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HARBOUR SPIEL

**JANUARY 2014
ISSUE 277**



**Santa Claus comes to town.
(photos p. 19)**



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Editor

Brian Lee

Circulation (2,000)

The *Harbour Spiel* is mailed to all addresses between Egmont and Middlepoint (1,370) and available by paid subscription and for free at a variety of locations on the Sunshine Coast:

- Coast Copy
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- Pearl's Bakery
- Pier 17
- Prudential Sussex Realty
- Roberts Creek General Store
- Sechelt Public Library

Contributors

This month we thank: Lesley Adam, Francine Clohosey, Theresa Kishkan, Frank Mauro, Shane McCune and John Wade.

Cover photo: Carys Mavin sits with Santa Claus at the Serendipity Christmas Craft Fair Dec. 7. (Brian Lee photo.)

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The *Harbour Spiel* can be delivered monthly by mail for \$60 per year (includes GST).

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NEXT ISSUE MAILS JAN. 30

editorial

What to believe?



By Brian Lee

Wearing certain types of sanitary pads causes uterine and bladder cancer resulting in the death of 56 girls.

That's not true and neither is much of the stuff you come across on sites like Facebook these days.

Don't we wish that we only had to "like" a child with her legs fused together so that Facebook and CNN would pay \$20 per to help pay her medical expenses.

Or that "the fruit from the graviola tree is a miraculous natural cancer cell killer 10,000 times stronger than chemo" was true?

Some of these efforts are simple "like farming" — deceptive methods to boost a site's profile on Facebook, (thereby boosting its profit power in the site's news feed algorithm).

Others are malicious, sophisticated pranks hoping to garner attention and find out how many suckers bite.

And there are a lot of us who do.

Every day, Facebook (and Internet) users are likely to come across dozens of these erroneous tidbits of information and, without checking a website like Snopes or Hoax-Slayer, will dutifully pass it on to their friends.

Some are the modern equivalent of the *Weekly World News*, the satirical newspaper of the 90s that made the cave-dwelling "Bat Boy" famous.

Back then, we seemed to know when something seemed fishy and maybe even enjoyed its ironic humour.

The *Weekly World News* is still alive online as are other humorous newsy sites like The Onion or Daily Mash.

But nowadays, bombarded with headlines like "97% of Terminal Cancer Patients Previously Had This Dental Procedure..." we don't know what to believe.

Incidentally, that too is false and

widely debunked by the medical community simply because, at 97%, the dental procedure — root canals — could just as easily have been haircuts.

With more and more older (and younger) folks climbing onto the intertube's information train, it's become a colossal time drain for anyone concerned enough to continually point out that Bill Gates didn't write the oft recirculated "Rules Kids Won't Learn in School." (See p. 27 for the complete list and the real author.)

Ditto for many quotes attributed to Morgan Freeman, Nelson Mandela or Albert Einstein.

Photos of a python eating a man? False.

Free iPhones? False.

Man convicted of manslaughter for accidentally killing his wife with a "Dutch oven"? False.

The Gardasil HPV vaccine proved to have caused the deaths of 32 women? False.

Missing child? Probably false.

Mom, are you getting this?

We seem to accept anything if someone shares it digitally.

Some of this blind acceptance may stem from a growing mistrust of "mainstream media" — a pejorative term implying major news sources are under the thumb of corporate political alliances with ulterior motives.

While that's hard to deny, only at newspapers like the *Globe and Mail* and *New York Times* will you still find real journalists tasked with the hassles of verifying sources and providing evidence-based facts before they publish a story, whether online or on a broadsheet.

So, the first thing you should ask yourself when your Facebook friend posts something outrageous or revolutionary in its importance is,

"Why is the Man keeping it secret?"

It ain't real
if it's not in the Spiel.

Did you know?

...that a contract must be unambiguous or the Court may assign the ordinary or commercially reasonable meaning to it.

See: Maxam Opportunites Fund Ltd. Partnership v. Greenscape Capital Group Inc., BC Court of Appeal, October 25, 2013.



Events
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spiel picks

NEW YEAR'S EVE WITH THE STEEL TOE BOOTS: Dec. 31, 8:30 p.m.

Ring in the New Year with The Steel Toe Boots at the P. H. Community Hall. Tickets cost \$25 if you get them early (at Java Docks) or \$30 at the door. Doors open at 9 p.m. and all proceeds support the P. H. Community Club.

NEW YEAR'S EVE AT THE LEGION: Dec. 31, 6:30 p.m.

If you want a meal with your New Year's Eve party, head to the Pender Harbour Legion at 6:30 p.m. where, besides music, there'll be a buffet dinner and a Secret Santa.

P. H. ROTARY HOP SCOTCH: Jan. 11, 7 p.m.

Hop Scotch is an evening of great food, specialty beers and unique scotches at the P. H. Golf Course. Tickets are \$90 at the Oak Tree Market, Madeira Park Vet and the P. H. Golf Club.

PHSS ENTRANCE POST WELCOMING ASSEMBLY: Jan. 13, 11 a.m.

The PHSS invites the community to an assembly to "welcome the wood" arriving for the upcoming entrance post carving project. On Monday, Jan. 13 at 11 a.m. the logs for the project led by carver Arnie Jones will arrive at the school and will be celebrated by staff and students with a community potluck celebration including speakers, singers and food. For more information call (604) 883-2727.

photojournal



photo submitted

After beating Elphinstone Secondary 47-31 on Nov. 26, the P. H. Secondary senior girls basketball team travelled to Ashcroft for a Single A basketball tournament. They opened up the tourney with a loss to the eventual winner, Kelowna's Heritage Christian 56-31 before going on to beat Pemberton 50-45. Facing off against Princeton Secondary, the girls battled to the final minutes, losing a squeaker 64-60. Dani Pazur scored 39 points in that game. 'Princeton is ranked No. 4 in the province for all single A basketball teams so I thought that was a pretty good result for our girls,' said coach Earl Antilla about the results. 'Pemberton is ranked No. 8.'

Development at Madeira Park entrance causes flurry of rumours

Some of the rumours are true but, sorry gamblers, it's not a casino.

So says Ron Badley about his building currently under construction at the entrance to Madeira Park.

Badley describes the 10,000 square-foot, two storey building as "multi-use retail."

Badley has owned the property for approximately 10 years and is currently building forms for the foundation.

Because of zoning restrictions, he says his company, Pender Harbour Development, was only allowed to include one residential suite so the building will be occupied mainly by businesses.

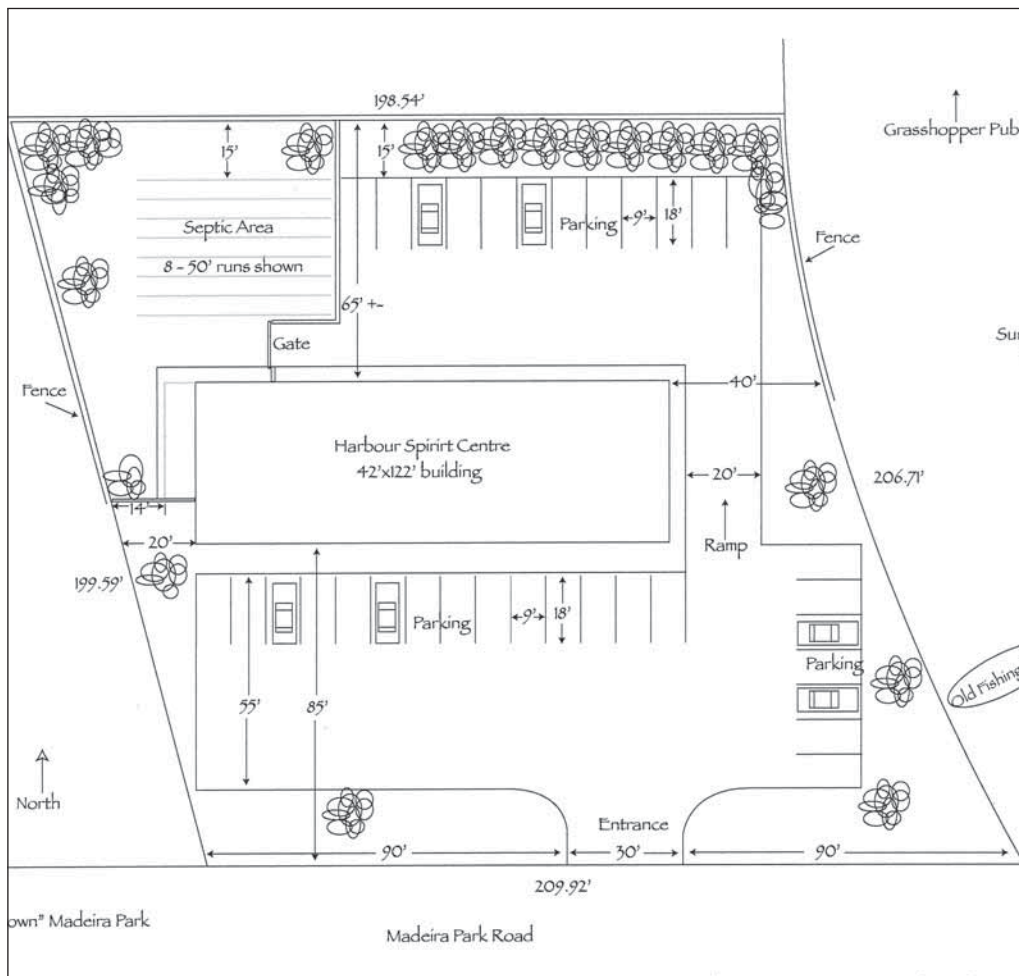
There are 11 potential commercial spaces but he says it's likely some tenants will lease more than one depending on their space needs.

