the end of life journey.

More than 30 per cent of the population on the Sunshine Coast is 65 years of age or older.

Clearly the demographics on the Coast underscore the need for improved hospice residential and home care services.

The SCHS has more than 60 volunteers who have participated in a rigorous curriculum set by the national and provincial hospice palliative care associations.

Everything you tell a hospice volunteer is kept confidential.

Volunteers meet with people at the end of life and/or those who are close to the one who is dying.

They offer friendship, a listening non-judgmental ear or a break for the caregiver to get out of the house and know their loved one is safe.

Some people seek out hospice only after a loved one has died and they want to talk to someone who has been through a similar experience.

Sunshine Coast
HOSPICE
S O C I E T Y

Compassionate Care



The Pender Harbour volunteers offer a bereavement group that runs in the fall or spring.

There is such a relief in meeting with others who know what you're going through, where you don't have to pretend that everything's OK, or worry that you're "not moving on fast enough."

While most of us want to die at home surrounded by our loved ones, this is not possible for many families.

The Sunshine Coast Hospice Society offers two hospice rooms at Shorncliffe in Sechelt, which provides a home-like environment with the benefit of 24-hour nursing care.

Hospice volunteers offer respite for families at this time so their loved one has company if they want.

Sunshine Coast Hospice is located at Hospice House, our program and office space in Davis Bay.

It is a short, uphill walk from Davis Bay Beach and around the corner from the Davis Bay Community Hall at 4602 Simpkins Road.

Visitors are welcome to drop by anytime during office hours, but in order to best support you, they recommend scheduling appointments in

advance.

The Kate Webb resource library is open to the public during office hours, and our tranquil outdoor memory garden space is always available for the public to enjoy.

For more information about hospice, call the Pender Harbour Health Centre at (604) 883-2764 or the Sunshine Coast Hospice Society in Sechelt at (604) 740-0475.



Elevate Aerial Yoga

What is Aerial Yoga?

New and traditional yoga postures, with body weight partially or fully supported by the hammock. It works with gravity, is known to increase range of motion, and relax the nervous system while never being more than a few feet off the ground.

Who can do this?

Anyone, however, classes will be offered to individuals 18 years and older.

Is it safe?

Yes. The hammock can hold up to 2,000 pounds and is connected at each end to the reinforced ceiling by hooks.

Interested?

First class is free! Fall class schedule (September - December 2023): **Saturdays 8 - 8:50am** and **9 - 9:50am** and (most) **Tuesdays 4 - 4:50pm** and **7:30 - 8:20pm**.

E-mail Rochelle at
elevateaerialyoga.gardenbay@gmail.com
or text 604.946.6161

WELCOME BACK!

On the first day of school what did the students say their favourite three words were?

June July & August



We are so grateful to have the support of our familiar and amazing Board of Directors!

Chair

Deb Cole

Vice Chair

Linda Cordell

Pender Harbour Community

School is hoping to add new

members to our volunteer board.

Treasurer

Natalie Ingram

Secretary

Sylvia Showler

Directors at large

Lyn Charlton

Karin Gunn

Danny Vallee

**Join our Board of
Directors and help
shape our community!**

If you are interested or would like more information please contact the

Pender Harbour Community School.

**5012 Gonzales Road
Madeira Park, VoN 2H0**

**604.883.2826
phcs@dccnet.com
www.pendercommunity.ca**

**Tuesday to Friday
9am to 3pm**



Seniors Activities for September!

PENDER HARBOUR SENIORS INITIATIVE

Sponsored by:
Smart Fund



HARBOURSIDE FRIENDSHIP PROGRAM

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

FOR INFORMATION
OR TRANSPORTATION,
CALL MARLENE:
(604) 883-9900

HARBOURSIDE FRIENDSHIPS: Thursday drop-in, 10:30am – 1pm

In the Pender Harbour Community Hall. Lunch will be served at 12pm. The cost will be \$10 per person.

Sept. 7 – Music with Eddy Edrick

Sept. 14 – Road trip to Powell River: Depart at 7:30am and return 6pm.
(Cost is \$20 plus whatever you order for lunch.)

Sept. 21 – A visit with the students from the Grade 4/5 class

Sept. 28 – To be announced

CARPET BOWLING: Wednesdays, Sept. 6, 13, 20 & 27

At the Pender Harbour Community Hall, 1-3 pm. Cost \$3.

