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HARBOUR SPIEL

August 2023
Issue 392



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EDITOR

Brian Lee

CIRCULATION (2,700)

Copies of the *Harbour Spiel* are mailed free to 1,260 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: Furlan Photography, Leonard Lee, Robert Livingston and Shane McCune.

COVER

Francis Peninsulan Marjory Mackay turned 100 on July 12. Her birthday was celebrated at the Pender Harbour Community Hall on July 8 with a hundred of her closest friends and relatives. Pictured is Marjory at home, celebrating.

(FurlanPhotography photo)

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September issue mails Sept. 1

(Advertising bookings before Aug. 15.)

editorial

Water woes push north



Brian Lee

You can now wipe that smug grin off your face as you soak under a sprinkler on your lush green lawn.

Recent water restrictions in South Pender Harbour have revealed that Chapman Lake users down the Coast are not the only ones vulnerable to water shortages.

On July 14, South Pender moved to Stage 3 restrictions with plenty of hot summer left and no rain in sight.

To underline the cause for alarm, South Pender was placed on Stage 2 restrictions for the first time in 2021.

While we face down Stage 4 (severe), even those poor suckers in Sechelt are still sitting at stage 2.

Last year, users on the Chapman water system hit Stage 4 on Aug. 31 and remained there until Dec. 13.

For nine months, from May 2022 until Feb. 2023, Chapman users faced water restrictions.

Stage 4 restrictions bring a complete ban on outdoor watering and a \$500 fine for anyone who gets caught washing their car.

Of course, the Chapman Lake system is facing challenges again too.

This past June, their water use

was 1.5 times higher than in 2022.

According to the SCRD, McNeill Lake is now at September 2022 levels — two months ahead of last fall's drought conditions.

How did this happen?

That drought that lasted through the fall resulted in a limited snow pack that was quickly eaten up by our overheated spring.

Recall the second week of May when temperature records were broken throughout the province with highs of over 30 C.

We did get some rain but it was warm and prematurely melted the remaining snowpack that would have supplied reservoirs like McNeill Lake.

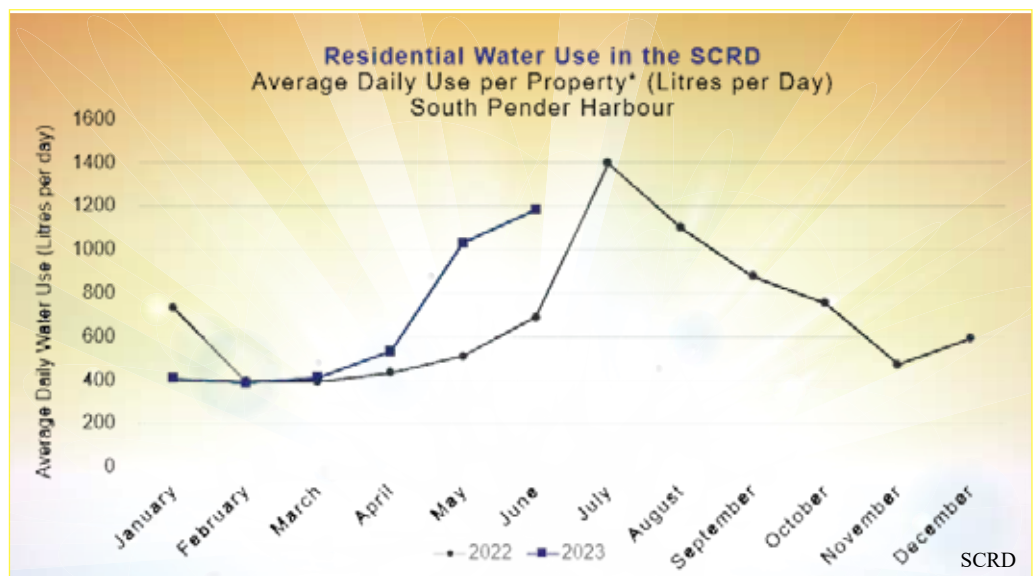
As I write, July 20, temperatures are expected to hit close to 30 C today with no rain in the forecast.

While North Pender and Egmont are still on Stage 1, Madeira Parkers should prepare for a dry summer.

Of the 917 water connections in South Pender, only 63 have signed up for an optional monthly email detailing their current water usage.

To sign up, email infrastructure@scrd.ca with your name, utility account number and email address to receive your water usage.

And then, conserve.



SCRD

PENDER HARBOUR DAYS WOODEN BOAT FESTIVAL (3 DAYS): Friday Aug. 4 to 6

The Pender Harbour Days Wooden Boat Festival is an annual celebration of our marine heritage with historical boats, land-based heritage displays, presentations, kids' activities, and more. It begins on Friday, Aug. 4 at 5:30 p.m. with a boat parade around Pender Harbour. Anyone can join the boat parade as long as you adopt the "Canadian spirit decorations" theme (at least a Canadian flag). At 7:30 p.m. the "Summer Coffeehouse" will light up the Pender Harbour School of Music and features members of the Pender Harbour Choir.

The next day, Saturday Aug. 5 kicks off with a Pender Harbour Lions Club breakfast at Millennium Park. Then, from 10 a.m. to 3 p.m. visit Millennium Park and the Madeira Park wharf for over 20 historic working wooden boats, activities, heritage presentations, a story theatre, a food truck ("Aquis es Mexico"), fishing net skills and more. For kids, mini-boatbuilding and face painting will keep them entertained at Millennium Park from 11 a.m. to 3 p.m. After all that, don't miss the prime rib dinner and dance at the Legion from 7 to 11 p.m.

Sunday morning starts with a marine tailgate sale back at the Madeira Park wharf while the heritage boats remain on display. The Aquis es Mexico food truck will be on hand serving delicious authentic Mexican fare until 2 p.m. At 11:30 a.m., take in a special film feature by the National Film Board about BC's maritime history. At 1:30 p.m., follow the music to the HUGS ukulele concert and finally, at 2 p.m., the weekend wraps with a closing ceremony and draws for the canoe raffle, 50/50 draw and a raffle for a painting by local artist Ken Walters.

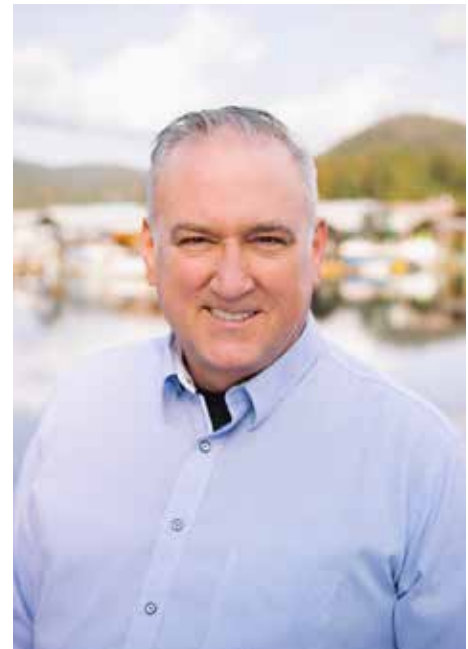
For more details, and updates to the schedule, visit www.penderharbourdays.ca.

ROTARY CLUB OF PENDER HARBOUR SHOW AND SHINE: Sunday, Aug. 13, 11:30 a.m. to 4 p.m.

The annual Rotary Club of Pender Harbour Show and Shine is a spectacular day of taking in classic motorcycles and cars, all in a beautiful park-like setting adjacent to the Royal Canadian Legion in Madeira Park. This is an interactive event in which folks will vote on the favourite cars with multiple "people's choice awards" to be won. If you're entering a vehicle, the cost is \$25 to register between 9:30 a.m. and 11:30 a.m. The show opens to the public at 11:30 a.m. For more information call (604) 989-7811.