Badley says he has letters of intent from tenants to fill approximately three quarters of the space.

"It's a really good mix — almost all businesses expanding up from Sechelt," says Badley.

"I'm trying really hard not to steal anything out of the village. The idea is to add to Madeira Park, not to take away."

As far as who the potential tenants are, Badley wouldn't say but listed a couple of galleries, a bike store, a coffee shop, an eye care office



Pender Harbour Development drawing

Plans for the development at the entrance to Madeira Park show the entrance off Madeira Park Road and two levels of parking. Developer Ron Badley says there will be revisions to this plan but it offers the basic concept for his 'multi-use retail' building that he's aiming to complete by May 2014.

and a realtor.

Badley says he's also looking for a restaurant to move into the building.

"When we get a little bit closer and people can wander around inside, then we'll be able to confirm things,"

he says.

Badley also said there was no rezoning required for the development and that he expects the building to be ready for occupancy by May 2014.



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Pender Harbour's newest oldest author launches book

At age 99, one might think Frank White would start taking it easy.

White was on hand Dec. 1 for the promotional launch of his first book *Milk Spills and One-Log Loads: Memories of a Pioneer Truck Driver*.

The party was held at the P. H. School of Music and the crowd arriving throughout White's reading overflowed the place.

White's son and publisher, Howard, wrote the introduction for the book and MCed the event.

White junior described the process of taking years of his Dad's writing and oral transcripts and wrestling it into book form:

"Last year we decided to take the first part of his life and put it into one volume — this one only comes up to 1945," said White.

"He's still percolating away on the rest of it and I hope to see it one of these years."

The elder White read for 10 minutes, part of which included this passage:

"One of my earliest memories is of going on a ride with Uncle Tom, my mother's younger brother, from my father's farm in Aldergrove to my grandparents' place in Bradner, an



Brian Lee photo

A cold camera in a warm room made for an eerie glow at the launch of 99-year old rookie author Frank White's *Milk Spills and One-Log Loads*. Here, three generations of Whites, Frank, Howie and Silas, pose for a photo before the two elder Whites retold stories from the book.

easy 15-minute drive today but then a long, dusty crawl in his old horse-and-buggy.

"He drove in the middle of the road and let the team find its own way, like a pioneer version of cruise control. The road ran die-straight for miles so he decided to catch a snooze and tucked his chin down on his chest.

"Wake me up if a car comes, he said.

"That was how you got around in those days. It took a little longer but

there was no road rage."

Afterward, Howard White once again took the mike and read a few more passages before ending with his own description of the book.

"It's not just a bunch of little anecdotes," said White.

"We sort of advertised it as a book about pioneer trucking because we sort of thought, and hoped, that might get it into the bookstores. But really, it's the story of a man's life and the century that he's lived through."

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Graduate students to put local economy under the microscope

The Pender Harbour and District Chamber of Commerce has convinced UBC's Sauder School of Business to include the Pender Harbour area as a focus for one of their "community business projects" for 2014.

Starting this month, four masters students will map "existing social and economic resources of Pender Harbour, identify potential for economic expansion and outline near-term and long-term strategies for economic development to support the continued well-being of the community."

In other words, the students will investigate solutions to offset a declining local economy.

"What we want is an economic development plan but we can't afford to hire a consultant," says PHDCC president Len Lee.

Lee says that often, before grants for various projects can be applied for, funding organizations require information in the form of consultants'

reports.

"So, with this, there's no cost to us and they use it as a case study."

He hopes this project could be a stepping stone for future projects.

In a press release, the PHDCC indicated they intend to "use recommendations from the study as the basis for an application to the Island Coastal Economic Trust for economic development project funding."

The Pender Harbour and District Chamber of Commerce has approximately 75 member businesses.

"It's been holding pretty steady the last three years, but it's down from historical levels," says Lee.

But they're working to turn that around.

"The chamber's focus is to get more business on the Coast but also to have a future, and if you don't have young families and young people working, you don't have a future."

The team of four will work with

faculty advisers and the local business community between January and May 2014 to come up with recommendations for strategies to expand business and employment opportunities.

In what may require a number of visits to the area, the students — Emma Yu, Tonner Jackson, Gigi Chiu and Tiziano Menconi — will be requesting interviews with business representatives and touring local industries and tourist attractions.

The Community Business Project is listed as a mandatory course in Sauder's masters in management program and is "intended to combine community service with academic learning."

Past community business projects aided organizations such as the Canadian Parks and Wilderness Society, the YWCA, the North Vancouver Outdoor School and Whistler Sport Legacies.

News briefs

McMULLEN ACQUIRES OWNERSHIP OF TRIPLE B'S

Tony McMullen, longtime manager and part-owner of Madeira Park's Triple Bs Burgers recently acquired ownership of the iconic burger stand.

McMullen bought out partners Richard and Dave Massullo (Oak Tree Market).

COPPER SKY CAFE UNDER NEW OWNERSHIP

Cindy Cantelon and Marshall Mar recently sold their Copper Sky Gallery and Cafe after almost eight years of running the business.

Please welcome new owner Leiana Thormahlen.

MAURO ASSUMES VICE CHAIR

Area A director Frank Mauro was elected vice-chair of the Sunshine Coast Regional District board of directors at the Dec. 12 board meeting.

Mauro replaces Area D director Donna Shugar for a one year term as vice-chair while Garry Nohr, director for Area B, was re-elected as chair.



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Hotel Lake Road flooding an ongoing concern for residents

Residents concerned about a chronically submerged section of Hotel Lake Road will likely have to wait even longer before a solution is found.

It's thought an aging culvert has collapsed under the road, blocking drainage from a swamp across the road from Hotel Lake.

Icy conditions last month made the section more treacherous than normal causing one elderly woman to suffering bruising after she slipped and many more to ask the question, "Why hasn't it been fixed?"

Don Legault, area manager of roads with the Ministry of Transportation and Infrastructure, says the delay has been caused by the location's sensitive environmental nature.

"There's at least one red-listed species in the lake," says Legault.

"And then there are issues around timing. The project has to be done from August to the end of October."

Legault says an environmental



Brian Lee photo

As Garden Bay residents' frustration continue to mount over the lack of repair to a long-flooded section of Hotel Lake Road, at least one person had some fun by installing a tongue-in-cheek 'No Fishing' sign.

consultant hired by Capilano Highways has pointed to late summer as a time when construction will have the least impact on nesting and feeding habits of various species in the lake, particularly western painted turtles.

In the meantime, Legault says they plan to have the issue looked at by regional engineers in January to see if they can determine the upland source of the water and find a temporary solution to redirect its flow.

photojournal

ALL WELCOME:

Carpet bowling

Its back! Every Wednesday starting Jan. 8 at the P. H. Community Hall. Everyone welcome, 1-3 pm

Walking Club

Friday's at 10 am in front of the P. H. Community Hall.

Lunch Club

Jan. 28: Seashell Garden Restaurant In Trail Bay Mall - 11:30 am.

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604 883-9900.**



**PENDER HARBOUR
SENIORS INITIATIVE**



photo submitted

Nearly Neil a.k.a. Bobby Bruce performed for a sold-out crowd at the Royal Canadian Legion in Madeira Park Nov. 23. Originally from Port Coquitlam, for 20 years Bruce has taken his Neil Diamond tribute act around the world. Bruce and wife Leanne now live on Gambier Island. The two still perform regularly (Leanne handles the lighting and sound). Seen here are Leanne (back left), Bruce and new groupie Pat Wenger on stage at the Legion.