CHAIR YOGA: Mondays & Fridays, Sept. 1, 8, 11, 15, 18, 22, 25 & 29

At the Pender Harbour Community Hall 11am – 12pm with Carole Logtenberg. Improve your balance, strength & flexibility with gentle moves. Cost: \$3.



PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

On lower level of
PH Secondary School:

13639 S.C. Hwy.

604 885-6801

www.scrd.ca/recreation

PENDER HARBOUR AQUATIC & FITNESS CENTRE

www.scrd.ca/pender-pool

This facility has a pool and weight room (gym).

REGISTER FOR FALL PROGRAMS

Look for Latin Fitness Dance, Better Balance and Total Body & Core

FALL DROP-IN FITNESS CLASSES

- MYPASS Aquafit: Mondays & Wednesdays at 9am, Fridays at 10am
- MYPASS Mix It Up Classes: Thursdays at 8:45am
- MYPASS Land Meets Water: Tuesdays & Thursdays at 10:30am

YOU ARE INVITED TO OUR WELCOME BACK BBQ: Sept. 17

Join us from 1pm-3pm (while supplies last) and a free facility drop-in from 12 noon to 4pm!

FALL SWIM LESSONS: New! Swim lessons on Sundays this Fall!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Swimmer 1, 4 and 5/6	Preschool 1& 2 (Octopus & Crab), Parent & Tot 1/2/3	Adult 1/2 Learn to Swim, Wetset Swimmer 1/2	Preschool 3 & 4 (Orca & Sea Lion)	Adult 3 (Strokes)

Other lessons may be added depending on staffing and demand.

THREE WAYS TO REGISTER

- Online www.scrd.ca/recreation
- By phone: 604-885-6801
- In person at P. H. Aquatic & Fitness Centre, Sechelt Aquatic Centre or Gibsons and Area Community Centre

Kim Hedges becomes first American to swim the Strait of Georgia

Barb Barbour

On July 9, Kim Hedges achieved her goal of being the first American to swim across the Strait of Georgia, from Nanaimo to the Sunshine Coast.

She completed this remarkable 29 kilometre feat non-stop and unassisted, except for a pilot boat and support personnel that acted as a safety resource for the trip.

Accompanying Hedges were Dan Tresa of Garden Bay who captained *Palapa*, a 37-foot sailboat moored in Pender Harbour, and mates Dave Maskell of Nanoose Bay and Steve Barbour, also of Garden Bay.

Also on board was fellow swimmer Jessi Harewicz, who acted as the official witness and timekeeper.

Hedges is a marathon swimmer — a member of the South End Rowing Club in San Francisco and the Marathon Swimmers Federation.

In 2014, she discovered the sport of open water swimming and considers herself a “built for distance rather than speed” type of athlete.

She has completed several marathon swims already but this achievement was hard earned.

MARATHON SWIMMING

Marathon swimming has a long history, with the sport dating back to at least 1875, or perhaps even to



Jessi Harewicz

Despite having a support boat nearby, marathon swimming is a solitary sport. Here, Kim Hedges is barely visible swimming in the pre-dawn light.

ancient Greece.

The Marathon Swimmers Federation states that “marathon swimmers embrace the challenge of crossing wild, open bodies of water with minimal assistance beyond their own physical strength and mental fortitude.”

A marathon swim is a nonstop open water swim over 10 kilometres.

The swim begins when the swimmer enters the water from a natural shore and ends when the swimmer clears the water on a natural shore.

Swimmers remain in the water for the entire duration of the swim without physical contact with escort vessels, support personnel or other objects.

When following “English Channel rules,” as Kim does, swimmers must wear only a swimsuit made of

porous, textile materials — no neoprene.

They may also use a bathing cap of latex or silicone, goggles, earplugs or a nose clip, and they may use grease to combat chafing and sunscreen to help prevent burning.

They may also use an escort boat, pilot and crew who can provide safety support and nutrition; however, at no time may the swimmer be towed or supported, and they may not draft the vessel.

For a swim to be formally logged in marathon swimming archives and widely recognized by the marathon swimming community, the entire effort must be observed and documented by a qualified individual who can verify adherence to the marathon swimming rules and keep time.

In 1972, Frances Cannon (Caldwell) was the first woman recorded to swim across the Strait of Georgia.

Marathon swimming is not for the faint of heart.

It can take multiple attempts and crushing disappointment before finally completing a route.