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South Pender moves to Stage 3 water restrictions

Effective July 14, South Pender Harbour (McNeill Lake) water system users have been placed on Stage 3 (acute) water conservation restrictions.

According to a July 11 statement from the Sunshine Coast Regional District, the move to Stage 3 was necessary because the “water supply from McNeill Lake is at risk due to prolonged dry weather.”

Water users on the Egmont, Cove Bay and North Pender Harbour water systems remain at Stage 1 for now.

In a July 18 email to the *Harbour Spiel*, Mark Brown, interim general manager of infrastructure services, explained why this season’s water restrictions are so severe:

“Last summer the dry weather extended well into the fall followed by a quick drop in temperature accompanied by snow rather than the typical fall rains.

“Unfortunately, this year we had an early spring which was unusually warm and sunny.

“Both situations led to the watershed area unable to fully recover as it normally would.

“Due to the watershed not fully recovering, coupled with high usage due to the warm spring, we have seen a significant drop in lake level which has not been experienced this early in the summer months before.”

STAGE 3 WATERING SCHEDULE

The watering of lawns is not permitted at any time under Stage 3 restrictions.

The watering of trees, shrubs or flowers is also not permitted with sprinklers, soaker hoses or micro-spray but hand-held hoses with spray trigger nozzles, hand held containers or drip irrigation is permitted up to



Brian Lee

McNeill Lake water levels at the dam on July 17.

one hour per day between 7 and 8 a.m. or 7 and 8 p.m.

The watering of food production plants and trees with sprinklers, soaker hoses, or micro-spray is also not permitted but hand-held watering with hoses with spray trigger nozzles, hand-held containers or drip irrigation is permitted up to two hours per day, from 7 to 8 a.m. and 7 to 8 p.m.

Commercial food producing farms paying a metered rate for water are exempt from Stage 3 regulations.

The washing of vehicles or boats is only permitted to wash off sea water.

The washing of sidewalks, driveways, windows or exterior building

surfaces is also not permitted, except for health and safety regulations.

Also, the filling of swimming pools, spas, garden ponds or fountains is not permitted.

“If there is continued high usage and warm weather with no rain, then there may be the need to move to Stage 4 water conservation regulations,” said Brown.

“This is the first time that South Pender has been at Stage 3 water conservation regulations.”

For more information, contact the SCRd at (604) 885-6806 or infrastructure@scrd.ca.

Visit www.scrd.ca/water-regulations for further details.



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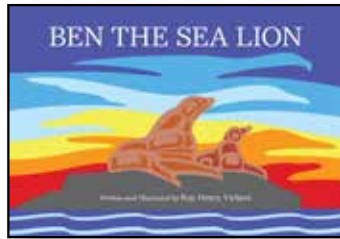
Once again, Madeira Park's Harbour Publishing is well represented at the upcoming BC Book Prizes on Sept. 24.

Grant Lawrence and Harbour Publishing's *Return to Solitude: More Desolation Sound Adventures with the Cougar Lady, Russell the Hermit, the Spaghetti Bandit and Others* is nominated for the Bill Duthie Booksellers' Choice award.

For the Roderick Haig-Brown Regional Prize, Harbour Publishing also received a nomination for *Ben the Sea Lion* by Roy Henry Vickers.

The BC and Yukon Book Prizes was established in 1985 to celebrate the achievements of BC and Yukon writers, illustrators and publishers.

The 10 prizes are presented annually at the BC and Yukon Book Prizes gala and are administered and awarded by members of a non-profit



society representing all facets of the publishing and writing community.

The 39th annual BC and Yukon Book Prizes Gala will take place on Sunday, Sept. 24 at the University Golf Club in Vancouver.

Serendipity looks to hand off fundraiser

After a few years developing their successful "Light up the Town" fundraiser, the Serendipity Child Development Society is looking to hand it off to another organization.

Founded in 2021, the Christmas fundraiser is intended to brighten up Madeira Park's core with brightly lit Christmas trees during the festive season.

The SCDS provided the trees and infrastructure while sponsors, which were mostly local businesses, paid to decorate a tree.

For 2023 and 2024, the SCDS is requesting applications for another local organization to take on the "turn-key" fundraiser.

A Serendipity spokesperson told the *Harbour Spiel* that all funds raised will stay with the successful group and the SCDS board will manage the July 2023

lottery of applicants.

Those applying must be an established community group with a recommended eight to 10 volunteers, and agree to manage the fundraiser in its entirety.

Interested groups can email their application and questions to the SCDS at lightmadeirapark@gmail.com.

The application deadline is Aug. 21, 2023.

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1. What year did the Pender Harbour Music Society form?

- ☐ a. 1957
- ☐ b. 1967
- ☐ c. 1977
- ☐ d. 1987

2. Who is the current chair of the Sunshine Coast Regional District?

- ☐ a. Justine Gabias
- ☐ b. Leonard Lee
- ☐ c. Silas White
- ☐ d. Lori Pratt

3. What is a “fjord?”

- ☐ a. commercial salmon trolling equipment
- ☐ b. long body of water that reaches far inland
- ☐ c. deep offshore reef
- ☐ d. post-volcanic geological prominence

4. If a coho or chinook salmon is a hatchery-marked fish, which of its fins has been clipped?

- ☐ a. caudal
- ☐ b. pectoral
- ☐ c. adipose
- ☐ d. dorsal

5. How long is the pool at the Pender Harbour Aquatic Centre?

- ☐ a. 20 metres
- ☐ b. 20 yards
- ☐ c. 25 metres
- ☐ d. 25 yards

6. Where is Captain's Island?

- ☐ a. Pender Harbour
- ☐ b. Egmont
- ☐ c. Blind Bay
- ☐ d. Bargain Harbour

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Robson: PHARA comments on name change decisions

Editor,

The Pender Harbour and Area Residents Association is extremely disappointed with the decision of the BC Geographical Naming Office to accept all 10 of the shíshálh Nation's proposed name changes for our area.

Once again, decisions between the province and the shíshálh Nation have been made with no real consultation or consideration of those most affected by their decisions (remember the dock management plan?).

In an email to PHARA, a representative from the BCGNO stated they had requested comments from eight elected governments, four organizations, including PHARA, and one provincial agency.

They wrote:

"Of the 13 organizations invited to comment, only PHARA raised objections to the proposed name change."

The distribution list (published as part of the original invitation letter sent to PHARA and which is posted on our website) actually shows 21 invitees and sheds some light on why no other groups reportedly objected.

Other than PHARA, none of the other invitees has a direct connection with our community.

Indeed, the SCRDC sent a letter to the BCGNO and other government agencies, noting that there were deficiencies in the public consultation process and that other organizations should be consulted.

(Though the SCRDC did not have any issues with the proposed name changes, just the process.)

A bit of background:

In the fall of 2023, PHARA invited the community — through emails to PHARA members, an article

in the *Harbour Spiel*, the PHARA website, and the PHARA Facebook page — to comment on the proposed name changes.

Just prior to the December deadline, we compiled and submitted our comments.

From the many comments received, it was clear that the community opposed all of the proposed name changes, especially changing Pender Harbour to kalpilin, although some felt it would be acceptable if both names were used — as long as the current names were not replaced.

Only a single respondent supported all of the name changes.

A copy of our submission to the BCGNO is posted on our website at phara.ca (scroll halfway down the home page).

It is interesting to note that the BC Geographic Naming Office has the following policy:

"First priority shall be given to names with long-standing local usage by the general public.

"Unless there are good reasons to the contrary, this policy should prevail."

It is very clear to everyone who now lives in our communities that the current name of Pender Harbour has been in "long-standing local usage" for many generations and is so named on the nautical charts of the area first published in 1860.

Why revert to a name that non-Indigenous, which represent the huge majority of those who live in Area A, have never heard of or used?

The name kalpilin no longer represents "long-standing usage by the general public."

One must wonder if the decision to adopt those name changes was a done deal and once again there was no

meaningful attempt at real consultation.