Let's name the 'lake'

Dear Editor,

Garden Bay has become home to a new, apparently permanent, year-round lake that crosses Hotel Lake Road just past the campsite.

It is time that the community named it.

Since we have been enjoying the new lake and it is now heading into its second year of existence, locals have begun a campaign to erect a permanent "No Fishing" sign as well as to change the permanent "Road Subject to Flooding" to a much more accurate "Road Flooded" sign.

We appreciate the tremendous effort of those looking after our roads to solve the problem by cleverly using both permanent and temporary warning signs.

Oddly, none of these signs have done anything to drain the lake.

I know, I'm shocked as well.

The road remains flooded year-round, but good effort anyway.

The beaver that has now taken up permanent residence is appreciative as he can now swim in relative safety from one side of the road to the other.

A big win for him and his family.

Unfortunately, any tourist or poor unsuspecting soul who isn't paying attention at night is playing Russian Roulette and will either hit or miss the lake depending on their luck.

We propose a committee be struck to name the lake and that way it will be the road that is at fault and not the overflow that turns a two-lane country road into a one-lane accident waiting to happen.

A few suggestions:

- Irvine's Landing Slough;
- Lake Wake the Bureaucracy

Up,

- Lake What the Hell?

(Apparently this is what tourists yell as they round the corner and their eyes bulge.)

- Beaver Lake;

Or my favorite, although difficult to put on one of the signs that we so

obviously love, the aboriginal...

Lake NoOtherRoadontheCoast-WouldbeTreatedLikeThis.

Any others out there?

Roy Dimond
Garden Bay



2013 harbour spiel retrospective



JANUARY: Muriel Cameron received the Queen Elizabeth II Diamond Jubilee Medal from MLA Nicholas Simons.



FEBRUARY: The feds chipped in \$49,551 in funding to see the restoration of the former Irvines Landing School to completion.



JULY: Pender Harbour suffered its first genuine casualty in the sport of downhill longboarding when Justin Mottishaw collided with a car in Madeira Park on June 5.



JUNE: The Kwatna sits without its longtime anchor mate, the stricken Lulu Island. After lying sunk beside her for months, her lines were untied and she now sits on the bottom.



JULY: Purple spirit at MPES Sports Day June 21.



AUGUST: Retiring teacher Cathy Gibson was surprised to learn the new outdoor classroom at MPES would be named in her honour on June 26.



NOVEMBER: The Roost burned down on Sept. 30.



OCTOBER: It would be the first of many when the P. H. Banana Peppers notched their first win of the season on Sept. 15 at Lions Park Field.

2013 harbour spiel retrospective



MARCH: Local biologists were puzzled at the cause of a lingering Mixel Lake bloom that lasted well into the New Year.



MARCH: Three Roosevelt elk cows were slaughtered near Ruby Lake on Feb. 19. Three people were arrested in connection with the shooting but charges have yet to be laid.



MAY: Ray Miron and Bruno Cote on their way to victory at the 12th annual April Tools Wooden Boat Building Challenge.



Tracey Thompson photo

APRIL: The P. H. Seals swim club attended a meet at the Sechelt Aquatic Centre on March 11 hosted by the Chinook swim club.



AUGUST: PHSS graduating class of 2013.

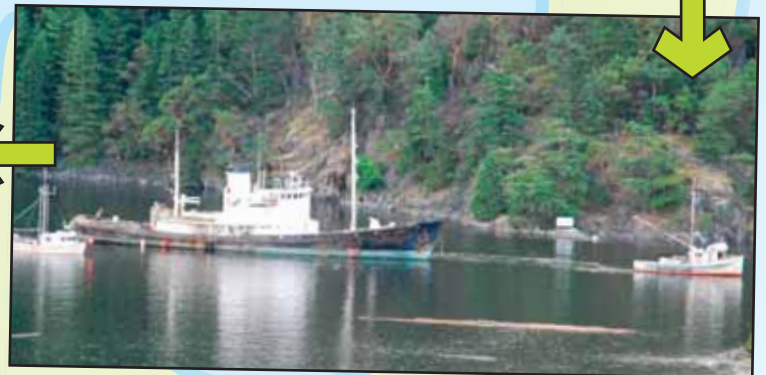


photo submitted

AUGUST: Volunteers spiffed up the pest plagued *Harbour Spirit* on the weekend of July 5-7.



OCTOBER: The Pender Harbour Jazz Festival turned 17.



AUGUST: Whiskey Slough received a new permanent resident on June 26 when the *Pacific Challenge* was towed in and moored.

Improvements underway



By Frank Mauro,
Area A Director

HUNTING IN RESIDENTIAL AREAS

As reported in the last issue of the *Spiel*, hunters were spotted in the Daniel Point area.

The activity caused great concern among residents and I received many emails on the topic.

Upon investigation it is obvious areas designated as “no hunting” and “no shooting” in the hunting regulations have not kept up with development.

The Daniel Point area is now well populated and mostly zoned single-family residential, yet bow and shotgun hunting are still allowed.

Another interesting note is that the P. H. Golf Course and Lions Field are zoned as public assembly areas but bow and shotgun hunting are also allowed.

We passed a resolution at the SCRD to have planning staff co-ordinate with the Conservation Service to update the no shooting areas and maps on the hunting regulations.

We will follow up on this and try to ensure they are revised before the next hunting season.

BIKEWAYS/WALKWAYS

Work is progressing on the bike-ways/walkways function.

The priority project has been identified as the connector between the Madeira Park business area and the P. H. Health Centre/Rona area.

A consultant (landscape archi-

tect) has been engaged, a preliminary tour was performed and the project process has been identified at an introductory meeting with the bikeways/walkways advisory subcommittee of the Pender Harbour Advisory Council.

Some potential routes have been identified and consultations will be held with adjacent property owners and the advisory committee to identify favourable options.

The goal is to build the safest, most direct, flattest route possible and to ensure that it is easily accessible by the most people.

There are some hurdles to overcome but, if things go well, hopefully we can start construction this spring.

SOUTH PENDER WATER TREATMENT PLANT

Work is proceeding well.

We invite you to join the conversation at the SCRD committee meetings below:

Policing Committee
January 6 at 9:00 a.m.

Transportation Committee
January 6 at 10:15 a.m.

Regional Hospital District
January 9 at 10:00 a.m.

Infrastructure Services Committee
January 9 at 1:30 p.m.

Regular Board
January 9 at 7:30 p.m.

Planning and Development Services Committee
January 16 at 9:30 a.m.

Our meetings are held at **1975 Field Road** in Wilson Creek at the SCRD **Board Room**. Agendas for these meetings are available at www.scrd.ca/Agendas-2014.

Community Services Committee
January 16 at 1:30 p.m.

Special Corporate and Administrative Services Committee - Round 1 Budget Review
January 20, 21, 22 and 23 at 9:00 a.m.

Corporate and Administrative Services Committee
January 23 at 1:30 p.m.

Regular Board
January 23 at 7:30 p.m.

Want to learn about what's going on at the Sunshine Coast Regional District?

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The power line is in and the drying pits reservoir and overflow have been constructed.

The slab on top of the reservoir was poured in mid-November and the building components arrived in early December.

The plant equipment will arrive in January after the building is erected and it is expected to be operating by April or May 2014.

A meeting and tour of the facility was held with the South Pender Water Advisory Committee.

Members seemed pleased with the progress and are looking forward to receiving treated, filtered water by this summer, as I am sure we all are.

BUDGET

We have been reviewing progress and carryovers from the 2013 budget and laying the framework for the 2014 budget process, which will start the third week of January.

We have set the goal of zero increase in the base operating budget but we will have significant challenges in maintaining a low overall increase when capital and non-base budget items are considered.

The budget items which provide direct benefits and will have the most visible effect on Area A are:

- The construction of the resource recovery facility for dealing with solid waste and recycling;
- Seismic and safety upgrades for the McNeill Lake Dam structure;
- Universal metering for North and South Pender water systems;
- Several water main replacements, and
- The aforementioned treatment plant construction and bikeway/walkway construction.

As I have mentioned before in

this column there will be challenges in dealing with green waste costs.

We should see a small reduction in taxation for recycling costs with the Multi Materials BC implementation for a part of the year.

OPEN DISCUSSION

I will be available between 8 and

10 a.m. on Friday, Jan. 3 at the Copper Sky in Madeira Park to answer questions and to listen to your concerns.

