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HARBOUR SPIEL

October 2021
Issue 370





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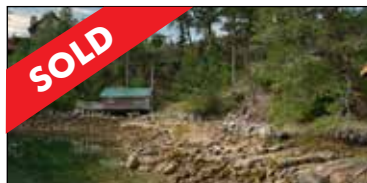
Stunning views over Garden Bay Lake from this 2 bedroom lakeside cottage.

Garden Bay \$929,000



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EDITOR
Brian Lee

CIRCULATION (2,300)

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

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

CONTRIBUTORS

This month we thank: Leonard Lee, Robert Livingston and Shane McCune.

COVER

Two humpback whales feeding (one is diving while the other just spouted) off Francis Point on Sept. 24.
(Brian Lee photo.)

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(Advertising bookings before Oct. 15)

editorial

Immigrants are destroying our ecosystems



Brian Lee

There, now that I have the attention of People's Party of Canada voters, let me introduce another example of how humans have wrecked the planet.

According the province's website, BC hosts almost 1,000 invasive species, each making at least some negative impact to our environment, people or the economy.

Over 86% are plants, 8.5% are invertebrates while birds, reptiles, amphibians, fish and mammals make up 4.6% of established alien species.

Globally, examples of introduced pests are many and terrifying — while those projectile-like Asian carp threaten to enter the Great Lakes, there's a growing population of 20-foot Burmese pythons eating their way through the Florida Everglades.

Here, we may soon face nasty Asian giant hornets — the largest hornet in the world and found in Nanaimo in 2019.

Most of our threats are much less dramatic, but not less costly.

We've all heard about the Mountain pine beetle's effect on BC's forest industry but I was shocked to learn from a recent CBC story that the number two threat to our forests might just be trout bait.

The common earthworm (*Lumbricus terrestris*) is a foreign pest that was introduced from Western Europe about 300 years ago.

These little guys are fundamentally changing the soil properties of Canada's forests by speeding up decomposition and altering the soil's pH, texture and nutrient enrichment.

We don't yet know what effect this will have but if you're one of those people who still believe in biology, it's as fascinating as it is scary.

Fruit growers face similar foes.

According to the Invasive Species Council of BC, the apple maggot fly is native to Eastern North America and was introduced to BC in 2006.

It feeds on apples and stone fruits like cherries, plums and apricots, rendering them unsellable.

If apple maggots don't scare you, there is Himalayan blackberry (*Sharpus hellweedis*), Japanese knotweed, Scotch broom, stink bugs and the black slug; each disrupting the balance in its own way.

Even our nastiest mosquitoes and tastiest oysters are foreign.

A year ago, I wrote a story about researcher Florian Luskow who went searching for, and found, invasive freshwater jellyfish in Mical Lake.

At the time, Luskow said *Craspedacusta sowerbyi* had also been sighted in Katherine Lake, Klein Lake and Ambrose Lake.

Not surprisingly, this summer, some friend's kids consistently netted them in Garden Bay Lake.

Luskow assured me they are harmless to humans but "... the effect on the foodweb is so far not clearly studied."

Later, I went for a swim with goggles and consistently spotted a jelly every five or 10 strokes, all a couple feet below the surface.

How might a hot summer like we just experienced, or a few stacked in a row, affect their population?

What impact would a bloom have on our drinking water?

Multiply that answer with the 1,000 other potential disasters that humans have introduced to BC and it seems clear that the Sunshine Coast is already experiencing a hefty redistribution of species.

As it happens, in most cases, there may be nothing to do but watch — and hope it's not Bengal tigers next.

IF YOU ARE EXPERIENCING POSSIBLE COVID-19 SYMPTOMS

The Sunshine Coast COVID physician task force and Vancouver Coastal Health operate a “respiratory assessment” clinic that runs seven days a week from 8:30 a.m. to 4 p.m. With new testing recommendations in place, the **Respiratory Assessment Clinic is now able to assess and test anyone on the Sunshine Coast who develops possible COVID-19 symptoms.**

Fever, cough and difficulty breathing remain the most common symptoms, but COVID-19 infection can also include a new runny nose, a sore throat, muscle aches, chills, headaches, fatigue, nausea, vomiting and/or diarrhea. If you develop any of the above symptoms, please call your family doctor or contact the Respiratory Assessment Clinic directly for further assessment and testing (if indicated). Most of the time this will be on the same day. Anyone who is seen at the clinic will also receive a follow-up phone call or appointment within 24 to 48 hours.

The RAC operates on an appointment basis only and will not see walk-in patients. Call or text (604) 740-1252 or email coastrespclinic@gmail.com.

IF YOU REQUIRE HOSPITALIZATION

If you need to go to the hospital, and are able to travel safely to the hospital, call (604) 885-2224 to let the emergency room staff know you are coming and to receive instructions.

IF YOU REQUIRE TRANSPORTATION TO THE HOSPITAL

Call 9-1-1.

A vibrant poster for the Sunshine Coast Art Crawl. The background is a gradient of orange, yellow, and red, decorated with numerous colorful circles of various sizes. The text is arranged in a clear, hierarchical layout. At the top left, the dates 'October 22 - 24 2021' are prominently displayed. Below them, the location 'Earls Cove to Langdale' is specified. The event times 'Fri-Sat-Sun 10am - 5pm' and 'PLUS selected evening receptions Friday 7-9pm' are listed. A paragraph invites people to join friends for a scenic coastal tour of 164 galleries, artist studios, and more. It also mentions that drop-in visits are welcome and that all venues will adhere to Provincial Health Guidelines. The website 'sunshinecoastartcrawl.com' and the hashtag '#sunshinecoastartcrawl' are provided. Social media icons for Twitter, Facebook, Instagram, and YouTube are shown. At the bottom, a row of logos for sponsors and partners is displayed, including Longman Developments, Sunshine Coast Credit Union, Sunshine Coast Regional District, District of Sechelt, Sunshine Coast Tourism, Town of Qualicum, and City Transfer.

October
22 - 24 2021

Earls Cove to Langdale

Fri-Sat-Sun 10am - 5pm
PLUS selected evening receptions
Friday 7-9pm

Join friends and take a scenic coastal tour of 164 galleries, artist studios and more.

Drop in visits welcome.
All venues will adhere to Provincial Health Guidelines.

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Pender Harbour branch of hospital auxiliary folds after 84 years

The Pender Harbour branch of the Sunshine Coast Healthcare Auxiliary has folded.

Maureen Lee, SCHA Pender Harbour branch co-chair, told the *Harbour Spiel* that volunteer burnout and the age of their volunteers was the underlying reason why the branch could no longer continue.

"We are sad to see it go because we've been in operation for 84 years," said Lee.

"But just about everyone in our group is in their late-70s."

The Pender Harbour Hospital Auxiliary was started in 1937 to aid in the operation of St. Mary's Hospital in Garden Bay.

Prior to this decision, the SCHA was made up of five branches — Pender Harbour, Halfmoon Bay, Gibsons, Sechelt and Hopkins Landing.

Together, the auxiliaries that make up the SCHA raise money to support patient care and offset funding shortfalls at the Sechelt Hospital as well as a variety of health-related grants and bursaries on the Sunshine Coast.

On July 21, the 21 members of the Pender Harbour branch of the auxiliary met and unanimously voted to close their branch.