While we all support reconciliation, isn't reconciliation supposed to involve all parties affected?

Why are we not at the table?

If you wish to know more about PHARA, please become a member.

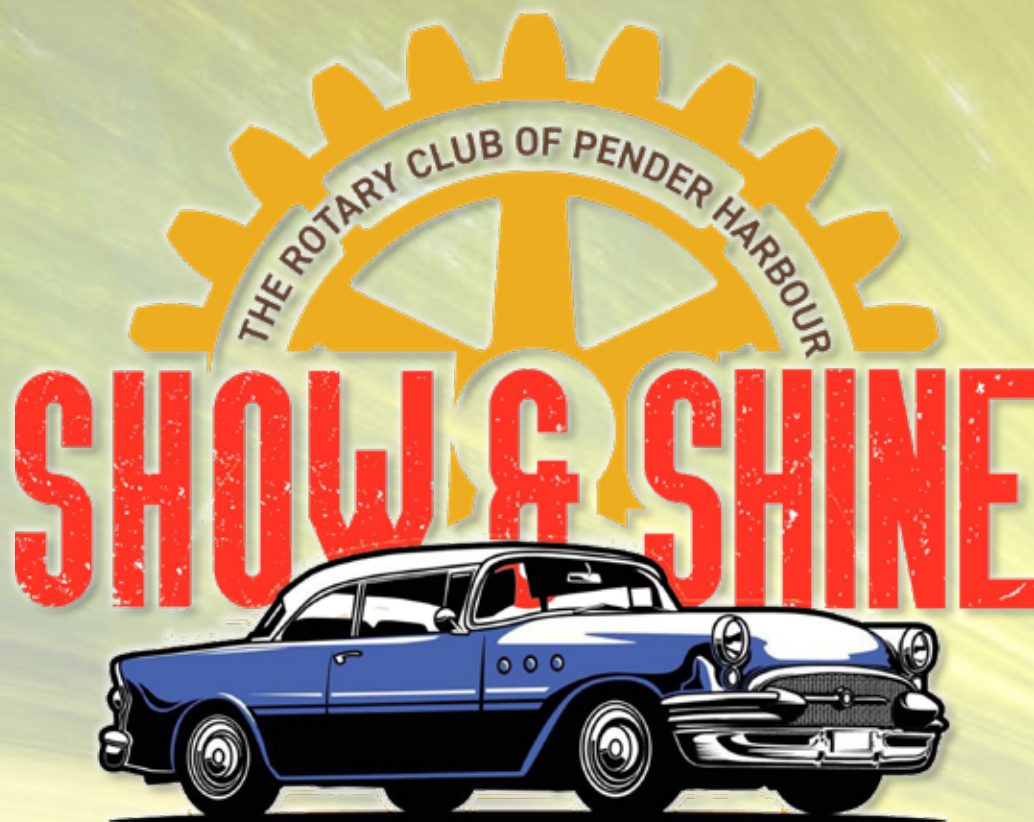
Go to phara.ca and click on "Join Us."

Peter Robson

President, Pender Harbour and Area Residents Association

BCGNO's distribution list for comment on the 10 proposed name changes in Area A:

- BC Ferries;
- BC Mountaineering Club;
- BC Parks;
- Canadian Coast Guard;
- Cowichan Tribes;
- Federation of Mountain Clubs of BC;
- Halalt First Nation;
- Hydrographic Services;
- Lyackson First Nation;
- BC Ministry of Transportation and Infrastructure;
- Pender Harbour and Area Residents Association;
- Penelakut Tribe;
- Snuneymuxw First Nation;
- Stz'uminus First Nation;
- Sunshine Coast Museum & Archives;
- Sunshine Coast Regional District;
- Sunshine Coast Search and Rescue;
- Sunshine Coast Streamkeepers Society;
- Sunshine Coast Tourism;
- Ts'uubaa-asatx First Nation, and
- Water Authorizations, Coast Area (FOR).



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Sunshine Coast GM • Sunshine Coast Resort Hotel & Marina • Sunshine Coast Stoneworks Inc.
Swanson's Concrete • West Coast Wilderness Lodge • Westland Insurance Group Ltd.

Stremel: Let's start with 'British Columbia'

Editor,

I enjoyed your July 2023 editorial ("Does changing the name change the place?") as always.

So, while we digest the name changes, it seems ironic we continue to live in "British Columbia," and many of the traditional lands within

lek'w'emin, skel'h, kalpilin, ts'unay, ts'unay stulu, xenichen stulu, and k'els continue to contain Crown land.

It appears rather ironic to start in our neighbourhood—the micro-level—rather than commence the reconciliation process at the macro-level?

If the roll-out commenced at the renaming of British Columbia, per-

haps provincial constituents may have a more comprehensive understanding of the reconciliation process?

My guess is such a process may not meet with a strong approval rating for the current provincial government, though who knows?

Wayne Stremel
kalpilin, namwiyut

Chakra doo-doo: Shame on you-you

Editor,

Although I have always enjoyed your editorials, I was very disappointed by "Chakra doo-doo" (*Harbour Spiel*, June 2023).

I personally feel that one who criticizes something one knows nothing about doesn't shine themselves in the brightest light.

Rather than criticize, I try to learn something about the subject, or try to understand the person's perspective with whom has a differing opinion than I do.

We all have different lives and experiences and we don't truly understand, nor could we, anything about others.

The rhetoric in your letter could be damaging in that it could steer someone away from something that could really help in their healing process.

In reference to your negative remarks about universal energy and reiki—universal energy is science.

On that note, I've been practising reiki (energy work) for about nine

years and I have given countless one hour sessions and all of my clients emerge from the sessions feeling, "lighter," either physically or emotionally and, in fact, usually both.

Many have experienced very positive changes to their physical health, from relief from chronic pain to emotional release, which results in pain relief.

Call it a placebo if you prefer, science has proven that placebos do work, so whatever it is, if it works, it's a good thing.

Stress is proven to cause people major health problems and exacerbates most, if not all, illnesses and diseases.

Reiki reduces stress and puts people into a deeply relaxed state, which then allows the body to start the healing process, which is our body's innate ability.

So, in closing, I hope that before you criticize something you know

nothing about, think who you might be hurting and try to educate yourself so you can gain an understanding or at least a bit of empathy as to why someone who has gone through painful trauma, might choose one of the many options out there.

Gwen Christensen
Garden Bay



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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

pender harbour tides ~ august 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:



August	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Tue 01	12.1	12.8	13.6	14.1	13.9	12.6	10.4	7.7	4.9	2.5	0.9	0.4	1.1	2.9	5.6	8.8	11.8	14.2	15.6	15.8	15.1	13.9	12.6	11.6
Wed 02	11.2	11.6	12.5	13.5	14.1	13.9	12.6	10.4	7.6	4.8	2.5	1.0	0.7	1.7	3.8	6.7	10.0	12.9	15.0	16.0	15.7	14.7	13.1	11.6
Thu 03	10.6	10.4	11.0	12.1	13.2	13.9	13.8	12.5	10.4	7.7	5.0	2.8	1.6	1.6	2.9	5.3	8.3	11.4	14.0	15.7	16.1	15.4	13.9	12.1
Fri 04	10.5	9.5	9.4	10.1	11.4	12.6	13.4	13.4	12.4	10.4	7.9	5.6	3.7	2.8	3.2	4.7	7.2	10.1	12.9	15.0	16.0	15.9	14.7	12.9
Sat 05	10.9	9.2	8.3	8.3	9.2	10.5	11.9	12.8	13.0	12.1	10.5	8.5	6.5	5.1	4.6	5.2	6.8	9.2	11.8	14.1	15.6	16.0	15.4	13.8
Sun 06	11.8	9.6	8.0	7.1	7.2	8.2	9.6	11.0	12.1	12.5	12.0	10.8	9.2	7.8	6.8	6.6	7.3	9.0	11.1	13.2	14.9	15.8	15.7	14.6
Mon 07	12.8	10.6	8.4	6.8	6.1	6.3	7.2	8.6	10.2	11.4	12.1	12.0	11.3	10.3	9.3	8.6	8.6	9.4	10.8	12.5	14.1	15.2	15.5	15.0
Tue 08	13.6	11.6	9.4	7.4	5.9	5.2	5.4	6.3	7.7	9.3	10.8	11.8	12.2	12.0	11.4	10.8	10.4	10.4	11.1	12.1	13.3	14.3	14.9	14.9
Wed 09	14.1	12.6	10.5	8.4	6.5	5.1	4.5	4.7	5.6	6.9	8.6	10.2	11.6	12.5	12.8	12.6	12.2	11.8	11.7	12.1	12.7	13.5	14.1	14.4
Thu 10	14.2	13.2	11.5	9.5	7.5	5.7	4.5	4.0	4.3	5.2	6.6	8.4	10.2	11.8	13.0	13.6	13.6	13.2	12.7	12.4	12.5	12.8	13.3	13.7
Fri 11	13.8	13.4	12.3	10.7	8.7	6.8	5.1	4.0	3.6	3.9	5.0	6.6	8.6	10.6	12.4	13.7	14.3	14.2	13.8	13.1	12.6	12.4	12.5	12.9
Sat 12	13.2	13.3	12.9	11.7	10.0	8.1	6.2	4.6	3.6	3.3	3.8	5.1	7.0	9.1	11.3	13.1	14.3	14.7	14.5	13.8	13.0	12.3	12.0	12.1
Sun 13	12.5	12.8	13.0	12.5	11.3	9.6	7.6	5.7	4.1	3.2	3.1	3.9	5.4	7.5	9.9	12.0	13.7	14.7	14.8	14.3	13.4	12.5	11.8	11.5
Mon 14	11.7	12.2	12.7	12.9	12.3	11.0	9.1	7.1	5.2	3.7	3.0	3.2	4.2	6.1	8.4	10.8	12.9	14.3	14.9	14.6	13.8	12.7	11.7	11.1
Tue 15	11.1	11.5	12.2	12.7	12.8	12.1	10.6	8.7	6.5	4.7	3.4	3.0	3.5	5.0	7.1	9.5	11.8	13.6	14.7	14.7	14.0	12.9	11.7	10.8
Wed 16	10.5	10.8	11.5	12.3	12.8	12.7	11.8	10.2	8.1	6.0	4.3	3.4	3.3	4.3	6.1	8.4	10.8	12.9	14.3	14.7	14.2	13.2	11.9	10.7
Thu 17	10.0	10.0	10.6	11.5	12.3	12.8	12.6	11.5	9.7	7.6	5.7	4.3	3.7	4.1	5.4	7.5	9.9	12.2	13.8	14.6	14.4	13.5	12.1	10.7
Fri 18	9.6	9.2	9.5	10.4	11.5	12.4	12.7	12.3	11.1	9.3	7.3	5.6	4.6	4.4	5.3	7.0	9.2	11.5	13.4	14.5	14.6	13.8	12.5	10.9
Sat 19	9.5	8.7	8.6	9.2	10.3	11.5	12.3	12.6	12.0	10.7	9.0	7.3	5.9	5.3	5.6	6.8	8.7	10.8	12.8	14.1	14.6	14.1	12.9	11.3
Sun 20	9.6	8.3	7.8	8.0	8.9	10.2	11.4	12.2	12.4	11.8	10.5	9.0	7.6	6.6	6.4	7.1	8.5	10.3	12.2	13.7	14.4	14.2	13.3	11.7
Mon 21	9.9	8.3	7.3	7.1	7.6	8.7	10.1	11.3	12.1	12.2	11.7	10.6	9.3	8.2	7.7	7.8	8.7	10.1	11.7	13.2	14.1	14.2	13.5	12.2
Tue 22	10.4	8.6	7.2	6.4	6.4	7.2	8.4	9.9	11.2	12.0	12.2	11.8	10.9	10.0	9.2	8.9	9.3	10.2	11.4	12.7	13.6	14.0	13.6	12.5
Wed 23	10.9	9.1	7.4	6.1	5.6	5.8	6.7	8.0	9.6	11.0	11.9	12.3	12.1	11.5	10.8	10.3	10.2	10.6	11.4	12.3	13.2	13.7	13.6	12.9
Thu 24	11.5	9.7	7.9	6.3	5.3	4.9	5.2	6.1	7.5	9.1	10.7	11.9	12.5	12.5	12.3	11.8	11.4	11.3	11.6	12.1	12.8	13.3	13.5	13.1
Fri 25	12.1	10.6	8.8	7.0	5.5	4.5	4.1	4.5	5.4	6.9	8.6	10.3	11.8	12.8	13.2	13.1	12.7	12.3	12.1	12.1	12.4	12.9	13.2	13.3
Sat 26	12.7	11.6	9.9	8.0	6.2	4.7	3.7	3.3	3.7	4.8	6.4	8.3	10.3	12.0	13.3	13.9	13.8	13.4	12.8	12.4	12.2	12.4	12.8	13.1
Sun 27	13.2	12.7	11.5	9.7	7.7	5.7	4.1	2.9	2.5	3.0	4.2	6.1	8.4	10.6	12.6	14.0	14.5	14.3	13.7	12.9	12.2	11.9	12.0	12.5
Mon 28	13.0	13.3	13.0	11.8	10.0	7.7	5.5	3.6	2.3	1.9	2.4	4.0	6.2	8.7	11.3	13.3	14.6	14.9	14.5	13.5	12.4	11.5	11.2	11.5
Tue 29	12.2	13.0	13.4	13.3	12.2	10.3	7.9	5.4	3.3	1.9	1.6	2.3	4.1	6.7	9.5	12.2	14.1	15.1	15.1	14.2	12.9	11.5	10.5	10.3
Wed 30	10.8	11.8	12.9	13.6	13.6	12.6	10.6	8.0	5.4	3.3	2.0	1.8	2.8	5.0	7.7	10.7	13.2	14.9	15.4	14.8	13.5	11.8	10.2	9.3
Thu 31	9.3	10.1	11.4	12.8	13.7	13.8	12.8	10.8	8.3	5.7	3.6	2.5	2.6	3.9	6.3	9.2	12.1	14.3	15.4	15.3	14.2	12.4	10.4	8.8

McAllister responds to June *Spiel* editorial 'Chakra doo-doo'

Editor,

While I agree with some of your sentiments, many of your comments display a lack of awareness of the research that has been done by those who have studied and practiced integrative therapies.

I am a practitioner of some integrative therapies including therapeutic touch, healingtouch, reiki, reflexology and sound therapy.

Merging eastern and western medicine is a win for all.

I am also a registered nurse with 30-plus years of practice with a B.Sc.N. honours degree.

My colleague, Delores Krieger, PhD RN, professor of nursing at New York University, developed the therapeutic touch program in the 1980s.

As a professor she was able to conduct research, teach and develop the technique and philosophy of TT.

This program has been taught in more than 80 colleges and universities in the U.S. and in more than 70 foreign countries.

TT is the practice of the laying on of hands to assess and balance the biofield (electromagnetic field of the body).

TT was a prerequisite to the nursing specialization course related to holistic nursing practice which includes the study of the chakras.

There are other highly qualified doctors who have studied the biofield such as Dr. Valerie Hunt, acclaimed scientist who scientifically verified the human energy field at UCLA.

She wrote the book, *The Infinite Mind*.

Dr. Shamini Jain recently published *Healing Ourselves, Biofield Science and the Future of Health*.

In this book she delves into the

research in this area.

Dr. Jain is also a Reiki master.