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

I wish everyone a safe and Happy New Year.



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Serendipity Christmas craft fair Dec. 7, P. H. Community Hall



The Pender Harbour Community Hall is packed with vendors and shoppers for the Serendipity Childcare Centre's Christmas Craft Fair on Dec. 7.



Chace Vader and Paige Benning travelled from Port Coquitlam to visit Chace's great-grandmother Isabel Gooldrup and to sell some of his growing collection of handmade pens and razor handles.



The Ruby Lake Lagoon Society was on hand to offer information and kits for the Sunshine Coast Wildlife Society's project to encourage the installation of homes for species at risk. l-r: Jake Roberts, Leann Ennis and Ryley Roberts.



'Crafting Kidz' Mini Sirkut and Frankie Johnson's key chain and birdhouse stocking stuffers is the first table greeting visitors at the front entrance of the Hall.



Maureen Lee and Bob Thirlwell pose for a photo in front of the St. Mary's Hospital/Healthcare Auxiliary's table.



Fishmonger Earl Antilla of Gladiator Seafoods looks happy to be handing out samples of smoked salmon rather than fishing during the recent cold snap.



Marion McRae shows off Jackie Zacharias' carved owls and assorted artwork. Zacharias is local carver Jack Crabb's daughter.

January 2014



The line to talk to Santa Claus got so long that that Mr. Christmas was forced to take two kids at a time. Here sisters Lily and Isla Mackay are seen learning to share.

Brian Lee photos

ORGANIZATIONS DIRECTORY

• Blues Society	883-2642
• Bridge Club	883-2633
• Chamber of Commerce, P. H. & Egmont	883-2561
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Club, Egmont	883-1379
• Community Club, Pender Harbour	741-5840
• Community Policing.....	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	883-9766
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.).....	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont.....	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.).....	883-1361
• Men's Cancer Support Group.....	883-2393
• P. H. Aquatic Centre Society.....	885-6866
• P. H. Choir (7 p.m., Tuesday).....	883-9248
• P. H. Garden Club.....	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2054
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society.....	883-3678
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-1366
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• Piecemakers (quilters, 1st & 3rd Wed. 10 a.m.).....	883-9762
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society.....	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed., 1:30 p.m.).....	883-2563
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre.....	883-2316
• Sunshine Coast SHROOM.....	883-3678
• TOPS (Take Off Pounds Sensibly).....	883-3639
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services.....	741-5246

organizations

PHSS GRAD BOTTLE DRIVE

The PHSS grad class of 2014 needs your help. Pender Harbour Secondary's grad class of 2014 will have a fund-raising bottle drive in Pender Harbour on Saturday, Jan. 11 (weather permitting) and is asking for your support.

Please save the recyclable bottles and cans from your holiday celebrations and students will come to you to pick them up. All the money raised will go toward the class's end-of-year graduation ceremony and banquet. To ensure they visit your home, you can contact them in advance by calling Marisa Alps or Michele Mocellin at (604) 885-5185 or by emailing marisa_alps@yahoo.ca.

P. H. WILDLIFE SOCIETY

The Pender Harbour Wildlife Society will have its first meeting of 2014 at 7:30 p.m. on Tuesday, Jan. 21 at the Pender Harbour Secondary School. The presentation for the evening will be the film, "Salmon Confidential." This film updates and informs us on the status and health of the salmon populations on the BC coast. There is no charge and guests and new members are always welcome. Refreshments will be served. A short meeting of the society will follow. For information on the activities of the society, please visit www.penderharbourwildlife.com.

P. H. MUSIC SOCIETY

Back by popular demand! Kai Gleusteen and Catherine Ordroneau were such favourites at the 2012 Chamber Music Festival that we had to bring them back. And what better way to brighten a weekend in the middle of January than to bask in the warmth of Beethoven sonatas for violin and piano — all 10 of them. "A Weekend of Beethoven" begins Friday Jan. 24 at the Pender Harbour School of Music and offers shows each day for the entire weekend:

• Friday, Jan. 24: 7:30 p.m.

Sonatas 1, 4, 7

• Saturday, Jan. 25: 2 p.m.

Sonatas 3, 6, 9 (Kreutzer Sonata)

• Sunday, Jan. 26: 2 p.m.

Sonatas 2, 5 (Spring Sonata), 8, 10

Kai Gleusteen began to play the violin at age five in his native Calgary. Following a move to Europe, Gleusteen began his acclaimed partnership with Catherine Ordroneau in 1999.

Catherine spent many years as a scholar of European history, literature, and music before awards from prestigious piano competitions in France launched her on a series of radio and TV broadcasts, and concert engagements.



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Harbour Spiel Trivia

1. Which Coast pub lists an imitation of the Backeddy Pub's famous "Skookum Burger" on their menu?

- ☐ a. Blackfish Pub
- ☐ b. Lighthouse Pub
- ☐ c. Gilligan's Pub
- ☐ d. Gramma's Pub

2. Of the names listed below, which person has not been the Area A director at the SCRD?

- ☐ a. Joe Harrison
- ☐ b. Jane Reid
- ☐ c. Lyle Forbes
- ☐ d. Len Lee

3. Where was Lord Jim's?

- ☐ a. Egmont
- ☐ b. Madeira Park
- ☐ c. Secret Cove
- ☐ d. Irvines Landing

4. Which First Nation shares the Sunshine Coast with the Shishalh as part of its traditional territory?

- ☐ a. Squamish
- ☐ b. Sliammon
- ☐ c. Tsleil-Waututh
- ☐ d. Homalco

5. What was the name of the business that previously occupied the Copper Sky Cafe and Gallery?

- ☐ a. Wet Coast Computers
- ☐ b. The Mercantile
- ☐ c. Taffy's
- ☐ d. My Sisters Closet

6. What is a bowpicker?

- ☐ a. Musician plucking a violin or cello bow
- ☐ b. Front setting gillnetter
- ☐ c. Anchor winch
- ☐ d. Whaling term for "spotter"

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Thinking about adding a second dog?

by John Wade

Hello John



We have a four-year-old golden retriever (neutered) who is very well behaved and the love of our life.

My husband and I were thinking of adding a second dog by getting another golden (female) pup but were wondering if this will interfere with the great relationship we have with the four-year-old.

Any thoughts or recommendations?

D.C. Delaware

Hi D.C.,

The trick with bringing a pup into household with an existing dog, or two dogs at the same time, is to make sure that the bond they develop together doesn't override the bond you hope to build with yourself.

That can make training a little harder and can be a little disappointing on a personal level from the "man/woman best friend" perspective.

I find that is easily overcome by making sure the pup's leash is left on a lot so that you can connect whenever you wish to.

Clipping it to your belt for a



while every day can really help.

The pup just has to follow you about as you do your thing around the house.

Gender and personality can impact the relationship the dogs have with each other as well.

It often doesn't rear its head in

an ugly way until the youngster gets to the point of achieving young adulthood.

I've found the the likelihood of conflict is higher when the dogs are of the same gender.

There can be scraps for hierarchy, particularly if the dog owner has left it up for grabs by not living with the dogs in such a way that they both understand that it's not their house, they're in fact just living there.

Pawsitively yours,
John Wade

e-mail John at: johnwade@johnwade.ca or visit his website at www.johnwade.ca

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Brian Lee photo

Though they're wary suckers to photograph, DFO biologist Grant McBain says about 230 spawning coho returned to Mixal Creek this year, like this one on Dec. 4. The coho enter the creek from the ocean via Sakinaw Lake. McBain says 230 is about average with a high-end return reaching 2500 spawners and low years seeing maybe 20-50. The P. H. Wildlife Society has worked extensively in the creek to enhance the spawning beds which McBain credits for 90 per cent hatching of eggs.



Brian Lee photo

Cold clear days make for some spectacular sunsets. It surely makes the day pass a little faster for the crew of this tug as they tow an empty barge north past Pender Harbour, likely to the LaFarge Earle Creek aggregate mine near Egmont.

January 2014

38th annual
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- Coast Group Chartered Accountants885-2254
- Louise McKay Inc.....883-2622

AUTO REPAIRS & SERVICE

- Pender Harbour Diesel.....883-2616

B.....

BACKHOE

- Glenn's Backhoe Services883-2840

BEAUTY SALONS

- Steph's The Beauty Boutique.....883-0511

BUILDING SUPPLIES

- RONA Sunshine Coast.....883-9551
- Gibsons Building Supplies885-7121

C.....