Lee said the balance of their raised cash and archival material will soon be handed over to the main orga-



submitted

Members of the Pender Harbour branch of the Sunshine Coast Hospital Auxiliary in Nov. 2019. Back row (l-r): Brenda Scoular, Helen Diggins, Maureen Lee, Pat McQueen, Patti Gaudet, Carolyn Farrand, Willa Schroeder, Trudy Lajlar, Mary Jackson. Front row (l-r): Beryl Carmichael, Lil Abbott, Marion Chell, Pat Palmer.

nization.

She said she hopes that will be completed by Oct. 1.

The first auxiliary of what was formerly St. Mary's Hospital Auxiliary was formed in Pender Harbour in 1937.

Maggie Cameron was elected as its first president.

It was followed by Halfmoon Bay in 1955, Gibsons in 1960, Sechelt in 1961, Roberts Creek in 1964 and

Port Mellon (now Hopkins) also in 1964.

In 1983, the separate auxiliaries amalgamated to become one auxiliary with six branches.

In 1993, the auxiliary formed a

(continued on p. 7)

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HARBOUR SPIEL

trivia

Where is it?



- 1
- ☐ a. 6801 Bradwynne Rd.
 - ☐ b. 6801 Maple Rd.
 - ☐ c. 6801 Egmont Rd.
 - ☐ d. 6801 Bathgate Rd.



- 2
- ☐ a. Baker Beach
 - ☐ b. Dan Bosch Park
 - ☐ c. Daniel Point Park
 - ☐ d. Roberts Beach



- 3
- ☐ a. Francis Peninsula
 - ☐ b. Kleindale
 - ☐ c. Garden Bay
 - ☐ d. Egmont



- 4
- ☐ a. Egmont
 - ☐ b. Princess Louisa Inlet
 - ☐ c. Secret Cove
 - ☐ d. Gerrans Bay



- 5
- ☐ a. Garden Bay
 - ☐ b. Whiskey Slough
 - ☐ c. Madeira Park
 - ☐ d. Gunboat Bay



- 6
- ☐ a. Garden Bay Lake
 - ☐ b. Hotel Lake
 - ☐ c. North Lake
 - ☐ d. Waugh Lake

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Pender Harbour branch of hospital auxiliary folds (cont.)

(continued from p. 5)

society and a board of directors elected from the branches now directs the business of the auxiliary.

In 2015, following the changing of St. Mary's Hospital's name to the Sechelt (shishalh) Hospital, the auxiliary adopted their current name.

In 2020, the Roberts Creek branch disbanded with many members joining other branches.

Prior to the loss of Pender Harbour, the SCHA had approximately 350 members who besides other fundraising efforts, staff the hospital gift shop and the S. C. Healthcare Auxiliary Thrift Store at 5693 Cowrie Street in Sechelt.

Pender Harbour's group mainly relied on bake sales and raffles and contributed thousands of dollars each year to the joint effort but Lee said they had problems finding new volunteers.

"The young people don't have



photo courtesy of Sunshine Coast Museum and Archives

St. Mary's Hospital as it looked on the day of its official opening in Garden Bay on Aug. 16, 1930.

time to volunteer anymore," said Lee.

"They're too busy with kids and family and jobs.

"It's not just us, every organization is having the same problem."

Lee said at least seven members from the Pender Harbour branch will soon join the Halfmoon Bay branch to continue volunteering with the organization.

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Attack of Danger Bay notches 20 years

The 20th annual running of the world's oldest downhill longboard race will run later this month.

Past years saw the race held on the May long weekend but COVID has forced creator and organizer Bricin Lyons to push it off to a quieter time of the year.

Last year Lyons ran ADB 19 during COVID — on Halloween of 2020.

This year will see ADB 20 take place on Saturday, Oct. 30.

But don't mark your calendars because, just like last year, due to COVID precautions, spectators are not invited.

"Last year, we were actually the only race worldwide to pull that off, so it was pretty special," Lyons told the *Harbour Spiel* from his home on Cape Breton Island.

"We're running it like it's a pandemic lockdown again.

"I wasn't sure how everything was going to pan out so we pretty much just stripped the event down to just the race."

To do that, Lyons said he has cut the field of riders from over 200 in past years to 32.

Entrants will be decided by a random draw and in addition to a maximum of 17 volunteers, he says he's committed to keeping the number under 50.

"We don't have to be under 50 people, we're just running it like that



Brian Lee

Only true Attack of Danger Bay fans can tell the year from Bricin Lyons' hair styles. Of course, the left is from ADB 8 in 2009 and the right is ADB 14 in 2015.

to be totally cautious," said Lyons.

"It's about respect — I just want to show the community that were still going to run this safe."

Prizes are \$1,000 for first place and \$500, \$300 and \$100 for the next finishers.

Lyons said there will be no age classes or women's or men's event — everyone will compete together for the cash.

It's not an easy event to pull off since he moved to the other side of the country

"We're pretty much 8,000 kilometres away and not being there is tricky, especially with the whole COVID thing."

A few years ago, Lyons and his partner Patricia purchased a former church at the top of the Cabot Trail in the Cape Breton Highlands National Park.

Now the couple own and operate the Highlands Hostel with their two young children.

Since then, he has committed to return from the East Coast each year



A crash montage at 'Carnage Corner' from Attack of Danger Bay 11 (May 20, 2012).



Brian Lee

Spectators lining Esquire Drive at Attack of Danger Bay 8 in 2009. Because of COVID, spectators are not welcome at this year's event which is limited to a maximum of 50 people.

to continue Pender Harbour's famous downhill competition.

Though spectators can't take in the spectacle in person, longboard company Landyachtz will host a live broadcast of the event at www.landyachtz.com.

It's not how Lyons planned to host the 20th race — he said he had always expected this race would bring a celebration of some kind.

Because of COVID restrictions, he admits it's been a challenge staying motivated to put in the enormous amount of work a race like this requires.

"I don't do it just for doing it, I want to do it," he said.

"I gotta feel it. And being so far away, and with this pandemic, there's so many hurdles."

So, why not postpone the race until the pandemic is over?

"Because then I can't brag that we're the longest running downhill skateboard race in the world."

Lyons recently turned 40 and now that the milestone of the 20th race is almost here, one could expect him to retire it, but he says not.

"You know what it is, we kinda got 20 ripped away from us so now I gotta shoot for 25," he said.

"If I'm going to end it, I gotta end it good."

And despite the travel required and time spent away from his family and all of the associated stress involved, he still loves it.

"It gives me goosebumps still," said Lyons.

"It's been 20 years — I was only

20 years old when I put on the first race."

"I love Pender Harbour and I miss it. There's so much of my life that I owe to Pender Harbour.

"It's like a reunion every year."