At page 156, she states:

"In the past decade alone, at least four different investigators at three different universities and a prestigious medical centre in the U.S. (Harvard University, Indiana University, U of Connecticut, and the MD Anderson Cancer Center) all using biofield therapies and sham control treatments have reported that different types of energy healing can affect tumor growth, tumor death, tumor migration, and related cellular immune function in different types of cancer in both animal and cell culture studies."

The Cross Cancer Institute in Edmonton implemented a two-year pilot program with a biofield science practitioner who gave sessions to patients undergoing chemotherapy.

Biofield medicine practitioners were then recruited for the Children's Stollery Hospital for children going through chemotherapy.

Twenty years ago acupuncture was not recognized as a valid modality.

Even chiropractors were not looked upon with favour.

Yoga practice is one of the ways to balance our chakras.

Yoga is an ancient practice spanning over 5,000 years and has millions of followers around the globe.

I am a sound practitioner and employ multiple sounding instruments.

Sound therapy is on the radar of many health care practitioners around the world.

Psychiatrists, psychologists, medical doctors and even an anaesthetist are using sound as a means of healing.

While it is good to be skeptical, my hope is that people will keep an open mind when it comes to integrative practices.

People should look for qualifications and ask questions.

Barb McAllister



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South Pender water crisis



*Leonard Lee
Area A director, SCRD*

Water is no longer flowing over the Harris Lake dam, the water level behind the McNeill Dam is lower than it was in the fall of 2022, and there is no emergency infrastructure in place.

We recently initiated stage 3 restrictions because Stage 2 did not decrease water usage but, if South Pender's water use continues at the current rate, we'll soon see Stage 4 (severe) restrictions in an attempt to deal with this fast-developing crisis.

Without a connection between the North and South Pender water systems, Garden Bay Lake isn't available as an emergency backup, although the

SCRD is investigating the idea.

The decrepit Harris Lake water release infrastructure is unlikely to function without remedial work to release stored water.

This summer, it's critical that we avoid wasting water, and that we limit our usage as best we can or risk having most of our community without water for the coming months.

If you're on an SCRD system, a private system, a well, a creek or a lake, remember that we all share the same water table and watersheds, so I urge everyone to do their part to ensure we have enough water to satisfy our essential requirements until the anticipated rains of mid-November.

For more information, visit www.scrd.ca/water-regulations, contact the SCRD at (604) 885-6806, or e-mail infrastructure@scrd.ca.

Submit bylaw complaints at www.scrd.ca/bylaw-complaint-form.

NOT JUST A PENDER PROBLEM

Bowen Mah, BC minister of emergency management and climate readiness, recently stressed the need for local governments to work with the province to respond to the lengthy dry spells all areas of BC are experiencing.

BC is suffering an unprecedented wildfire season because of drought conditions and record-breaking high temperatures.

At only the beginning of the wildfire season, hundreds of people are under evacuation orders and alerts, and a state of emergency was announced for the Stikine region.

With the exception of Haida Gwaii, where campfires are still al-



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leonard.lee@scrd.ca
604-212-0406



WATER REGULATIONS ARE IN EFFECT

Please visit www.scrd.ca/water-regulations for details on what regulations are in place for your water service area.

5 Ways to help conserve community water supply and prepare for drought

1. Water your garden mindfully. Check the soil as you water, use only what you need, and target plant root zones directly.
2. Add mulch (wood chips, seaweed, cardboard) around plants to help retain moisture in the soil.
3. Around the house, don't rush to flush, take short showers, run full loads of dishes and laundry.
4. Rainwater catchment and greywater use is encouraged where possible. Check public health guidelines first.
5. Sign up for your monthly water use update and get connected to your water use at www.scrd.ca/water-use.



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lowed, a complete burning ban is in effect throughout British Columbia.

Level 4 or 5 drought conditions are already present in over two-thirds of British Columbia's water basins.

Last year, only one area (the Sunshine Coast) went to Level 5, but that wasn't until September, when a 100-day drought caused an SCRd state of emergency in some of its jurisdictions.

In coming weeks, it's expected that the province will increase water restrictions and promote water conservation throughout British Columbia.

Mah pointed out that we don't need to wait for those restrictions, but should take action now by running only full loads in washing machines and dishwashers, and reducing the length of showers.

Bowen Mah's ministry, the first stand-alone emergency-management ministry in BC history, clearly demonstrates the reality of the climate crisis we face.

STR PARTY-HOUSE UPDATE

Bed and breakfast operations, typically involving a spare bedroom rented in a private home and a hearty meal provided at the beginning of the day by the hosts (resident property owners), have been in our neighborhoods for some time and, if not a welcome addition, were certainly not a problem.

Then along came short-term rentals run through Airbnb, Vrbo, and other online platforms, making it possible to operate a mini-hotel on residential property, without an on-site owner/host, and bypassing hotel taxes, zoning requirements and other requirements.

The SCRd responded to a proliferation of STRs and related complaints by updating bylaw 337 in 2020

to include these regulations:

Short-term rental accommodation fits the definition of "bed and breakfast" and, regardless of how it's advertised, it's considered a bed and breakfast and thus subject to regulations for bed and breakfast of the zoning bylaws.

It must be operated by an onsite property owner or manager.

These regulations have proven quite effective in bringing properties into compliance, but we don't have enough bylaw officers to investigate every complaint submitted.

There are so many non-compliant STR operations that only the most egregious violations are addressed, such as situations where the owner or manager is absent from the property, allowing a party house where large numbers of unsupervised guests disrupt neighbours with loud music and other noise well into the night.

Bylaw staff are focused on prioritizing and addressing the "frequent flyers" or repeat offenders who disturb the peace, with the hope of discouraging other operators from similar offences.

The best advice I can offer is to keep putting in the bylaw complaints; the number of those, along with the number of neighbours submitting complaints, will help staff identify and thus prioritize the worst cases.



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2023 grads Stella Bishop and Kailey Noël (in back) presented 2024 grads Cady Silvey (l, behind podium) and Sarah Noël (r) with the symbolic 'Key of Knowledge.'



Former teacher Brett Jasch was invited back to PHSS by the class of 2023 to be their guest speaker.



JACOB BRAUN (l)
Jayden Simpson



MARSHALL CURTISS (m)
Breanna Potter, Sydney Curtiss



GABRIEL FIDDICK (r)
Carley Whitehead



KAILEY NOËL (r)
Sarah Noël



RYLEY ROBERTS (r)
Kaya Purnell



EMMA THORNTON (m)
Tia Haase, Jakob Thornton



After the national anthem was sung, greetings and a welcome song were offered by representatives of the shishàlh First Nation.

July 2023



Marshall Curtiss gave the Class of 2023's valedictorian address.

All photos: Brian Lee

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Sunshine Coast writers' fest: There's still tix for three top picks

*Biographies from Sunshine Coast
Festival of the Written Arts program*

It's not too late to get tickets for some of the talent appearing at the 41st running of the Sunshine Coast Festival of the Written Arts.

Here are three shows that still have seats available and promise an entertaining and thought-provoking experience at Sechelt's Rockwood Centre.

But hurry — they will likely sell out before opening night on Aug. 17.

J. EDWARD CHAMBERLIN AND THERESA KISHKAN

Saturday, Aug. 19, 4 p.m.

Saturday offers a chance to take in two Sunshine Coasters in a single event.

J. Edward Chamberlin and Theresa Kishkan will both read from their new books and speak to the power of storytelling.

J. Edward Chamberlin is professor emeritus at the University of Toronto and was senior research associate with the Royal Commission on Aboriginal Peoples.



J. Edward Chamberlin is the author of several acclaimed titles, including *Horse: How the Horse Has Shaped Civilizations* (Vintage Canada) which was a national best-seller, and *If This Is Your Land, Where Are Your Stories? Finding Common*



Ground (Vintage Canada).

His latest book is *Storylines: How Words Shape Our World* (Douglas & McIntyre).