Cannon made four attempts to complete the swim before achieving success.



Jessi Harewicz

What does a swimmer think about during a 15 hour swim in the ocean?

According to *longswims.com*, Debbie Collins became the second woman in 1995.

In 2014, Rachel Schoeler became the third woman to cross.

In 2016, Jessi Harewicz of Vancouver became the fourth woman to complete the swim.

On July 9, Hedges became the fifth woman, and the first American, to complete this route.

THE SWIM

This was Hedges third attempt at this crossing.

Her first two attempts were hampered by current and weather — the Georgia Strait is notorious for unpredictable seas.

The tides are strong, with rocks and islands that can make it treacherous for support vessels, let alone a lone swimmer in the water.

Tresa and Barbour supported Hedges on her second attempt in September 2022.

That time, the team started on the Sunshine Coast and swam toward Nanaimo.

Unfortunately, the swim took them into nightfall, and with the winds, a rocky shoreline and the dark, they were not able to complete the crossing safely.

Learning from that experience, crew and swimmer made changes to the route.

This time they started the swim in Nanaimo during the early hours of the morning, with the intention to make the Sunshine Coast during daylight; and to a location with a safe landing.

Hedges and the crew, along with official timekeeper Harewicz, loaded into *Palapa* in the afternoon of July 8 and sailed across the strait from



Jessi Harewicz

A combination of sunscreen and Desitin zinc oxide diaper rash cream worked to protect Kim Hedges while swimming across the Strait of Georgia July 9. She's seen here on Welcome Beach trying to walk after more than 15 hours in the water.

Pender Harbour.

Even though it had been calm for days, the wind picked up to a steady blow, threatening the entire swim.

If there was too much wind, the boat might be driven off course more easily, which would be unsafe for the crew and for the swimmer.

By around 1:30 a.m., the wind had eased, and at 1:58 a.m., Hedges entered the water.

She re-emerged almost 15 and 1/2 hours later when, at 5:24 p.m., her

feet found Welcome Beach.

Hedges swam approximately 29.6 kilometres (18.4 miles).

A small group came to the beach wondering about the commotion and promptly provided cheers of encouragement as the marathon swimmer touched land.

Hedges said later that her focus, words of motivation, the memories of her incomplete attempts, and sheer determination kept her going through the long hours in the water.



submitted

Safe in Secret Cove with the team that got her there (l-r): Jessi Harewicz, Dave Maskell, Hedges, Dan Tresa and Steve Barbour.

SEPTEMBER

- Mon. Sept. 4.....Labour Day
- Tues. Sept. 5.....First day of school for PHSS and MPES
- Tues. Sept. 5.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Tues. Sept. 5.....Skookumchuck Heritage Society AGM - Egmont Heritage Centre, 7 p.m.
- Thurs. Sept. 7.....Harbourside Friendships drop-in (music w/Eddy Edrick) - P. H. Community Hall, 10:30 a.m.
- Fri. Sept. 8.....School of Music Coffee House - P. H. School of Music, doors at 7 p.m.
- Sat. Sept. 9.....Dr. Florian Luskow update on invasive freshwater jellyfish - Sarah Wray Hall, 2 p.m.
- Thurs. Sept. 14.....Harbourside Friendships drop-in (Powell River) - P. H. Community Hall, 10:30 a.m.
- Thurs. Sept. 14.....SCRD committee of the whole meeting - SCRD boardroom, 9:30 a.m.
- Thurs. Sept. 14.....SCRD regular board meeting - SCRD boardroom, 1:30 p.m.
- Sat. Sept. 16.....SCRD Pender Harbour and Egmont Trash Bash - P. H. Lions Park, 10 a.m. to 2 p.m.
- Sun. Sept. 17.....P. H. Aquatic and Fitness Centre welcome back BBQ - PHAFC, 1 p.m.
- Mon. Sept. 18.....P. H. Seniors Housing Society healthy meals service resumes
- Mon. Sept. 18.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Tues. Sept. 19.....P. H. Wildlife Society presents "gardening w/ native plants" - PHSS, 7 p.m.
- Thurs. Sept. 21.....Harbourside Friendships drop-in (Grade 4/5 class visit) - P. H. Community Hall, 10:30 a.m.
- Sun. Sept. 24.....P. H. Music Society presents Diane Lines - P. H. School of Music, 2 p.m.
- Sun. Sept. 24.....P. H. Health Centre Society AGM - Madeira Park Legion, 1 p.m.
- Mon. Sept. 25.....P. H. Garden Club featuring a presentation by Ron Knight - P. H. School of Music, 1 p.m.
- Tues. Sept. 26.....P. H. Women's Connection "Brunch and share potluck" - P. H. School of Music, 9:30 a.m.
- Thurs. Sept. 28.....SCRD committee of the whole meeting - SCRD boardroom, 9:30 a.m.
- Thurs. Sept. 28.....SCRD regular board meeting - SCRD boardroom, 1:30 p.m.
- Thurs. Sept. 28.....Harbourside Friendships drop-in (TBA) - P. H. Community Hall, 10:30 a.m.
- Sat. Sept. 30.....Royal Canadian Legion Thanksgiving meat draw - Madeira Park Legion, 3 p.m.