ATTACK OF DANGER BAY PAST CHAMPIONS

1. Jody "Shnitzel" Wilcock (CA)
2. Chris Chaput (US)
3. Jody "Shnitzel" Wilcock (CA)
4. Mischo Erban (CA)
5. King Brian Elderkin (CA)
6. Shnate The Great Lang (CA)
7. Kevin "K-Rimes" Reimer (CA)
8. Douglas Dalua Brazil
9. Zak Maytum (US)
10. Kevin "K-Rimes" Reimer (CA)
11. Patrick Switzer (CA)
12. Kevin "K-Rimes" Reimer (CA)
13. Kevin "K-Rimes" Reimer (CA)
14. Kevin "K-Rimes" Reimer (CA)
15. Kevin "K-Rimes" Reimer (CA)
16. Kevin "K-Rimes" Reimer (CA)
17. Danger Dane Hannah (CA)
18. Danger Dane Hannah (CA)
19. Dexter Manning (CA)



Brian Lee

pender harbour tides ~ october 2021

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:



October	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Fri 01	11.2	10.8	10.0	8.8	7.5	6.3	5.4	5.0	5.2	6.0	7.5	9.2	11.0	12.5	13.6	13.9	13.7	13.0	12.1	11.1	10.4	10.2	10.3	10.7
Sat 02	11.2	11.4	11.2	10.4	9.1	7.6	6.2	5.2	4.8	5.0	6.1	7.7	9.7	11.6	13.1	14.0	14.1	13.5	12.5	11.2	10.1	9.5	9.4	9.9
Sun 03	10.7	11.4	11.8	11.7	10.8	9.4	7.7	6.1	5.0	4.6	5.1	6.4	8.3	10.5	12.4	13.8	14.3	14.0	12.9	11.5	10.0	8.8	8.4	8.7
Mon 04	9.6	10.8	11.8	12.4	12.2	11.2	9.6	7.7	6.0	4.9	4.7	5.4	7.1	9.3	11.5	13.3	14.4	14.4	13.5	11.9	10.1	8.4	7.4	7.3
Tue 05	8.1	9.4	11.0	12.4	13.0	12.8	11.6	9.8	7.8	6.1	5.2	5.2	6.3	8.2	10.5	12.6	14.1	14.6	14.0	12.5	10.4	8.3	6.7	6.0
Wed 06	6.3	7.6	9.5	11.4	13.0	13.7	13.3	12.0	10.1	8.1	6.5	5.8	6.1	7.5	9.6	11.8	13.7	14.6	14.5	13.2	11.1	8.7	6.5	5.1
Thu 07	4.7	5.5	7.3	9.5	11.8	13.5	14.2	13.8	12.4	10.5	8.6	7.2	6.8	7.4	8.9	11.0	13.0	14.3	14.7	13.9	12.1	9.6	6.9	4.8
Fri 08	3.7	3.7	4.9	7.1	9.7	12.1	13.9	14.5	14.1	12.8	11.0	9.3	8.2	8.0	8.8	10.4	12.2	13.8	14.6	14.4	13.0	10.7	8.0	5.4
Sat 09	3.5	2.7	3.1	4.6	7.0	9.8	12.3	14.0	14.7	14.3	13.1	11.6	10.2	9.3	9.3	10.2	11.6	13.1	14.2	14.5	13.8	11.9	9.4	6.7
Sun 10	4.3	2.7	2.2	2.8	4.6	7.0	9.8	12.2	14.0	14.7	14.4	13.5	12.2	11.1	10.4	10.5	11.3	12.4	13.5	14.2	14.0	12.9	10.9	8.4
Mon 11	5.9	3.8	2.5	2.2	3.0	4.7	7.0	9.6	12.0	13.8	14.6	14.5	13.8	12.8	11.9	11.3	11.3	11.9	12.7	13.4	13.7	13.3	12.1	10.1
Tue 12	7.9	5.6	3.8	2.8	2.6	3.3	4.9	7.1	9.5	11.7	13.5	14.4	14.5	14.0	13.3	12.4	11.8	11.7	12.0	12.5	12.9	13.1	12.6	11.4
Wed 13	9.7	7.7	5.8	4.3	3.4	3.2	3.8	5.2	7.2	9.4	11.5	13.2	14.3	14.6	14.3	13.6	12.7	12.0	11.6	11.6	11.8	12.2	12.3	12.1
Thu 14	11.2	9.8	8.1	6.4	5.0	4.1	3.8	4.4	5.6	7.4	9.5	11.6	13.3	14.4	14.7	14.4	13.7	12.7	11.7	11.0	10.7	10.9	11.3	11.7
Fri 15	11.8	11.3	10.3	8.8	7.2	5.8	4.8	4.5	4.9	6.1	7.9	9.9	12.0	13.6	14.6	14.8	14.3	13.3	12.0	10.8	9.9	9.6	9.9	10.6
Sat 16	11.3	11.7	11.6	10.8	9.5	8.0	6.5	5.4	5.0	5.4	6.6	8.4	10.6	12.6	14.1	14.9	14.8	13.9	12.5	10.9	9.5	8.7	8.5	9.1
Sun 17	10.1	11.1	11.9	12.0	11.4	10.2	8.6	7.1	6.0	5.6	6.1	7.4	9.3	11.4	13.3	14.5	14.9	14.3	13.0	11.2	9.5	8.1	7.4	7.6
Mon 18	8.6	9.9	11.3	12.2	12.5	11.9	10.6	9.1	7.5	6.5	6.2	6.9	8.4	10.3	12.3	13.9	14.7	14.5	13.4	11.7	9.7	7.9	6.7	6.4
Tue 19	7.0	8.4	10.1	11.7	12.7	13.0	12.3	11.0	9.4	8.0	7.1	7.1	7.9	9.5	11.4	13.1	14.3	14.5	13.7	12.1	10.0	7.9	6.3	5.5
Wed 20	5.7	6.9	8.6	10.6	12.3	13.3	13.4	12.6	11.3	9.7	8.4	7.8	8.0	9.1	10.7	12.3	13.6	14.2	13.8	12.4	10.4	8.2	6.3	5.0
Thu 21	4.8	5.5	7.1	9.2	11.3	13.0	13.8	13.7	12.8	11.4	10.0	8.9	8.6	9.0	10.2	11.6	13.0	13.7	13.7	12.7	10.9	8.7	6.6	5.0
Fri 22	4.2	4.5	5.7	7.6	9.9	12.1	13.6	14.2	13.9	12.9	11.6	10.3	9.5	9.4	10.0	11.1	12.3	13.2	13.4	12.8	11.4	9.3	7.2	5.3
Sat 23	4.1	3.8	4.6	6.2	8.4	10.7	12.7	14.1	14.4	14.0	13.0	11.8	10.7	10.1	10.2	10.8	11.7	12.6	13.0	12.8	11.7	9.9	7.9	5.9
Sun 24	4.4	3.7	3.9	5.0	6.9	9.1	11.4	13.2	14.3	14.5	14.0	13.0	11.9	11.1	10.7	10.8	11.4	12.1	12.6	12.6	11.9	10.5	8.7	6.8
Mon 25	5.1	4.1	3.7	4.3	5.6	7.6	9.8	11.9	13.5	14.4	14.4	13.9	13.0	12.1	11.4	11.1	11.3	11.7	12.1	12.2	11.8	10.8	9.4	7.7
Tue 26	6.1	4.8	4.1	4.1	4.8	6.3	8.2	10.3	12.1	13.6	14.3	14.3	13.8	13.0	12.2	11.6	11.3	11.4	11.7	11.9	11.7	11.0	9.9	8.6
Wed 27	7.1	5.8	4.9	4.4	4.6	5.4	6.8	8.7	10.6	12.3	13.5	14.2	14.2	13.7	13.1	12.3	11.7	11.3	11.3	11.4	11.0	10.3	9.3	
Thu 28	8.1	6.9	5.9	5.2	4.9	5.1	5.9	7.3	9.0	10.8	12.4	13.6	14.2	14.1	13.7	13.1	12.3	11.6	11.1	10.9	10.9	10.9	10.7	10.1
Fri 29	9.2	8.2	7.1	6.2	5.6	5.3	5.4	6.3	7.7	9.4	11.1	12.7	13.8	14.3	14.2	13.6	12.8	11.8	11.0	10.4	10.2	10.3	10.5	10.6
Sat 30	10.6	10.0	9.1	7.9	6.8	6.0	5.6	5.7	6.6	8.0	9.8	11.6	13.1	14.1	14.4	14.1	13.2	12.1	10.9	9.9	9.3	9.3	9.7	10.3
Sun 31	10.8	10.9	10.6	9.8	8.6	7.4	6.4	5.9	6.0	6.9	8.5	10.4	12.2	13.7	14.5	14.5	13.7	12.5	10.9	9.5	8.4	8.1	8.4	9.2

Robert Livingston (with data provided at www.tbone.biol.sc.edu/tide)

IMPAIRED DRIVING

On Aug. 25, police attended a single vehicle incident in the 11400 block of Highway 101, Madeira Park.