CARPET CLEANERS

- The Brighterside Carpet Cleaning.....883-2060

COMPUTER SALES & SERVICE

- Sunshine Coast Computer865-0688
- Wet-Coast Computer/Roxanne Jerema883-1331

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E.....

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

F.....

FINANCIAL INSTITUTIONS

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

G.....

GENERAL CONTRACTOR

- Andrew Curtiss Contracting.....883-2221
- CC Rock Contracting741-3732
- Wakefield Home Builders.....741-9898

GENERAL STORE

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

H.....

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- Pender Harbour Barber.....883-0211
- Steph's The Beauty Boutique.....883-0511
- Sweet Pea's Hair Studio883-9888

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- RONA Sunshine Coast.....883-9551

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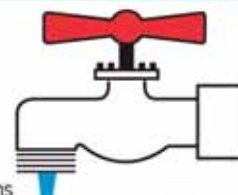
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• SunCoast Waterworks.....885-6127

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• Squirrel Storage883-2040

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V

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- AJ Pumps & Water Management885-7867
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photojournal



David Campbell photo

Nobody likes to see this. Early last month, passersby were shocked to find Snowy the Snowman the victim of what appeared to be a suicide in front of the Harbour Boutique. Friends of Snowy say he was severely depressed about the lack of cold weather. 'If only he waited a couple of weeks,' cried one anguished acquaintance.

January 2014

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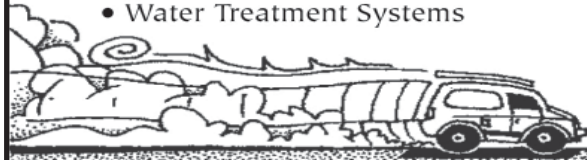
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Bargain Barn receives yet another facelift

Submitted

The building that houses the Bargain Barn has undergone many facelifts over the years.

It started as a bunkhouse moved to this site and was the home of the Legion, the Credit Union, the fire hall and a hamburger joint.

Eventually, in about 1977, it became the Bargain Barn Thrift Store, operated by the Pender Harbour & District Health Centre Auxiliary.

In 2003/2004, the Bargain Barn expanded, enabling the auxiliary to increase its income from an average of \$10,500 per year to \$50,000 per year in 2012.

From 1977 to 2012, the Bargain Barn has earned over \$700,000, funding the P. H. Health Centre's emergency generator, many staff programs, occasional salaries and numerous pieces of equipment.

The money also funds bursaries for high school students and supports the Harbourside Friendship Group.

The success of the Bargain Barn and the overwhelming generosity of community donations, has made the



Don Fraser photo

The Bargain Barn as it looked in 2002.

sorting room impossible to work in.

So, the Health Centre auxiliary once again undertook another expansion project — the construction of a brand new 20-foot by 8-foot sorting room at the back of the building.

This working space is for the sorters to do their job without having to close the store and will allow the store to open based on the availability of volunteers, rather than the availability of space.

This project started Sept. 23 and completed when the cash ran out.

The contractor was challenged every day with walls that were not square, excessive mold, waterline issues and rat problems.

It's an old building but the good news is that the "old" Bargain Barn

was reinforced by the new structure, which has solved these problems.

The Bargain Barn did not fund-raise to pay for this addition but paid for it out of sales income because the Health Centre agreed not to take their usual annual donation.

Please consider volunteering at the store if you have four or more hours a month to spare and you want to work in a fun environment and raise money for health care in our community. We can be reached by email at bargainbarn2013@gmail.com.

The Bargain Barn will be open for 2014 on Jan. 11 with regular hours of 10:30 – 3:30 p.m. on Wednesday, Friday and Saturday and, now on Thursday on a permanent basis, from 12:30 – 3:30 p.m.

Whoops!

The Legion regrets that our Prime Rib special on Nov. 29 was sold out so quickly and disappointed many patrons and members.

We intend to do a better job in the New Year. In order to do this we encourage "groups" planning to attend future events to contact the Branch in advance so we might plan accordingly. Please accept our apologies.



We continue to welcome all new and existing members and guests as we strive to transition, grow and meet community needs.

R.C.L. Branch #112 executive

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Meal Service resumes Jan. 6.

Call Linda: 604.883.2819 or Anky: 604.883.0033.



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HELP WANTED

- **PHSS basketball teams** urgently need referees for senior girls and junior boys home games. Call Earl Antilla: (604) 740-1747
- **A friendly, sales-oriented volunteer** to assist with the Harbour Auto Swap at Petrocan, a fundraising project for P. H. Seniors Housing Society. Approx 4 hours per week. Call Ed: (604) 883-2778 for details.

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- **Free scrap car removal.** Hiab crane service. Reasonable rates for large/heavy items brought from Lower Mainland. Curt (604) 740-7287.
- **Knees ripped** in your favourite jeans? For repairs, alterations, re-fashioning and custom sewing, call Billy. (604) 865-0640.

harbour seals



Note your approval or disapproval.

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

Harbour Seals of Approval to the **Rotary Club of Pender Harbour** for donating 30 tickets for the Fred Penner concert so that everyone who wanted to attend, could.

Patti Soos
P. H. Community School Society

Harbour Seals of Approval to all the **bakers** who made our Christmas bake sale such a huge success, we really appreciate your help and support each year, we couldn't do it without you.

Patti Gaudet
St. Mary's Hospital/Healthcare
Auxiliary (Pender Harbour)

Harbour Seals to **everyone who supported** the Marilyn Farrell memorial book sale. Your generosity helped us raise \$1060 to be donated equally between the Pender Harbour Community Club and the BC Cancer Society.

Doug Davis
(On behalf of Lou and Jack Farrell)

Harbour Seals of Approval to all who helped make our 2013 Poppy Fund campaign so successful. Thanks to **Pender Harbour Choir, PHSS Band, pipe band, veterans, parade marchers, volunteers and everyone attending Remembrance Day ceremonies** who made the day one to remember.

Margaret Deacon
Poppy Fund Chairman

Many wet doggy kisses to **Paula, Natalie, Rachel and Joe** for rescuing me on a dark night after I ran for my life from the fireworks. I snuck away from home and didn't leave a note, so everyone thought I was in my usual hiding place. I also went out with only my black coat on — I've never been on a dark road by myself at night, my people usually look after these details. You didn't have to stop, but you did, and that makes all the difference.

Teyjah Xaveriss
(On behalf of Kitchee)

Harbour Seals of gratitude to **all the people who helped me after my fire**. Thank you for the comfort, rides for prosthetics and thanks to the **Rotary Club and folks at the P. H. Community Church**. All the help is greatly appreciated.

Glen McDonald

Grateful Seals of Approval to all those who worked with us at the Copper Sky over the years: **Francis Belise, Sue Janda, Bernadette Chalk, Alisa M'Lot, Natalie Myhre, Christine Dolye, Cassidy Craig-Watters, Shaylene and Savanna Sosa, Tammy Chamberlayne, Sherri Haliday, Kim Foster, Robyn and Becky Kelly, Robin Lawson and Mike Spence**, love you all. Also Big Thanks to **Anna Maria and Gino Massullo**.

We are so grateful to be part of the best community we know and we will still be around, working in the studio focusing on our next chapter.

Cindy Cantelon and Marshall Mar



JANUARY BIRTHDAYS

Jan. 1 ~ **Dave Steppell**, Paul Wharton and **Cheryl Thompson**.
Jan. 2 ~ **Bill Hunsche**, Vince Perreca and **Salem Taylor**
Jan. 3 ~ **Colton Landry**.
Jan. 4 ~ **Crystal White** and **Avril Maveety**.
Jan. 5 ~ **Sue Lee**, **Betty Wenman** and **Taylor Phillips**.
Jan. 7 ~ **Bryan Rousseau**.
Jan. 8 ~ **Sue Natall**, **Jodi Godkin** and **Destiny Wallbaum**.
Jan. 9 ~ **Arhea Howitt** and **Amanda Mayo**.
Jan. 10 ~ **David Pease**.
Jan. 11 ~ **Randy Cummings**.
Jan. 12 ~ **Lisa Duncan** and **Mary Ebert**.
Jan. 13 ~ **Tia Haase** and **Betty Wray**.
Jan. 14 ~ **Dominic De La Canal**, **Norman Edwardson**, **Karlee Legge** and **Alannah Nichols**.
Jan. 15 ~ **Curtis Sample** and **Ron Kushner**.