He is an Officer of the Order of Canada, and now lives in Halfmoon Bay, BC.

Theresa Kishkan lives near Ruby Lake with her husband, John Pass, in a house they built and where they raised their three children.



Theresa Kishkan has published 16 books, most recently *Euclid's Orchard* (Mother Tongue Publishing), a collection of essays about family history, botany, mathematics, and love; a novella, *The Weight of the Heart* (Palimpsest Press), in which a young graduate student attempts to create a feminist cartography with the works of Ethel Wilson and Sheila Watson; and *Blue Portugal and Other Essays* (Univer-

sity of Alberta Press), a collection of lyrical essays.

Her books have been nominated for many awards, including the Hubert Evans award and the Ethel Wilson prize.

Her interests include textiles, ethnobotany, music, human and physical geography, and colour theory, strands of which are braided together in *Blue Portugal*.

Current work-in-progress includes a novel, *Easthope*, and a long essay about the male gaze, painters and their models, and obsession.

LAURA TRETHEWEY

Sunday, Aug. 20, 2:30 p.m.

Laura Trethewey is an ocean journalist and the author of *The Imperiled Ocean: Human Stories from a Changing Sea* (Goose Lane Editions) and *The Deepest Map: The High-Stakes Race to Chart the*



Laura Trethewey

World's Oceans (Goose Lane Editions).

Her writing has appeared in *The Atlantic*, *The Guardian*, *Smithsonian Magazine*, *Courrier International*, *The Walrus*, *Hakai Magazine*, and *Canadian Geographic*.

She is the former writer and editor for the Vancouver Aquarium in Canada.

She received a master of fine arts in creative writing from the University of B.C.

In 2020, she won Canada's Writers' Trust rising star award.

**IAN FERGUSON AND
WILL FERGUSON**
Sunday, Aug. 20, 4 p.m.

Brothers Ian Ferguson and Will Ferguson have combined their con-

siderable talents to create *I Only Read Murder* (HarperCollins) the first volume in a comedic crime series featuring Miranda Abbot, a once-beloved television sleuth.

Ian Ferguson won the Stephen Leacock Medal for Humour for *Village of the Small Houses* and is the co-author, with his brother, Will, of *How to Be a Canadian*, which was shortlisted for the Leacock Medal and won the CBA Libris Award for non-fiction.



Ian Ferguson

A writer and creative director in the film and televi-

sion industry, he lives in Victoria.

Will Ferguson is a three-time winner of the Leacock Medal for Humour.

His novels include his debut, *HappinessTM*, sold in twenty-three languages, *419*, which won the Scotiabank Giller Prize, and *The Finder*, which won the 2021 Arthur Ellis Award for Crime Fiction.



Will Ferguson

With his brother, Ian, he is the author of the mega-bestseller *How to Be a Canadian*.

Will Ferguson lives in Calgary.



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The Pender Harbour Health Centre is excited to welcome a new team member!



Neora Snitz is a clinical therapist and a social worker with over 20 years of experience in community social work. She believes everyone matters. Everyone deserves to be heard, to be understood, and to have someone with them when the world doesn't

feel safe or manageable.

She brings a sincere commitment to her clients based on respect, compassion and the intention to be of service. She will be providing social work and counselling services.

Neora grew up in Israel and came to Canada in her early 20s. She moved to the Sunshine Coast with her teenage son in February.

She can be reached at the health centre on Thursdays and Fridays. Welcome Neora!



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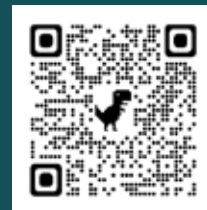


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cello

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FOR MORE INFORMATION: PENDERHARBOURMUSIC.CA

Bev McDonald

NOVEMBER 17, 1943 — JUNE 22, 2023



Bev McDonald was born Nov. 17, 1943 in Vancouver and died peacefully with family and friends by her side June 22 at Sechelt Hospital.

She is survived by daughters Teri (Allan) and Cami, sons John, Paul (Alicia) and Matt (Alana), daughter-in-law Loretta, nine grandchildren, three great-grandchildren, her brothers Donald, Robert (Pat), nephews, great-

nephews and great-niece.

McDonald was predeceased by her loving husband Neil and her family takes great comfort in knowing the two are together again.

She grew up in Richmond and worked for Telus before finding her way to Pender Harbour with Neil and their family.

They welcomed their youngest child, Matt in 1981.

McDonald worked at the local video store for a short time before finding her forever job, 32 years at Madeira Park IGA.

She retired in 2021.

She was always a friendly face and a guaranteed hit when it was Halloween, Christmas or any holiday she could dress up for.

McDonald was so proud when, in 2016, her son Matt returned to work with her at the IGA bringing with him a wife and grandchildren.

She and Neil loved to travel to

Hawaii and ultimately decided to get married there in 2007.

After Neil's death, she continued to travel with friends and family — Hawaii, Mexico and Seattle were her favorite destinations.

Music and dancing were a big part of McDonald's life and her Friday nights at the Legion, where she requested Neil Diamond songs, became her favourite outing.

The dance floor will forever miss her tapping toes.

Her family thanks Dr. Sutton, the nurses and staff at Pender Harbour Health Centre and to the team at Sechelt Hospital.

A celebration of Bev McDonald's life will be held at the Royal Canadian Legion Branch 112 on Saturday, Oct. 28 at 2 p.m.

Donations in her memory can be directed to Pender Harbour and District Health Centre, Box 308, Madeira Park, BC V0N 2H0.

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 house in Daniel Point around Godkin Road, that has outdoor lights that rival YVR airport.**

They light up all of Lee Road valley and ruin the starry night sky and are on all year even when the owners are not even here.

John Allen

A Harbour Seal of Approval to **Pender Harbour Automotive** for July 2023

always making the time to keep my much used and much loved old vehicle on the road. So appreciated.

Joanne Sankew

Harbour Seals of Approval to the **Pender Harbour Volunteer Fire Department** for all their efforts to contain the massive fire to our home.

We also thank **our neighbours** for their support and **Joe** who spotted the fire and knocked on everyone's

doors to ensure no one was home.

Jim and Linda Reid

100 Harbour Seals of Approval to **everyone who came out to wish our mom Marjory Mackay a very happy 100th birthday** on July 8.

Thanks especially to **Marlene Cymbalist** for your help, and the **Harbour Pipers** for their mini concert.

Sharon Mackay and family

SKOOKUMCHUCK VIEWING TIMES

AUGUST

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

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

1. 10:54 AM -XL, 6:47 PM +XL
2. 11:41 AM -XL, 7:23 PM +L
3. 12:29 PM -XL, 7:53 PM +XL
4. 6:40 AM +L, 1:19 PM -XL
5. 7:55 AM +L, 2:15 PM -XL
6. 9:01 AM +L, 3:02 PM -L
7. 10:14 AM +L, 4:02 PM -M
8. 11:36 AM +L, 5:17 PM -S
9. 12:57 PM +L, 6:33 PM -S
10. 7:39 AM -XL, 2:13 PM +XL
11. 8:59 AM -XL, 3:18 PM +XL
12. 9:45 AM -XL, 4:17 PM +XL
13. 10:35 AM -XL, 5:06 PM +XL
14. 11:19 AM -XL, 5:48 PM +XL
15. 11:52 AM -XL, 6:23 PM +XL
16. 12:01 PM -XL, 6:52 PM +XL
17. 12:02 PM -XL, 7:13 PM +XL
18. 12:36 PM -L, 7:27 PM +XL
19. 12:59 PM -L, 7:39 PM +XL
20. 7:45 AM +M, 1:43 PM -L
21. 8:44 AM +M, 2:30 PM -M
22. 9:42 AM +M, 3:34 PM -S
23. 10:58 AM +L, 5:03 PM -S
24. 11:42 AM +L, 6:20 PM -S
25. 1:04 PM +L, 7:34 PM -S
26. 3:07 PM +L
27. 7:28 AM -XL, 3:56 PM +XL
28. 8:44 AM -XL, 4:59 PM +XL
29. 9:43 AM -XL, 5:33 PM +XL
30. 10:34 AM -XL, 6:08 PM +XL
31. 11:36 AM -XL, 6:36 PM +XL

These are estimates only and not intended for navigation.