A witness reported a southbound vehicle that drove straight through a curve in the road across the highway, launch off a driveway, and come to a rest after driving over a large stones and small trees.

The driver, who appeared to be having a reaction to a mixture of consumed substances, was taken to Sechelt Hospital for treatment of non-life threatening injuries.

The driver was issued a 24-hour driving prohibition and his vehicle was towed from the scene.

The file is still under investigation.

FRAUD

On Aug. 26, a Coast resident reported falling for what appears to be a

romance-scam after meeting someone on-line.

The scammer told the resident that he needed her help with his business buying gift cards.

The scammer deposited funds into the resident's account and the resident purchased a large number of gift cards.

She was later told by her bank that the funds were fraudulent.

The resident is unlikely to be able to recover the funds she spent on the gift cards, which had been activated, and the scammer has ceased communications.

To learn more about the common red flags to watch for, please visit sites such as the Canadian Anti-Fraud Centre at www.antifraudcentre-centre-antifraude.ca or the Better Business Bureau at www.bbb.org.

Please share this information with your family and friends.

THEFT

Between Sept. 10 and 11, a suspect gained entry to a vehicle parked on Sakinaw Lake Road, Garden Bay, and stole a variety of items including jumper cables, a stethoscope and a white heavy-duty reusable shopping bag that had green trim and the name "Menashia" on it.

THEFT

Overnight on Sept. 15, a suspect or suspects gained entry to a number of community mailboxes located throughout Garden Bay, and stole an entire bank of community mailboxes that had been located at Roosen Road and Garden Bay Road.

It is unknown how much mail was inside the breached or stolen mailboxes.

Anyone with any information about these incidents is asked to contact RCMP, reference file 2021-6322.



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Hats off to our local firefighters



*Leonard Lee
Area A director, SCRD*

OUR INVALUABLE FIREFIGHTERS

We recently learned that the tax rate was insufficient to fund the Egmont and District Volunteer Fire Department (EDVFD) budget, and are working closely with the EDVFD to fund the training and other requirements identified in the fire services strategic plans.

In the spirit of being proactive and endeavouring to explain the reasons behind budget increases and the valuable service provided by the EDFVD, I want to tell you why we propose an increase of the Egmont fire rate by \$0.41/\$1,000.

In 2019, we implemented two of

45 recommendations in the SCRD fire department strategic plan:

1. We hired Matt Treit to fill the upgraded manager of protective services vacancy, to implement an emergency program, ensure training and operations meet requirements, and assist with training, budget, operational guidelines, and recordkeeping administration.

2. We expanded chief roles to include emergency response, equipment purchasing and maintenance, leading training sessions, recordkeeping, and ensuring government and agency compliance including Worksafe BC.

For increased workload and responsibility, the fire chief became a paid rather than volunteer position.

Volunteer recruitment remains a challenge, so we sweetened the pot with a standardized insurance package

for all members.

The SCRD is responsible for the EDVFD while the Pender Harbour Fire Department is owned and operated by an improvement district with taxing authority, overseen by a publicly elected board of trustees.

Both departments provide:

- Firefighting — structures, vehicles, boats, campfires, land clearing and wildfires;
- Inspection and maintenance of equipment and facilities;
- Rescue and medical care beyond active fires and including search and rescue, vehicle accidents, and medical distress;
- Fire prevention and public safety including inspections, investigations, hazardous-material spills, accident-scene management, and public education, and



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Tuesday CLOSED

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www.scrd.ca/transfer-station

Area A Director:

Leonard Lee

leonard.lee@scrd.ca

604-212-0406



SUNSHINE COAST REGIONAL DISTRICT

Upcoming meetings

Agendas and links to video-streaming for these meetings
are available at www.scrd.ca/Agendas

Infrastructure Services Committee

October 14 at 9:30 a.m.

Regular Board

October 14 at 2:00 p.m.

Planning and Community Development Committee

October 21 at 9:30 a.m.

Policing and Public Safety Committee

October 21 at 2:00 p.m.

Transportation Advisory Committee

October 21 at 3:30 p.m.

Corporate and Administrative Services Committee

October 28 at 9:30 a.m.

Regional Hospital District

October 28 at 1:00 p.m.

Regular Board

October 28 at 2:00 p.m.



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Our firefighters save lives and property year-round, 24-7, and our taxes pay for training, equipment, fire halls, etc.

In 2021, we paid \$0.36 per \$1,000 of property value in Pender and \$0.90 per \$1,000 in Egmont.

Taxpayers with fire insurance enjoy a discount about equal to their taxation cost for the service.

We get tremendous value from our volunteer fire departments and we all need to take time to consider the exceptional work they do, and find ways to let them know just how much we value the services they provide.

TOWARD RECONCILIATION

The 2015 Pender Harbour dock management plan, a reconciliation gesture to the shíshálh Nation by the province, angered many residents, largely because they were not consulted.

A 2018 memorandum of understanding between the province and the Union of BC Municipalities promised the SCRD active involvement in the reconciliation process, but we still were informed only after decisions had been made and implementations underway or imminent.

We were not involved with the 2018 shíshálh-BC foundation agreement, which acknowledges Indigenous rights and supports shíshálh self-government.

Foundation agreement implementation continues, but SCRD requests for participation in planning and implementation of initiatives, including a PHDMP update and the renaming of geographic entities, remained unanswered.

A late-2020 response acknowl-

edged, “Local governments play an important and unique role in the path to reconciliation with Indigenous peoples ... your expertise can help create a positive pathway forward on our reconciliation journey.”

An updated MOU, released in September gives us hope for SCRD and local involvement in implementing reconciliation initiatives.

It acknowledges our special interest and desire for positive working relationships in these First Nations agreement negotiations:

- Local governments have unique, special interests in First Nations agreement negotiations;
- Local government knowledge and interest is key to reconciliation;
- Local governments strive for positive working relationships with First Nations, foster relationships based on honesty and respect, and undertake grass-roots initiatives, and
- The province, with local governments, will determine local government’s involvement level, from receiving information to participation in meetings.

CONTACT ME

The Lee Side helps me effectively represent you by informing you of local issues and inviting you to contact me with questions and comments.

E-mail leonard.lee@scrd.ca or call/text 604-212-0406.