Jan. 16 ~ **Helen Palmer** and **Cody Angus**.
Jan. 17 ~ **Tashina McLean** and **Brent Stoutenberg**.
Jan. 19 ~ **Rita Zottoff** and **Arieanna Henderson**.
Jan. 20 ~ **Gerald Mackie**, **Les Dornbierer** and **Hazel Jay**.
Jan. 22 ~ **Starr Harding**, **Lil Higgs**, **Leanne Legge** and **Troy Brown**.
Jan. 23 ~ **Taree Bathgate** and **Kelly Kammerle**.
Jan. 24 ~ **Carolyn Ireland**, **Don Murray** and **Warren Dunaway**.
Jan. 27 ~ **Leona Colebank**.
Jan. 28 ~ **Vanessa Fielding** and **Ikuko Kishimoto**.
Jan. 29 ~ **Jordan Field**, **Glen Scoular**, **Lorne Campbell**, **Alfie Lajlar**, **Sarah Beadle** and **Tanya Bernier**.
Jan. 30 ~ **Lyle Forbes**.
Jan. 31 ~ **Mary Jordison**.

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

Jan. 1	11:35 am -M, 3:38 pm +M
Jan. 2	12:24 pm -M, 4:32 pm +M
Jan. 3	1:11 pm -M
Jan. 4	1:57 pm -M
Jan. 5	2:45 pm -L
Jan. 6	3:35 pm -L
Jan. 7	8:47 am +L, 4:29 pm -L
Jan. 8	9:27 am +L
Jan. 9	10:12 am +M
Jan. 10	11:00 am +M
Jan. 11	11:53 am +M
Jan. 12	8:59 am -S, 12:48 pm +S
Jan. 13	9:57 am -S, 1:41 pm +S
Jan. 14	10:45 am -S, 2:30 pm +S
Jan. 15	11:26 am -S, 3:16 pm +S
Jan. 16	12:01 pm -M, 3:59 pm +S
Jan. 17	12:30 pm -M, 4:43 pm +S
Jan. 18	12:56 pm -M
Jan. 19	1:23 pm -M
Jan. 20	1:53 pm -M
Jan. 21	7:25 am +XL , 2:26 pm -M
Jan. 22	8:01 am +XL , 3:02 pm -L
Jan. 23	8:43 am +L, 3:42 pm -L
Jan. 24	8:30 am +L, 4:26 pm -L
Jan. 25	10:23 am +M
Jan. 26	11:23 am +M
Jan. 27	12:27 pm +M
Jan. 28	1:31 pm +M
Jan. 29	10:26 am -S, 2:32 pm +M
Jan. 30	11:16 am -M, 3:31 pm +M
Jan. 31	12:02 pm -M, 4:27 pm +M

These are estimates only and not intended for navigation.

JANUARY ASTROLOGY

CAPRICORN (DEC. 22 - JAN. 20):

Capricorns often experience hardship early in life, but their resourcefulness makes them survivors. Sometimes hard to get to know, they are loyal, responsible, and down-to-earth. Unfortunately, Capricorns' early life hardships often come back to haunt their adult relationships in the form of anxiety and emotional baggage. Channelling and astral projection have both been found to be effective cures for these characteristically Capricornian afflictions.

AQUARIUS (JAN. 21 - FEB. 18):

Relaxation, enjoyment and pleasure are emphasized for you now. This is not a time to push yourself or be involved in activities that require intense energy. Co-operative, harmonious relationships are more important to you at this time. You feel like socializing and being friendly. It is important to accept this joy because you will soon discover that 2014 will bring a terrific volume of stress and hardship. So, for now, try to relax.

JANUARY WEATHER

TEMPERATURES

January is our coldest month, with an average daily high temperature of 6 C and low of 2.6 C, giving us a mean daily temperature of 4.3 C. The highest January temperature recorded at Merry Is. is 13.2 C (Jan. 30, 1989); the lowest is -7.2 C (Jan. 29, 1969).

PRECIPITATION

We have an average of 46.2 hours of bright sunshine, 17 days with rain and three days with snow in January. Our average monthly rainfall is 116.3 mm; snowfall, 11.2 cm. The record daily rainfall recorded at the Merry Island weather station is 78.2 mm (Jan. 18, 1968).

OF JANUARY

RULES KIDS WON'T LEARN IN SCHOOL

Often incorrectly attributed to Bill Gates, this list is from Charles J. Sykes' 2007 book, *50 Rules Kids Won't Learn in School*. We can thank the Internet for its viral spread among the global curmudgeonly.

Rule No. 1: Life is not fair. Get used to it. The average teen-ager uses the phrase "It's not fair" 8.6 times a day. You got it from your parents, who said it so often you decided they must be the most idealistic generation ever. When they started hearing it from their own kids, they realized Rule No. 1.

Rule No. 2: The real world won't care as much about your self-esteem as much as your school does. It'll expect you to accomplish something before you feel good about yourself. This may come as a shock. Usually, when inflated self-esteem meets reality, kids complain that it's not fair. (See Rule No. 1)

Rule No. 3: Sorry, you won't make \$40,000 a year right out of high school. And you won't be a vice president or have a car phone either. You may even have to wear a uniform that doesn't have a Gap label.

Rule No. 4: If you think your teacher is tough, wait until you get a boss. He doesn't have tenure, so he tends to be a bit edgier. When you screw up, he's not going to ask you how you feel about it.

Rule No. 5: Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping. They called it opportunity. They weren't embarrassed making minimum wage either. They would have been embarrassed to sit around talking about Kurt Cobain all weekend.

Rule No. 6: It's not your parents' fault. If you screw up, you are responsible. This is the flip side of "It's my life," and "You're not the boss of me," and other eloquent proclamations of your generation. When you turn 18, it's on your dime. Don't whine about it, or you'll sound like a baby boomer.

Rule No. 7: Before you were born your parents weren't as boring as they are now. They got that way paying your bills, cleaning up your room and listening to you tell them how idealistic you are. And by the way, before you save the rain forest from the blood-sucking parasites of your parents' generation, try delousing the closet in your bedroom.

Rule No. 8: Your school may have done away with winners and losers. Life hasn't. In some schools, they'll give you as many times as you want to get the right answer. Failing grades have been abolished and class valedictorians scrapped, lest anyone's feelings be hurt. Effort is as important as results. This, of course, bears not the slightest resemblance to anything in real life. (See Rule No. 1, Rule No. 2 and Rule No. 4.)

Rule No. 9: Life is not divided into semesters, and you don't get summers off. Not even Easter break. They expect you to show up every day. For eight hours. And you don't get a new life every 10 weeks. It just goes on and on. While we're at it, very few jobs are interested in fostering your self-expression or helping you find yourself. Fewer still lead to self-

realization. (See Rule No. 1 and Rule No. 2.)

Rule No. 10: Television is not real life. Your life is not a sitcom. Your problems will not all be solved in 30 minutes, minus time for commercials. In real life, people actually have to leave the coffee shop to go to jobs. Your friends will not be as perky or pliable as Jennifer Aniston.

Rule No. 11: Be nice to nerds. You may end up working for them. We all could.

These last three are often omitted from the Bill Gates internet version:

Rule No. 12: Smoking does not make you look cool. It makes you look moronic. Next time you're out cruising, watch an 11-year-old with a butt in his mouth. That's what you look like to anyone over 20. Ditto for "expressing yourself" with purple hair and/or pierced body parts.

Rule No. 13: You are not immortal. (See Rule No. 12.) If you are under the impression that living fast, dying young and leaving a beautiful corpse is romantic, you obviously haven't seen one of your peers at room temperature lately.

Rule No. 14: Enjoy this while you can. Sure parents are a pain, school's a bother, and life is depressing. But someday you'll realize how wonderful it was to be a kid. Maybe you should start now. You're welcome.



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – 883-2764

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

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

DENTISTRY – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

PUBLIC HEALTH NURSE – 883-2764

- Well Baby Clinic
- Child and Adult Immunizations
- **All travel immunizations done in Sechelt

FAMILY NURSE PRACTITIONER – 883-2764

Kimberley Musclove BA, MSN NP(F) SANE

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Mary Lang – Drug and alcohol counsellor – 885-8678

Karl Enright – Psychiatrist – 883-2764

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell & Robinson.