CANADIAN HOUSING

1/3

In the 2021 census, roughly 1/3 of all Canadians rent their homes.

\$2,600

The median rent for a one-bedroom suite in Vancouver.

\$3,600

The median rent for a two-bedroom suite in Vancouver (up 18.9% from a year earlier).

1.2%

Rental vacancy rate in Vancouver.

3%

Rental vacancy rate across Canada.

+20%

The amount rental prices in Vancouver and Toronto have jumped (as of Dec. 2022), compared to a year prior.

\$1.2 million

The average price for a home in Metro Vancouver.

\$736,000

The average price for a home in BC.

\$632,000

The average price for a detached house in Canada (Nov. 2022).

\$1,054,000

Average price for a detached house on the Sunshine Coast in 2021.

\$82,000

Average gift for first-time home buyers in Canada in 2020.

~ CIBC, The Walrus

AUGUST WEATHER

TEMPERATURES (Merry Island)

Our average August daily high temperature is 24 C and our average daily low is 13 C, giving us a mean daily temperature of 17.7 C. August averages 22 days with temperatures above 18 C, and the highest August temperature recorded is 32.2 C (Aug. 4, 1961); the lowest is 8.9 C (Aug. 18, 1973).

PRECIPITATION (Merry Island)

August averages seven days with rainfall and a total of 38.1 mm for the month (the lowest of the year). The highest daily rainfall recorded in August was 42.4 mm (Aug. 4, 1962). August averages 275.3 hours of sunshine.

AUGUST ASTROLOGY

LEO: JULY 23 – AUGUST 22



Lions are idealists and romantics, honourable and loyal. Always individualistic, they are usually stylish, charismatic and flamboyant. This month, the sun is in your sign until Aug. 22. That bodes well for your personal goals but remember to slather on some astrological sunscreen because it also could bring disruption to your boring life. Venus moves into your sign on the eleventh so watch out for overly emotional feels around the full moon. When it comes to relationships, the full moon is your kryptonite.

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. With Mars in Virgo this month, your passion for life and all of its inhabitants will be reignited. Until Aug. 27, you'll be turning heads and capturing attention. After that date, your glass slipper breaks, leaving you with a nasty gash and the inevitable realization that life has returned to its former misery.

BC BESTSELLERS

For the week ending July 15.

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. Unbroken: My Fight for Survival, Hope, and Justice for Indigenous Women and Girls by Angela Sterritt (Greystone Books) | 6. Weird Rules to Follow by Kim Spencer (Orca Book Publishers) |
| 2. To Track a Traitor: A Lane Winslow Mystery by Iona Whishaw (TouchWood Editions) | 7. Still This Love Goes On by Buffy Sainte-Marie, illustrated by Julie Flett (Greystone Books) |
| 3. A Kid's Guide to Plants of the Pacific Northwest by Philip-Joy Joly (Harbour Publishing) | 8. Snorkelling Adventures Around Vancouver Island and the Gulf Islands: The Ultimate Guide by Sara Ellison (Harbour Publishing) |
| 4. A Complex Coast: A Kayak Journey from Vancouver Island to Alaska by David Norwell (Heritage House Publishing) | 9. Cold Case BC by Eve Lazarus (Arsenal Pulp Press) |
| 5. A Season on Vancouver Island by Bill Arnott (Rocky Mountain Books) | 10. Tracking Giants: Big Trees, Tiny Triumphs, and Misadventures in the Forest by Amanda Lewis (Greystone Books) |

~ Association of Book Publishers of BC

AUGUST BIRTHDAYS

- Aug. 1: **Linda Drought, Kelly Marko and Jen Hardwick.**
- Aug. 2: **Enya Delaney and Jessica "Lu-Lu" Kammerle.**
- Aug. 4: **Kathleen White, Daniel White, Carol Reid, Jessica Sutherland and Gloria Keene.**
- Aug. 5: **Genevieve Patterson and Bill Purnell.**
- Aug. 9: **Shirley Adams.**
- Aug. 10: **Norma Martin.**
- Aug. 12: **Ileana McBain, Mary White and Helga Morin.**
- Aug. 13: **Peter Kenny.**
- Aug. 15: **Shane Hennan.**
- Aug. 16: **Sandy Hegyi, Paul McKimm, Anna-Maria Massullo and Justin Tiefenbach.**
- Aug. 17: **Bob Forsyth.**
- Aug. 18: **Charles Dougan.**
- Aug. 20: **June Reeder, Glen Spencer, Helga Thiele and Rachel Wilson.**
- Aug. 21: **Kory Francis and Klisala Harrison.**
- Aug. 22: **Buzzard Edwardson.**
- Aug. 23: **Kelly Reid.**
- Aug. 25: **Aubree Daniel.**
- Aug. 27: **Warne Clay, Kailee Yablonski and Danette Raaflaub.**
- Aug. 28: **Wilma Thompson, Mike Ough and Brent Metcalfe.**
- Aug. 30: **Donna Hobson, Megan Watters, Barbara Lofton and Roman Rand.**
- Aug. 31: **Eric English, Bryce Higgins, Corinne Gamble and Lillea Hohn.**



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

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

Darlene Fowlie – Hygienist

Monika Miller – Hygienist

Rosa Seda – Hygienist

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- 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

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Dr. Colin Sutton

- By appointment only

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Haida Bolton – Program Coordinator

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

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

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

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

Red meat: Only as a treat

*Compiled by Pender Harbour Health
Centre nursing staff*

You might want to think twice before you toss that burger or steak on the grill.

Consumption of red meat is associated with coronary heart disease, stroke, diabetes, colorectal cancer and premature death.

Yet, despite all the literature to support these findings, Canadians still eat more red meat than poultry and seafood combined.

Here are six reasons to eat less red meat:

LIVE LONGER

A person who consumes two servings of red meat per day has a 30-per-cent higher risk of dying prematurely than those who eat only a half serving per day.

By decreasing consumption of red meat, we may see a drop in preventable deaths and health problems.

PROTECT YOUR HEART

Red meat accounts for the largest source of saturated fats in an average diet.

Heme iron, nitrates, salt and compounds are created when meats are cooked at a high temperatures.

Carnitine (found largely in red meats) and choline (found largely in egg yolks and liver) create compounds when ingested that have a direct relation to increased risk for cardiovascular disease.

CUT CANCER RISKS

From the National Cancer Institute:

- The risk of colon cancer/rectal cancer increases by 20 per cent for every serving of red/processed meat



eaten per day;

- Carcinogenic N-nitroso compounds are caused by nitrates used to color and preserve processed meats;
- Meat mutagens are produced when meats are cooked well-done at high temperatures, and
- The NCI recommends three servings of red meat per week. Avoid processed meats, notably ham, bacon, salami, hot hogs and sausages.

SKIP A STROKE

Most strokes experienced by Canadians are caused by clogged arteries rather than a ruptured artery or hemorrhage in the brain.

To reduce your risk of stroke you may want to make healthier choices than red meat, such as chicken, fish or nuts.

DODGE DIABETES

Red meats have been linked to an increase in type 2 diabetes.

The accumulation of byproducts

of eating red meats may damage or be toxic to cells that secrete insulin.

PROTECT THE EARTH

How does red meat harm the environment?

The core problem is that growing meat is so inefficient.

In fact, much of North American farming is devoted to growing animal feed instead of food for human consumption.

Red meat production increases water and fuel (transportation) consumption, deforestation and solid waste while it produces methane and nitrous oxide.

Cows emit greenhouse gases.