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Schedule of VCH Sunshine Coast Flu Clinics for Fall 2021

Clinics are by appointment, please book in advance through the following link:

vchsunshinecoast.janeapp.com

If you need support in booking your appointment please call the local VCH Health Unit

Gibsons: 604-984-5070 or Sechelt Health Unit 604-885-5164

Children's Clinics		
Open to children 6 months - 17 years with their parent/ guardian		
Date	Time	Location
Friday October 29	10:00am-12:00pm	Pender Harbour Health Center 5066 Francis Peninsula Rd., Madeira Park Call to book an appointment for these clinics only: 604-883-2764
Friday November 26	10:00am-12:00pm	
Saturday November 6	9:30am-2:00pm (closed between 12:00-12:30)	Sechelt Health Unit 5571 Inlet Avenue vchsunshinecoast.janeapp.com
Monday November 22	9:30am-2:00pm (closed between 12:00-12:30)	
Saturday November 6	9:30am-2:00pm (closed between 12:00-12:30)	Gibsons Health Unit 821 Gibsons Way vchsunshinecoast.janeapp.com
Monday November 22	9:30am-2:00pm (closed between 12:00-12:30)	

General Clinics – Open to everyone		
Date	Time	Location
Friday October 22	10:00am-2:30pm (closed between 12:00-1:00)	Madeira Park Royal Canadian Legion, Branch 112 12829 Lillies Lake Rd., Madeira Park vchsunshinecoast.janeapp.com
Friday November 19	10:00am-2:30pm (closed between 12:00-1:00)	
Friday November 5	9:30am-2:30pm (closed between 11.30-12:30)	Gibsons Royal Canadian Legion, Branch 109 747 Gibsons Way vchsunshinecoast.janeapp.com
Friday December 10	9:30am-2:30pm (closed between 11.30-12:30)	
For Sechelt Community		
Please contact one of the 8 local Pharmacies in your community or your Family Physician to arrange a time convenient for you		

Katherine Lake trail expansion a good thing

Editor,

We have noticed recent letters to the editor expressing concerns about proposed improvements to the rough trail network that surrounds Katherine Lake, except in a few sections.

The proposal is to improve the quality of the existing trails and to join the few incomplete sections to create a walking loop around the lake.

This was a project suggested by trail enthusiasts who asked the Pender Harbour and Area Resident's Association and the Pender Harbour Rotary Club for their support.

The project has since received the support of the Pender Harbour

Chamber of Commerce and, at the June SCR D board meeting, our Area A director Leonard Lee proposed the following motion (for four projects, including Katherine Lake), which was approved unanimously:

... that staff work with the Pender Harbour and Area Residents Association to establish project authorization requirements; planning, development and maintenance cost and time estimates in order that the projects can be considered as part of the 2022 annual budget process, and further, that PHARA be encouraged to continue to gather community input on the proposals.

This project is entirely within the

SCR D's very popular Katherine Lake Park and campground.

Should the proposal move forward, it would be managed by the SCR D and therefore follow all SCR D approval processes which include environmental, archeological and resident's input.

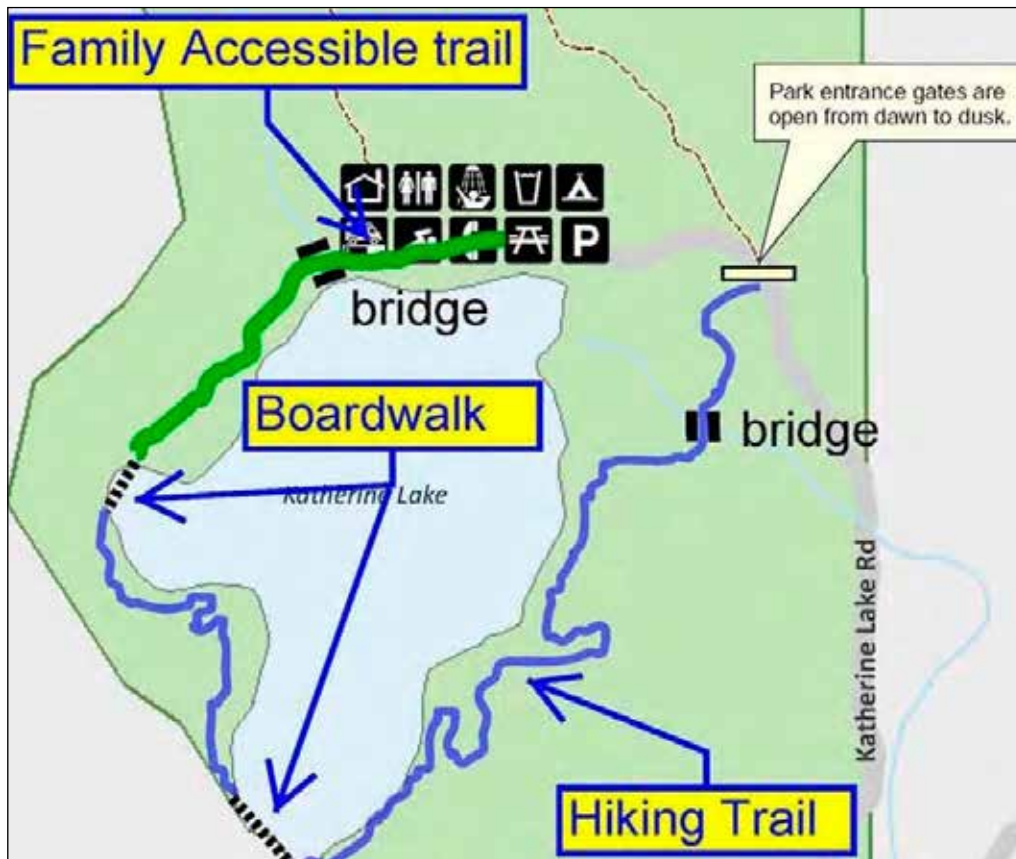
For detailed information on the Katherine Lake proposal and three other community projects approved in principle by the SCR D, please visit phara.ca.

Peter Robson
on behalf of

P. H. and Area Residents Assn.

P. H. Chamber of Commerce

P. H. Rotary Club



As reported in the July issue of the *Harbour Spiel*, this graphic accompanied Peter Robson's presentation (on behalf of the P. H. and Area Residents Association) to the SCR D on June 17 proposing a number of outdoor recreation community projects.



THANK YOU

The Pender Harbour Secondary School Parents' Advisory Council thanks the following for their generous donations to our Wednesday hot lunch program:

- **Vortex Blasting & Breaking** (Oct. 6) —
- **Bonamatic Excavation** (Oct. 13) —
- **Omega 3 Nutracleanse** (Oct. 20) —
- **Andrew Curtiss Contracting** (Oct. 27) —

Special thanks to Chef Marcus and the Oak Tree Market team!

If you would like to sponsor a PHSS hot lunch, email Anne: penderharbourpac@gmail.com

The cost is \$250 and a tax receipt is available.



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JAN WATSON MEMORIAL GOLF TOURNAMENT (Aug. 28)

Brian Lee photos



The 'I sunk a putt' strut



Lining up for the start



Second tee



Collecting on a side bet hustle



'No animals were harmed in this golf tournament'





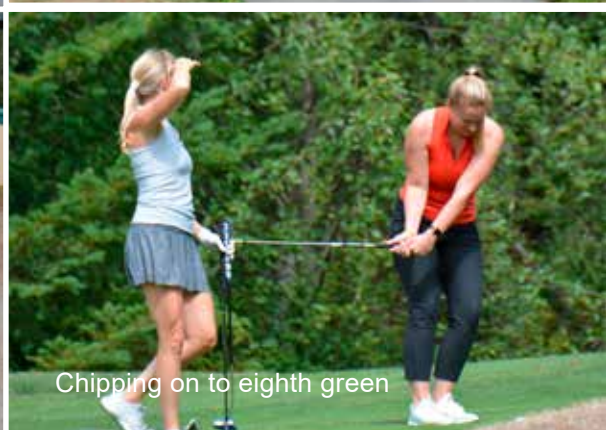
Eighth hole chip



Shotgun start



Whisky servers, first tee



Chipping on to eighth green



Sausage handlers, fifth tee



Powering up No. 4

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Herbert Roy Higgins

MAY 7, 1927 — JULY 29, 2021



After his family said goodbye, Herbert Roy Higgins died peacefully on July 29 at the age of 94.