Monday to Friday 9 a.m. – 5 p.m., by appointment only

HARBOUR PHYSIOTHERAPY – 740-6728

Paul Cuppen, RPT, BSc

- Musculoskeletal Examinations
- Sports Injury Treatments
- Post-operative Therapy/Home Visits

CHIROPRACTORS – 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 885-5850

Dr. Terry Dickson, DC, BSc, ART provider

- Second to third Saturdays and Mondays of the month, 8 a.m. – noon, by appointment.
- Please call North Shore Wellness Centre, (604) 980-4538 or email: info@nswellness.ca

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT:

CHILD AND YOUTH MENTAL HEALTH

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

- P. H. Clinic Tues. & Wed. afternoon
- Mental Health Assessments & Therapy: Children age 0-19
- For more information call: Child & Youth Mental Health Intake (604) 740-8900 or (604) 886-5525



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

ALCOHOLICS ANONYMOUS meets Wednesdays at 8 p.m. – everyone welcome.

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

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

Nobody likes a cute bronchitis

By Lesley Adam RN

Bronchitis is a viral infection similar to the common cold that causes a cough.

Tubes in the lungs called bronchi become inflamed and irritated producing mucus, leading to the most common symptom — a cough that lasts more than five days and up to three weeks.

The cough may be productive for mucus that can be yellow, green or clear.

Other symptoms may include chest wall tenderness caused by muscle strain from coughing, wheezing, mild shortness of breath, mild headache, fatigue or sore throat.

Fever is not usually a symptom.

The diagnosis of viral bronchitis can usually be based on the history alone although an exam may be necessary.

Chest X-rays are not useful as changes in the lungs are not usually seen.

A chest X-ray may be required if a patient complains of fever, increased heart rate or difficulty breathing with signs of congestion in the chest on physical exam.

These symptoms could indicate pneumonia.

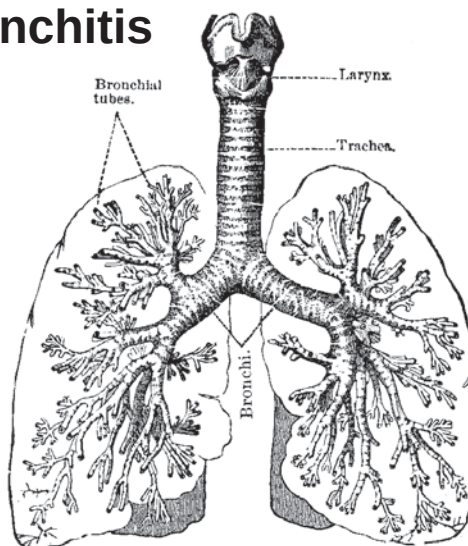
Treatment is aimed at symptom relief and making breathing easier.

Tylenol and anti-inflammatories, rest, fluids and warm, humidified moist air can help.

Over the counter cough and cold remedies from the pharmacy may help alleviate symptoms but do not shorten the duration of the illness.

Cough suppressants are not shown to be helpful because coughing can help clear the airways of mucus.

Your physician may prescribe in-



haled medications to open the airways which may reduce cough and help breathing.

Antibiotics do not work for viruses as they treat bacterial infections only and repeated antibiotic use promotes development of antibiotic-resistant bacteria.

These resistant germs multiply and are the No. 1 cause of increased drug resistance.

The 2013 report from the Centres for Disease Control and Prevention suggests that antibiotic resistance is a serious health threat impairing the ability to fight infectious diseases.

The "Get Smart for Health Care" program is a campaign aimed at avoiding the use of antibiotics for conditions such as acute viral bronchitis.

There are also the unwanted side effects of antibiotics to consider, including nausea, rashes, diarrhea and allergic reactions.

It is also important to distinguish acute viral bronchitis from chronic bronchitis or chronic obstructive pulmonary disease.

COPD is usually acquired from years of smoking and can be defined as a cough with phlegm production every day for three months of the year or longer.

Usually, pulmonary function tests

are required to confirm the diagnosis.

The lungs in the COPD patient are damaged due to scarring and result in narrowed airways.

Since these patients have compromised lungs, infection can be more serious, therefore chest infections for this group may require antibiotics, steroids and inhalers.

If you acquire a chest cold or cough that is of concern, you should see a physician:

- For a fever greater than 38 degrees;
- If the cough lasts longer than 10 days to two weeks;
- If you develop hemoptysis (bloody sputum), or
- If you develop a barking cough or if you have a cough with unexplained weight loss.

To help prevent the spread of infection it is important to wash hands frequently and always cover the mouth when coughing.

HARBOURSIDE FRIENDSHIPS

Starting in January 2014, the Harbourside Friendship group will be meeting at the P. H. Community Hall.

Join them on Thursdays for coffee starting at 10:30 a.m. followed by the programs listed below. A hot lunch will be served at noon for \$10. Everyone is welcome. For information, please call Cathy at (604) 883-9760.

Jan. 9: Celebrate our new location and bring down the house with Skinny Jimmy.

Jan.16: Game stations will be set-up for bingo, Scrabble and cards.

Jan. 23: Practise relaxation techniques with Judy as she guides us in "Chair Yoga."

Jan. 30: Our topic for today will be a chair-side visit to India.

PENDER HARBOUR AQUATIC & FITNESS CENTRE

Keep going... we can help!

Swim lessons and fitness programs begin Jan. 6!

Jolly Jumpers

NEW! Mondays starting Jan 6
11:30am
Ages 1-2. Caregiver and child participation. Basic gymnastic fundamentals, caregiver-assisted.

Tumble Tots

NEW! Mondays starting Jan 6
11-12pm
Ages 3-5 years. Recreational gymnastics and swim lesson.

DancePl3y!

5 Fridays beginning Jan 10
Ages 5-12: 4-4:45pm
Ages 13-18: 3-3:45pm
Adults: 5-6pm

Karate

Mondays starting Jan 20
Ages 8-12 years: 3:15-4:15pm

Ready, Set, Go!

Begins Jan 13
Mondays 9:30-10:30am
Wednesdays 5:15-6:15pm
Just getting back into fitness?
Start here!

WOW!

Women on Weights

6 Thursdays beginning Jan.16

Zumba Fitness & Zumba Core

Wednesdays beginning Jan. 22
7-8pm
Latin inspired dance fitness

Aqua Rehab

Tuesday beginning Jan 7
11-11:45pm

Mom and Baby Aquafit

Thursdays beginning Jan 9
11:15-noon

Health and Wellness Series:

A Holistic Approach to Balanced Health

3 Saturdays
Jan 25, Feb 15 & Mar 15
10:30-12:30pm
\$25 each or \$60 for the series.
Please refer to Page 51 of the Rec
Guide for details or give us a call.

SPECIAL EVENTS

Pajama Gym! Saturday, Jan 25. Family time in the pool from 6-7:30pm then parents can relax in the pool while the little ones enjoy games with a staff leader in the gym.

NEW! For working parents we have added evening programs for Waterbabies and pre-school swim lessons on Wednesdays.

Register NOW!

Classes may be cancelled if minimum numbers not met.
Online at www.scrd.ca/Activities or
in person or by phone:



604.885.6866

phaquatic@scrd.ca

www.scrd.ca/Recreation

local recreation

Approaching your life 'mindfully'

By Francine Clohosey

Mindfulness is an active state of open attention on the present – a deliberate attention to the present moment with a focus on current experiences. You observe your thoughts and feelings, without judging them as good or bad.

Here's a sampling of mindful exercises you could try in less than one minute:

Notice your breath: Sit quietly for one minute and notice the sensations as your breath flows in and out of your body.

First two bites: Try mindful eating for the first two bites of any meal or snack. Pay attention to the texture, taste, smell, and appearance of the food and the sounds when you bite into your food.

Give your brain a break: Stop what you're doing and look up. Spend one minute watching something in your field of vision (the leaves fluttering, a cat sleeping, clouds passing).

Do one action mindfully every day: Pick an everyday action (like putting toothpaste on your toothbrush) and do it mindfully.

Scan your body: Scan your body from head to toes for any sensations of discomfort or tension. Attempt to soften to the sensations of discomfort. Scan your body again for any sensations of comfort or ease.

MINDFULNESS IN OUR SCHOOLS

Research over the last 10 years clearly indicates that attending to the social and emotional learning of children is a wise investment in their success in school as well as their success in the future. Mindfulness education is at the forefront of this important work and School District No. 46 is leading the way with one of the first mindfulness education projects in Canada taking place just down the road at Chateleh Secondary in Sechelt.

Funded by Health Canada and spearheaded by project manager Stacia Leech, during the past four years over 400

Mindfulness is paying attention here and now with kindness and curiosity.

~ Association for Mindfulness in Education

Mindfulness reconnects students to their five senses, bringing them into a moment of awareness of themselves and their surroundings.