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



FERRY DEPARTURES

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"It is the mark of an educated mind to be able to entertain a thought without accepting it." – Aristotle



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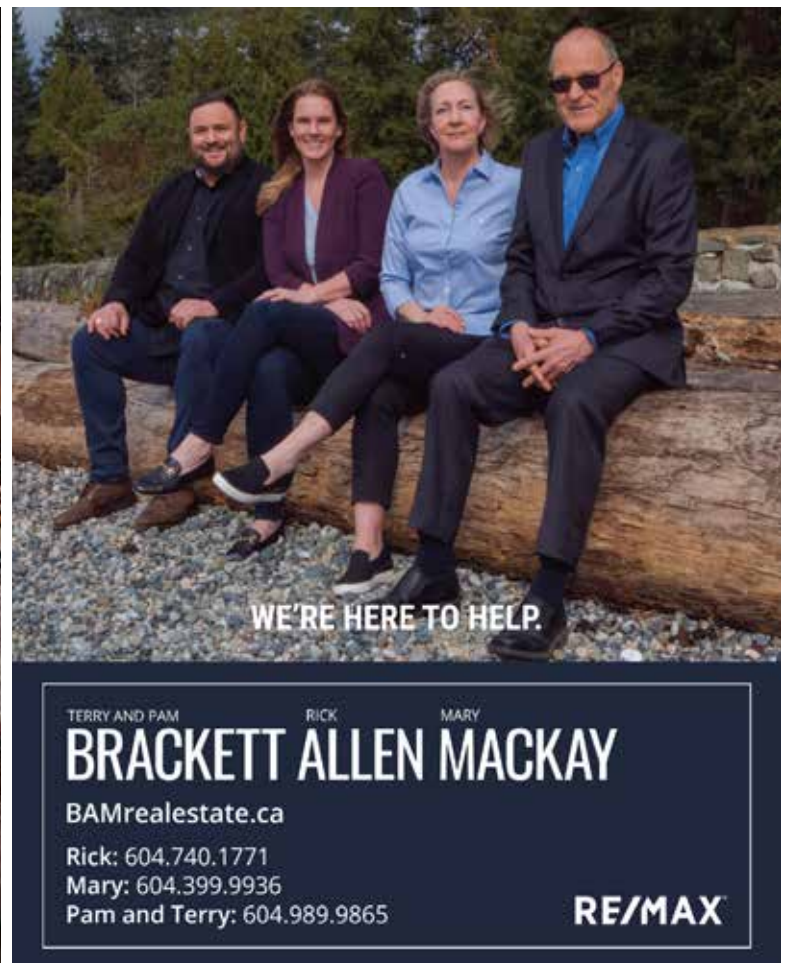
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RESORT & MARINA

FIND ADVENTURE IN THE #HEARTOFNATURE

AUTUMN MIDWEEK ESCAPE

Book your midweek escape for the Autumn season now and save 20% off your booking. Discount valid for accommodation bookings midweek (Sunday-Thursday) between September 5 - September 30, 2023. Booking dates extended! Must book by September 30th, 2023. 2 night minimum stay. Excludes holiday long weekends.

RELAX & RENEW (FALL/WINTER)

Experience a new season on the Coast! Fall & Winter months offer a unique opportunity to relax, renew & connect. Book your accommodation in the Heart of Nature before September 30th & save 30% off your reservation between October 1, 2023-April 30, 2024. 2 night minimum stay applies. Excludes holiday long weekends.

WWW.BACKEDDY.CA

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