Higgins was born in 1927.

He is survived by three sisters, Elleanor Reid, Marie Reid and Maryanne Hasse — all living in Pender Harbour.

Higgins was predeceased by his wife Emily and his parents Charlie and Hazel Higgins and seven siblings — Ruth, Ruby, Richard, Lorne, William, Walter and Harvey.

He also leaves many nieces, nephews and friends, brother-in-law Sonny Reid and two sisters-in-law in Barb Higgins and Bev Higgins.

Higgins served his time in the army, then he worked in logging camps.

After that he worked on seine boats as a deck hand, then continued commercial fishing on his boat the *Mary Haze*.

He loved hockey and country music, so when the Canucks score and you hear country music, you know he's somewhere smiling.

His family thanks the Sechelt Hospital, Pender Harbour Health Centre and the crew at Totem Lodge.

Herb never said "good-bye," it was always "so long."

Happy fishing.

OBITUARIES: The *Harbour Spiel* publishes obituaries without charge in a longstanding effort to recognize and record those who lived in Pender Harbour and Egmont. Submissions must be timely, include the date 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 full of Harbour Seals of Disapproval to **the morons who defy the campfire bans**.

Putting our community and lives at risk because of your stupidity and ignorance of the fire ban is just plain pathetic.

What part of the big yellow campfire ban signs can you not read or understand?

Mike Davison

A Harbour Seal of approval to **Ben and Steve** for giving me a hand when I really needed it and to **Dom, Lachlin, Kerry, Robbie, Tommy and the rest of the Gang at work** for your support.

Kevin McDonald

Huge Seals of Approval to all **the volunteers, sponsors and participants** who made the Jan Watson Memorial Tournament fundraiser a tremendous success.

Funds raised will directly go to future golf club enhancements.

Phyllis Register
P. H. Golf Club

Huge Seals of Approval to the **good folks at Madeira Marina** for their generous donation to the Community Club.

Also, a big shout out to **Kerry from Sunpro Enterprises** for installing the metal railing outside the Barn.

Karen Wells
Bargain Barn

A wailing siren Harbour Seal of Approval to **Cheryl, Christie, Simon and all BCEHS paramedics and health care workers** for doing what you do so well.

We are lucky to have you in our community — I am living proof.

Also, many thanks to **the guys that helped me** until the ambulance arrived.

Kevin McDonald

Harbour Seal of Approval to **the "family"** who so graciously donated an anonymous gift to our legion.

It's very much appreciated.

Lisa Borden
Royal Canadian Legion No. 112

The Pender Harbour Branch of the Sunshine Coast Health Care Auxiliary regrets having to close their branch as of July 2021 due to lack of volunteers.

Started in 1937, Pender Harbour was the founding branch for the Sunshine Coast's hospital auxiliary.

We are sorry to see it end
but everything has a life span.

We thank the community for their generous
support given over the past 84 years.



THANK

YOU!

**The Pender Harbour Volunteer Fire Department
is sorry to announce that,
due to the COVID-19 pandemic, our annual**

HALLOWEEN FIREWORKS DISPLAY IS CANCELLED FOR 2021

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~ PHVFD



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Harbour Spiel, Oct. 2011: Harbour Gallery celebrates 25 years

This originally appeared in the Oct. 2011 issue of the Harbour Spiel.

Twenty-five years ago, a local group of artists formed a co-operative that became the Harbour Gallery.
(Harbour Gallery archive photos)



In 1986, a local group of artists received permission from the SCR D to restore one of the former forestry buildings in Madeira Park for use as a co-operative gallery. Seen here at the launch are I-r: Ada Priest, Noreen Marshall, Wendy Simmonds, Ruth Norman and another early member.



In 1989 a work party gathered to put in insulation and the cedar wall boards which remain today. Handy with the hammer are I-r: Noreen Marshall, June Malaka, Vi Tyner and Ada Priest.



The Harbour Gallery's annual Christmas sale circa 2002 ends with a party. I-r (standing): Richard Dorling, Pat Walsh, Marjory West, Irda Sherman, June Malaka, Sylvia Dorling, Elspeth Logan, Nefri Lyske, Louise Lenko and Helen LeBlanc. I-r (seated): Solveigh Harrison, Edith Hubbard, and Ruth Norman at the keyboard.



The gallery is always open May Day. In 2003 the Mad Hatter (Richard Dorling), Teapot (Wendy Simmonds) and Alice (Nicole Bourbonnais) arrived for the parade.



Some of the current members I-r (standing): Marilyn Goertsen, Laverne Richardson, Wendy Simmonds, Diana Aulis, Nefri Lyske, Vicki Halford, Ingrid Grainge, Solveigh Harrison. I-r (seated): June Malaka and Fran Sevier

OCTOBER BIRTHDAYS

- Oct. 1 ~ **Cory Cavalier** and **Lyn Watters**.
 Oct. 3 ~ **Maureen Parrott**.
 Oct. 6 ~ **Rick Higgins**.
 Oct. 7 ~ **Sharlyne Niemela**.
 Oct. 9 ~ **Jolaine Percival**.
 Oct. 10 ~ **Daryl Hegyi, Mitch Jones, Katrina Woodard, Val Silvey** and **Kate Daniels**.
 Oct. 11 ~ **Bruno Cote** and **Sarah Silvey**.
 Oct. 12 ~ **Bricin Lyons**.
 Oct. 13 ~ **P. D. Smith** and **Judy Sim**.
 Oct. 14 ~ **Nicole Forsyth**.
 Oct. 15 ~ **Courtney Hanna, Kaiden Bosch** and **Richard Norrish**.
 Oct. 16 ~ **Ursula Hardwick** and **Dane Hanna**.
 Oct. 17 ~ **Peter Vaughan** and **Leo Wilen**.
 Oct. 18 ~ **Karen Stiglitz, Tommy Gamble, Sandy Matches, Tessa Rand** and **Cody Honeybourne-Kincaide**.
 Oct. 19 ~ **Doug Hardwick** and **Hans Schroeder**.
 Oct. 20 ~ **Lonny Edwardson** and **Doug Richardson**.
 Oct. 22 ~ **Susan Foreman, Pat Wood, Katheryn Kelly, Alys English** and **Mark Clay**.
 Oct. 23 ~ **Diane Dennis**.
 Oct. 24 ~ **Roxanne Gregory** and **Larry Honeybourne**.
 Oct. 25 ~ **Doug Davis** and **Kerry Rand**.
 Oct. 27 ~ **Dave Malcolm** and **Cindy Rayko**.
 Oct. 28 ~ **Eric McDermott** and **Rob Metcalfe**.
 Oct. 29 ~ **Colleen Silvey** and **Nicholas Silvey**.
 Oct. 31 ~ **Richard Mills** and **twins Savannah & Sawyer Cote**.

OCTOBER ASTROLOGY



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. This month, Venus moves into your third house on Oct. 7 and stays there the rest of the month. Meanwhile, the planets are all experiencing retrograde activity and stellar bursts of magnetic radiation. Astrologists are currently working around the clock to understand the profound effects this might have on the planet; so stay tuned. Until then... don't. Do. Anything.



SCORPIO: OCT. 24 – NOV. 22

Scorpios are highly sensitive and compassionate, with a fierce pride and determination. With Pluto as the ruling ex-planet, people born under this sign are considered to be dynamic and extreme in their opinions. As Venus moves out of your sign on Oct. 7 and enters your money house, be prepared for a windfall. Libras loss is the Scorpios gain so fill your pockets while you can. Next month, Venus will enter your Red House — it's been 99 and one half days since its last visit and will deliver a bad, bad feeling.