THE BOTTOM LINE

Eat as little red and processed meat as possible and replace them with beans, nuts, soy-based veggie meats, poultry or fish.

Don't take carnitine, lecithin or choline supplements.



The Pender Harbour seniors group attend a garden tour at GeoPia's Gallery followed by lunch at the Grill It food truck in Earls Cove July 13.

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Seniors Activities for August!

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.

August 3 – Potluck Picnic at Coopers Green Park. Everyone to bring a food dish to share and a folding chair if you have one.

August 10 – Card Making with June Percival

August 17 – Surprise

August 24 – Surprise

August 31 – Road Trip to Egmont Thrift Store followed by lunch at the Backeddy

.....
CARPET BOWLING: Wednesdays, Aug. 2, 9, 16 & 30

At the Pender Harbour Community Hall, 1-3 pm. Cost \$3. **Note: No Bowling on Aug. 23.**
.....

CHAIR YOGA: Mondays & Fridays, Aug. 4, 11, 14, 18, 21, 25, 28 & Sept. 1

At the Pender Harbour Community Hall 11am –12pm. Improve your balance, strength & flexibility with gentle moves. Cost: \$3. **Note: No class on Aug 7.**

Pender Harbour Music Society's 2023-24 concert series

The Pender Harbour Music Society annual concert series kicks off this month with two concerts on Aug. 12 and 13. Tickets are \$30 (except for the Music and Laughter family concert April 20 which are \$15 for adults and \$10 for children under 12) and available on the PHMS website (www.penderharbourmusic.ca) or at Harbour Insurance in Madeira Park and Strait Music in Sechelt. All concerts are held at the Pender Harbour School of Music at 12956 Madeira Park Road, Madeira Park. This season's menu:



Mid-summer Chamber Music Weekend:

JOAN BLACKMAN (violin), **HANNAH ADDARIO-BERRY** (cello), **HENRY SHAPARD** (cello), **JULIA NOLAN** (saxophone), **JANE HAYES** (piano)

These internationally outstanding musicians have sterling reputations for solo, chamber and orchestral performances.

Saturday, Aug. 12, 2 p.m.

Blackman and Hayes, together with Shapard, current principal cello with the VSO, bring us Benjamin Britten's Suite for solo cello, and two major piano trios by Shostakovich and Ravel.

Sunday, Aug. 13, 2 p.m.

The "Stellar Jays Plus" (Blackman, Hayes, Nolan and Addario-Berry) who promise a relaxed afternoon — "Couleurs d'un Rêve" (Colours of a Dream) with a French flavour including compositions by Jean-Luc Defontaine and Claude Debussy.



DIANE LINES TRIO

Sunday, Sept. 24, 2 p.m.

Vocalist and pianist Diane Lines returns to Pender Harbour with her jazz/blues/swing trio for a lively concert that will make you want to dance in the aisles. Lines has been inducted into the BC Entertainment Hall of Fame and has been a favourite at the Pender Harbour jazz and blues festivals.



KRYSTLE DOS SANTOS

Sunday, Oct. 22, 2 p.m.

Krystle Dos Santos is a two-time Western Canadian Music award-winning soul, jazz and R&B singer. With an extraordinary voice that is commanding, powerful and rich with talent, her music, inspired by classic and neo-soul combined with smooth R&B elements, is executed brilliantly.



ROY FORBES

Sunday, Nov. 19, 2 p.m.

A fixture in Canadian music, Roy Forbes has been engaging and uplifting audiences for 50 years. Over that time, he has evolved from being the major record label phenom Bim, to broadcaster, film score composer, highly respected indie recording artist, varied and valued collaborator and busy concert performer.



SWEET SCARLET

Sunday, Dec. 10, 2 p.m.

Sweet Scarlet has graced the PHSOM stage twice in the past six years. This self-directed, a cappella ensemble of six women define choral fusion with sassy sophistication that always engages and entertains. Their annual Christmas show is full of musical surprises and is a holiday treat for all ages.



Mid-winter Chamber Music Weekend: VICTORIA PIANO QUARTET

Saturday, Jan. 13, 2 p.m. and Sunday, Jan. 14, 2 p.m.

This quartet returns to present two concerts guaranteed to delight Pender Harbour's devoted chamber music audience. The Victoria Piano Quartet is Terence Tam (violin), Yariv Aloni (viola), Pamela Highbaugh Aloni (cello) and Lorraine Min (piano).



VAN DJANGO

Sunday, Feb. 25, 2 p.m.

The "Gypsy jazz" of the Quintette du Hot Club de France remains one of the favourite genres for jazz fans. One of the most popular concert artists, Van Django, is at the top of their class in this style. Don't miss this phenomenal string ensemble made up of four of Canada's most talented and eclectic musicians.



MATTHEW BYRNE

Sunday, March 24, 2 p.m.

Matthew Byrne is one of the young voices who continues the deep musical tradition of Newfoundland. Blessed with a truly wonderful voice, an innate skill to choose material, accomplished guitar playing and just a truly likeable stage presence, Byrne brings the glorious musical tradition of "The Rock" to us all.



P. H. Music Society Family Weekend: RICK SCOTT & NICO RHODES

Saturday, April 20, 2 p.m. and Sunday, April 21, 2 p.m.

Three-time Juno nominee Rick Scott joins keyboard ace Nico Rhodes for two lively, participatory concerts. Saturday's show, "Music and Laughter for All Ages: Family Show," is tuned to the youngsters while Sunday is "Roots and Grooves: for Big Folks."



TRILOGY

Saturday, May 25, 2 p.m.

Triology is a trio featuring three of Canada's most sought after jazz musicians — Bill Coon on guitar, Miles Black on piano and Jodi Proznick on bass. This group is fashioned after the great early jazz trios and features wonderful arrangements of classic standards, as well as original tunes by the trio members.

AUGUST

- Sat. July 29.....Royal Canadian Legion 112 golf tournament - P. H. Golf Course/RCL 112, 2 p.m.
- Sat. July 29.....Gunboat Bay Blues concert (free) - Mellquist's dock, 4 p.m.
- Thurs. Aug. 3.....Harbourside Friendships drop-in (Potluck Picnic) - P. H. Community Hall, 10:30 a.m.
- Fri. Aug. 4.....Pender Harbour Days Wooden Boat Festival - Madeira Park Wharf, 3 days
- Sat. Aug. 5.....Pender Harbour Aquatic Centre closed for annual maintenance (reopens Sept. 5)
- Mon.. Aug. 7.....BC Day (civic holiday)
- Tues. Aug. 8.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Thurs. Aug. 10.....Harbourside Friendships drop-in (Card Making) - P. H. Community Hall, 10:30 a.m.
- Sat. Aug. 12.....Midsummer Chamber Music Weekend (1st concert) - P. H. School of Music, 2 p.m.
- Sun. Aug. 13.....Midsummer Chamber Music Weekend (2nd concert) - P. H. School of Music, 2 p.m.
- Sun. Aug. 13.....Rotary of Pender Harbour Show and Shine - Royal Canadian Legion 112, 11:30 a.m.
- Wed. Aug. 16.....P. H. Aquatic and Fitness Centre fall program registration opens, 7 a.m.
- Thurs. Aug. 17.....41st annual Sunshine Coast Festival of the Written Arts - Rockwood Centre, 4 days
- Thurs. Aug. 17.....Harbourside Friendships drop-in (Surprise!) - P. H. Community Hall, 10:30 a.m.
- Tues. Aug. 21.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Thurs. Aug. 24.....Harbourside Friendships drop-in (Surprise!) - P. H. Community Hall, 10:30 a.m.
- Thurs. Aug. 31.....Harbourside Friendships drop-in (Road trip to Egmont) - P. H. Community Hall, 10:30 a.m.

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



FERRY DEPARTURES

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visit www.bcferries.com for current schedules.

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~ Terry Pratchett

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