BC BESTSELLERS

For the week ending Sept. 18, 2021

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. Whitewater Cooks Together Again** by Shelley Adams (Alicon Holdings)
- 2. Mushrooms of British Columbia** by Andy MacKinnon and Kem Luther (Royal BC Museum)
- 3. Beyond the Orange Shirt Story** by Phyllis Webstad (Medicine Wheel Education)
- 4. A Is for Anemone** by Robert Budd, illus. by Roy Henry Vickers (Harbour Publishing)
- 5. Richard Wagamese Selected: What Comes from Spirit** by Richard Wagamese (Douglas & McIntyre)
- 6. The Heartbeat of Trees: Embracing Our Ancient Bond with Forests and Nature** by Peter Wohlleben (Greystone Books)
- 7. Always Pack A Candle: A Nurse in the Cariboo-Chilcotin** by Marion McKinnon Crook (Heritage House Publishing)
- 8. A Lethal Lesson: A Lane Winslow Mystery** by Iona Whishaw (TouchWood Editions)
- 9. When We Are Kind** by Monique Gray Smith, illustrated by Nicole Neidhardt (Orca Book Publishers)
- 10. We All Play** by Julie Flett (Greystone Books)



CLIMATE (JULY 2021)

No. 1

The July 2021 average global temperature was the highest for July since records began in 1880.

+0.93°C

The July 2021 global surface temperature rose 0.93°C (1.67°F) above the 20th-century average of 15.8°C (60.4°F).

No. 6

North America recorded its 6th hottest July on record.

9/10

Nine of the 10 warmest Julys (globally) have occurred since 2010, with the last seven (2015-2021) being the seven warmest Julys on record.

+0.81°C

The January–July global surface temperature of 0.81°C (1.46°F) above average tied 2018 as the sixth highest in the 142-year record.

+1.40°C

The global land-only surface temperature for July 2021 was 1.40°C (2.52°F) above average and the highest July on record, surpassing the previous record set in 2020 by 0.17°C (0.31°F).

45th

July 2021 marked the 45th consecutive July and the 439th consecutive month with temperatures above the 20th-century average.

~ www.ncdc.noaa

OCTOBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our average daily high temperature in October is 12.8 C and our average daily low is 8.5 C, giving us a mean daily temperature of 10.7 C. Our average first-frost date (at sea level) is Oct. 30. The highest October temperature recorded was 21.1 C (Oct. 1, 1975); the lowest October temperature recorded was -0.4 C (Oct. 31, 1984).

PRECIPITATION (MERRY ISLAND)

October has an average of 115 hours of bright sunshine and averages 16 days with measurable rainfall and a total of 108.8 mm for the month. The highest October daily rainfall recorded at Merry Island in October was 62.2 mm (Oct. 21, 1963). The Canadian record for the greatest rainfall in a 24-hour period is 489 mm (Ucluelet BC, Oct. 6, 1967).

SKOOKUMCHUCK VIEWING TIMES

OCTOBER

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

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

1. 2:34 PM +XL
2. 7:58 AM -L, 3:24 PM +XL
3. 8:56 AM -L, 4:05 PM +XL
4. 9:49 AM -L, 4:37 PM +XL
5. 10:42 AM -L, 4:59 PM +XL
6. 11:37 AM -L, 5:23 PM +L
7. 12:20 PM -L, 5:46 PM +L
8. 1:12 PM -L
9. 2:14 PM -M
10. 8:50 AM +XL, 3:07 PM -M
11. 9:54 AM +XL, 4:05 PM -M
12. 11:01 AM +XL, 5:10 PM -M
13. 12:17 PM +XL
14. 1:17 PM +XL
15. 2:18 PM +XL
16. 3:10 PM +XL
17. 9:07 AM -L, 3:53 PM +XL
18. 10:02 AM -L, 4:26 PM +XL
19. 10:50 AM -L, 4:57 PM +L
20. 11:34 AM -M, 5:10 PM +L
21. 12:23 PM -M, 5:18 PM +L
22. 1:03 PM -M, 5:32 PM +M
23. 1:44 PM -M
24. 8:24 AM +XL, 2:27 PM -M
25. 9:09 AM +XL, 3:13 PM -S
26. 9:55 AM +XL, 4:04 PM -S
27. 10:01 AM +XL, 5:08 PM -S
28. 10:59 AM +XL
29. 12:53 PM +XL
30. 1:23 PM +XL
31. 2:10 PM +XL, 4:04 PM -S

These are estimates only and not intended for navigation.



Reg and Davina Morton

Pender Harbour Jazz Festival (Lowes Resort) @ late-1990s

This photo was taken of a Pender Harbour Jazz Festival performance on the bluff at Lowes Resort in the late 1990s. Now the Painted Boat Resort, the pathway above would lead down to where the Painted Boat's pool area is located now. The Pender Harbour Jazz Festival started in 1997 and ran annually at the end of September until 2016.

Showler: Conservatives, and carrots, won't kill COVID

Editor,

You may be reading this in the October issue of the *Spiel*, after the 2021 federal election.

Whatever, you may want to reflect on your choice.

In the early days of September it is reliably reported that the two provinces whose right of centre governments have taken a libertarian approach to the pandemic, have COVID case levels three times the Canadian average.

That would be Alberta and Saskatchewan.

In Alberta, physicians are sounding the alarm that the hospitals will be overwhelmed, and have organized themselves to provide urgent public information that a feckless, absent Jason Kenny failed to do.

In July, Kenny announced massive curtailment of pandemic public health measures, contending the pandemic was “endemic.”

It clearly was not and he had to retreat and rescind in an atmosphere of confusion.

Saskatchewan has just announced they will not impose vaccine mandates and/or vaccine passports, even though other provinces are seeing an increase in the vitally important vaccination rate when they take these sensible measures.

Fortunately, B.C. has sensible government and is bringing in vaccine passports.

However in B.C.'s northeast area, which votes to the political right, has the lowest vaccination rate in the province and now an increasing num-

ber of COVID cases.

Physicians at the regional hospital in Prince George warn the surge of patients is out of control and the system is not sustainable.

Not to mention all the citizens in both provinces who can't get necessary hospital treatment, for other illnesses, because of all the resources taken up by COVID patients, the vast majority of whom are unvaccinated.

Then there is the consideration that the unvaccinated are much more likely to contract and spread COVID, and the most vulnerable among us — those under 12 years of age and who have not yet been given a chance to be vaccinated.

And then consider that medical experts logically warn that the unvaccinated are keeping the pandemic going, circulating in our communities and increasing the risk of further variants, with possibly catastrophic consequences.

On the issue of vaccine mandates and or passports, and the proven benefits of increased vaccination rates, the choice between the Liberals and Conservatives is clear.

Those two parties are the ones likely to form government.

The Liberals are incrementally implementing them and Conservatives clearly oppose them.

Erin O'Toole claims we have to “persuade people.”

This world shaking pandemic has afflicted us for a year and a half.

There is not a credible medical expert on the planet that does not insist that the vaccines are safe and effective, and essential to controlling

the pandemic.

These facts have been steadily broadcast for months.

If you honestly think the selfish, moral lunatic mobs of anti-vaxxers, “demonstrating” outside of hospitals and menacing and intimidating our heroic, hard pressed health care providers, are “persuadable,” then you are either a fool or a moral coward.

Responsible leadership always involves considering when carrots or sticks are required.

Vaccine passports and selective mandates are a fairly gentle, but at this juncture, a very necessary disincentive.

You choose to be unvaccinated?

Fine have your moronic selfish freedom, but your life becomes a bit more complicated and expensive, and other people are protected from you spreading a deadly contagious disease in their vicinity.

I contend Erin O'Toole has failed the leadership test on a vital issue.

I sincerely hope that the country does not have to pay a high price for his pandering to the libertarian lunatic fringe.

Gavin Showler
Madeira Park

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



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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.

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

SOCIAL WORKER: Weekly Tuesday, Wednesday & Thursday ~ call to book an appointment.

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BADL: Basic active daily living

*Compiled by Pender Harbour Health
Centre nursing staff*

Basic active daily living?

What is it, and how can we improve it?

Basic active daily living is just that, the activities we do on a day to day basis that are vital to our existence.

The eating, dressing, walking, bathing, using the bathroom and everything else we do that requires our bodies to move with balance, agility, flexibility and strength.

Simply getting out of a chair or transferring your weight to sit yourself down on a bed requires strength in the legs, hips and arms (to aid in rising) as well as enough balance to make these weight transfers without falling.

RANGE OF MOTION

The same sitting movement also requires flexibility or range of motion in the ankles, knees and hips.

ROM is the normal range of motion for a joint — how far it can be stretched and how far it can be bent.

In the shoulder joint, for example, how far we can stretch up to the cupboard to retrieve a can of soup and how far we can bring the arm back to put the can on a table is your shoulder's ROM.

Walking demands strength in the ankles, hips, legs and even the upper back, which will help maintain posture, proper alignment and balance.

Balance is needed to transfer weight from one foot to the next, sustain a one-footed stance and maintain an appropriate stride length and normal gait.

Confidence in your ability to walk without falling is essential for this movement.

Younger, fitter individuals take these abilities for granted.

As we age our muscle mass decreases, our muscles lose elasticity; our co-ordination, stability and endurance decrease, our bones

become brittle and our speed and accuracy diminish.

These indications of getting older can lead to falls and fractures.

But they can be slowed down to prolong our independent living and increase our enjoyment of life.

How?

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OCTOBER IS SAFETY AWARENESS MONTH!

Co-ordinated by the Pender Harbour Seniors Initiative and the Pender Harbour Community School

You are welcome to attend the following drop-in sessions:

***1. THURSDAY, OCT. 14, 10:30 A.M.**

Demonstrations will be given by our community paramedics on the use of the AED machines that are located throughout the community and also when it is appropriate to call 9-1-1.

***2. THURSDAY, OCT. 21, 10:30 A.M.**

The Pender Harbour Volunteer Fire Department will demonstrate the discharge of a fire extinguisher.

*All participants entering the community hall (recreation centre) will be required to show proof of vaccination per BC regulations.

KEEP IN MIND THIS IS THE TIME OF YEAR:

- ✓ 1. Change your batteries in smoke detectors.
- ✓ 2. Clean your chimneys before you start burning in your fireplace.
- ✓ 3. Check that your fire extinguishers are current and up to date.
- ✓ 4. You have a working flashlight and extra batteries.



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OCTOBER EVENTS FOR SENIORS

HARBOURSIDE FRIENDSHIPS: Thursday drop-in

We will be meeting inside the hall and following self-distancing rules. No lunch will be served at this time. We do encourage all to bring your own packed lunch to enjoy as a group following the program.

****All participants entering the community hall (recreation centre) must show proof of vaccination per updated BC regulations.**

Oct. 7 – Armchair Travel to a “surprise destination.”

Oct. 14 – (In co-ordination with the PH Community School) Paramedics will give instruction and demo on AED and how to know when to call 9-1-1.

Oct. 21 – (In co-ordination with the PH Community School) P. H. Volunteer Fire department to give demonstration on how to use a fire extinguisher.

Oct. 28 – Halloween traditions (dress up in costume if you like).

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

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

CHAIR YOGA: Mondays & Fridays, Oct. 1, 4, 8, 15, 18, 22, 25 & 29

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



Fall programs for Kids

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	TUE	WED	THU	FRI
Before School		Breakfast Club		Breakfast Club
At lunch		Running Club		Running Club
After School	Art Class Grades 5-6	Art Class Grades 3-4	Fishing Club	Art Class Grades 1-2
Special Event	Pizza Lunch (date tbd)			Movie Night Fri, October 29

Call for more details or go to: www.pendercommunity.ca



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www.scrd.ca/pender-harbour-aquatic-fitness-centre

We offer swim lessons, drop-in swimming, aquatic fitness and a weight room.

HOURS OF OPERATION

Monday to Friday: 7:30 am to 1 pm

Monday to Thursday: 5 pm to 8:30 pm

Saturday: CLOSED

Sunday: 1 pm to 4 pm

Facility
will be closed
on Oct. 11.

COVID-19 INFORMATION

Provincial Health Orders to wear masks and provide proof of vaccines for some activities, are in place. Read more before you visit: www.scrd.ca/recreation-restart

PASSES

Do you plan to drop in frequently? A pass is convenient and can be cost effective. Learn more about our passes at: www.scrd.ca/recreation-passes

Watch for our recreation information in the Nov. 5 Coast Reporter.

We invite you to subscribe to our Recreation Newsletter at
www.scrd.ca/Newsletter-Signup

OR

Follow us on facebook:

www.facebook.com/Pender-Harbour-Aquatic-and-Fitness-Centre-206667126014598

OCTOBER

COVID-19 has made planning difficult. Check with organizers for updates regarding scheduling for events.

- Mon. Oct. 4.....Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon
- Wed. Oct. 6.....P. H. Music Society AGM - Via ZOOM (email joannelmauro@gmail.com), 4 p.m.
- Thurs. Oct. 7.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Mon. Oct. 11.....Thanksgiving Day
- Thurs. Oct. 14.....SCRD infrastructure services committee meeting - SCRD.ca, 9:30 a.m.
- Thurs. Oct. 14.....Seniors' safety awareness session (AED machines) - P. H. Community Hall, 10:30 a.m.
- Thurs. Oct. 14.....SCRD regular board - SCRD.ca, 2 p.m.
- Thurs. Oct. 14.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Mon. Oct. 18.....Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon
- Thurs. Oct. 21.....Seniors' safety awareness session (fire extinguishers) - P. H. Community Hall, 10:30 a.m.
- Thurs. Oct. 21.....SCRD planning and development committee meeting - SCRD.ca, 2 p.m.
- Fri. Oct. 22-24.....Sunshine Coast Art Crawl (3 days) - various locations (see ad p. 4)
- Fri. Oct. 22.....General flu vaccination clinic - Madeira Park Legion, 10 a.m. - 2:30 p.m. (see ad p.14)
- Thurs. Oct. 28.....SCRD corporate and administrative services committee meeting - SCRD.ca, 9:30 a.m.
- Thurs. Oct. 28.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Thurs. Oct. 28.....SCRD regular board - SCRD.ca, 2 p.m.
- Fri. Oct. 29.....Children's (6 mos. to age 17) flu vaccination clinic - P. H. Health Centre (call 883-2764 to book)
- Sat. Oct. 30.....Rocky Horror Dinner Show - Clubhouse Restaurant
- Sun. Oct. 31.....Halloween (annual PHVFD fireworks are cancelled)

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



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Oct. 11-31: Open Friday to Sunday only



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**Rocky Horror Dinner Show
Oct. 30**

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