~ Association for Mindfulness in Education

local recreation

Grade 8 students have received 13 weeks of mindfulness instruction. The curriculum is based on Jon Kabat Zinn's *Mindfulness Based Stress Reduction* and consists of mindfulness exercises complemented by other activities such as presentations by drug and alcohol experts, and non-violent communication skills training.

"Social and emotional competence builds resiliency in children and resiliency is a key factor in reducing at-risk behaviours," says Leech.

"Many of the programs that teach social and emotional skills have been evaluated and found to have positive impacts. Research shows that schools are the most effective setting for teaching social and emotional learning."

With the knowledge that increasing the capacity to deliver mindfulness education takes time, thought and care, efforts are underway to bring this project to other high schools in our community.

In March, the P. H. Community School hosts a presentation with Ron Skene, a mindfulness education facilitator.

Stay tuned for details or visit www.pendercommunity.com.

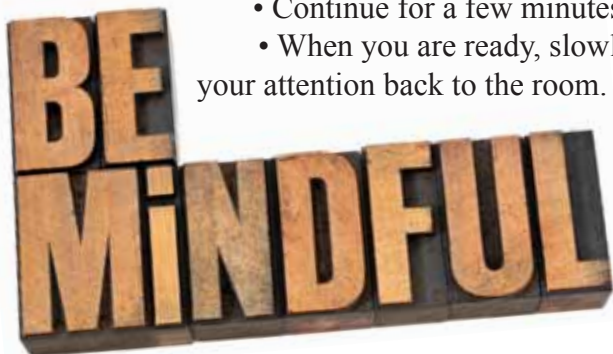
Research shows that mindfulness increases attention skills, reduces test anxiety, and improves emotional regulation.

~ Association for Mindfulness in Education

TRY THIS

You might want to take a few minutes to experience mindful breathing:

- Sit comfortably with your feet planted firmly on the floor, your hands loosely in your lap.
- If you are comfortable, close your eyes.
- Begin with a slow, deep breath, bringing all your attention and awareness to the sensation of your breath.
- Continue to breathe at a natural pace, maintaining your focus on your breath.
- If your mind wanders, simply take notice that it has wandered and bring your attention back to your breath.
- Continue for a few minutes.
- When you are ready, slowly bring your attention back to the room.



January 2014

PENDER HARBOUR COMMUNITY SCHOOL

JANUARY 2014

Family Music Night ~ NEW for 2014! ~

Fri Jan 17

Bring songs you would like to sing or just come and join in. No experience necessary - just a desire to sing. All ages. The idea is to bring multi-generations and families together for a casual and fun evening of singing. 3rd Fri of the month, School of Music, 6:30-8:30pm, suggested \$3 donation.

Soup-Making with Joi

Learn to make 2 soups/night.
3 Mon's Jan 20, Feb 3, & Feb 17,
6-9pm, \$15 per session

Drop-in Sports Nights

Start Jan 13 at PHSS gym,
\$3 drop in fee
MONDAY: Hockey at 7-9pm
TUESDAY: Soccer at 7:30-9:30pm
WEDNESDAY: Pickleball at
6:30-8:30pm

Canning for Caesars with Terri

Beans, asparagus, onions and more! Tues Jan 21, 6-9pm at PHSS, \$25 plus materials.

FEBRUARY 2014

Grant Writing Workshop

Learn the important skill of grant writing with Marg Penney!
Sat Feb 1, 1-4pm
School of Music, \$70

Computer Basics with Greg

2 Tue's Feb 11 & 18,
9:30-11:30am,
Community School, \$45

Ladies Night at the Shooting Range

Travel to the Sechelt Gun Range to have fun and practice safe shooting!
6 Tue nights starting Feb 4
\$25/night plus ammunition.

Excel Basics with Billy

2 Wed's Feb 19 & 26,
9:30-11:30am,
Community School, \$45

Sign up for a class by calling 604.883.2826 or drop by the Community School (at Madeira Park Elementary School):
Open Tuesday, Wednesday and Friday, 9am-4pm



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

BC Bestsellers:

(For the week of Dec. 8, 2013)

1. **Haunting Vancouver** by Mike McCardell
2. **Raincoast Chronicles 22** by David R. Conn
3. **The Lonely End of the Rink** by Grant Lawrence
4. **The Oil Man and the Sea** by Arno Kopecky
5. **Raven Brings the Light** by Roy Henry Vickers and Robert Budd
6. **The Cougar** by Paula Wild
7. **Building the Orange Wave** by Brad Lavigne
8. **Milk Spills and One-Log Loads** by Frank White
9. **They Called Me Number One** by Bev Sellars
10. **Vancouver Was Awesome** by Lani Russwurm

~ Assn. of Book Publishers of BC

IT'S A NEW YEAR: DON'T PUT IT OFF!

MAKE A WILL – WHY?

1. Someone has to look out for the kids.
2. Sometimes the best die young.
3. Save your family from worry, expense and delay.
4. Keep the family business alive and keep things civil at home.
5. Keep the Public Trustee out of your affairs.

There are many more good reasons to make a Will. It's one of three important planning documents every adult should have. Contact us to discuss your needs and discover how easy it is to make a Will.

TRACY D. PARKER

Notary Public | Certified Senior Advisor

604.885.5017

tparker@sunshinecoastnotary.ca

5772 Cowrie Street, Sechelt

Pender Harbour appointments available.

www.sunshinecoastnotary.ca

books

Special book excerpt: *Craft Beer Revolution*

Excerpted from *Craft Beer Revolution: The Insider's Guide to B.C. Breweries*
by Joe Wiebe

FROM BELGIUM TO B.C. — TOWNSITE BREWING'S CÉDRIC DAUCHOT

A key part of Townsite Brewing's story is its brewer, Cédric Dauchot, the only Belgian-born-and-trained brewer in B.C.

Dauchot grew up just south of Brussels, close to France.

He graduated from L'Institut Meurice in Brussels in 2004 as a chemistry-biochemistry engineer with an emphasis on fermentation and the brewing industries.

Most of his classmates ended up taking jobs with Belgian brewing empire Interbrew (now called Anheuser Busch-InBev), the world's largest brewer with 25 per cent of the global market share. His own experience there as a lab technician for a few months made him realize he did not want to go that route with his brewing career. Little did he know he'd end up about as far from that as one can get, both figuratively and physically.

After graduating, he took a job with the French chain Les 3 Brasseurs, which sent him to Montreal to set



photo courtesy of Douglas & McIntyre

As breaster at Powell River's Townsite Brewing, Cédric Dauchot gets the honour of cracking the first keg of a new brew.

up several brewpubs in Quebec.

During his four years there, he met and married a Canadian woman named Chloe Smith, a brewer herself.

After learning everything there is to know about setting up breweries, they moved to her hometown of Saskatoon to try to open their own, the Shiny Penny Brewery, which they intended to be the first "gastronomic brewpub" in Saskatchewan.

But after "chasing our own tail for a year and a half," Dauchot saw an advertisement for a head brewer in Powell River and decided to apply.

Townsite's founder, Karen Skad-

PENDER HARBOUR
POWER AND SAIL
SQUADRON



Safe boating courses in Pender Harbour

PLEASURE CRAFT OPERATORS CARD: \$65

Required to operate a power boat. Two evenings, Feb. 18 & 25 — 7 to 9:30 pm

BOATING ESSENTIALS COURSE: \$250

Nine evenings starting March 4 — 7 to 9:30 pm. Boating subjects include navigation, seamanship, aids to navigation, charting, regulations, weather. Includes 1st year membership in Pender Harbour Squadron.

Limited spaces. Call Bob to register at 604.883.2086

sheim, says she definitely wanted to hire him, but admits she was nervous about bringing this couple — who were about to have their first baby — all the way to the remote northern end of the Sunshine Coast, far from family and friends.

She needn't have worried. As Dauchot explains in his accented but perfect English,

"Saskatoon to Powell River is less far than Belgium to Canada."

It turned out to be the perfect fit. Cédric and Chloe love the Townsite neighbourhood's laid back, artistic vibe. Most importantly, Dauchot says:

"I had the freedom to put the brewery together the way I wanted."

Chloe also hopes to brew at Townsite once baby Béatrix lets her.

With the recent surge in interest in Belgian styles in the craft beer world, Townsite is lucky to have its own resident expert, and he has already demonstrated his skills with a delicious Tripel he brewed for the Biercraft Belgian Showcase event during Vancouver Craft Beer Week in 2012, just a few months after Townsite Brewing opened. I had the pleasure of hanging out with Dauchot that night—we sampled various Belgian beers and he shared his memories of many of them. ("This is the one I used to drink when I was 16 and getting

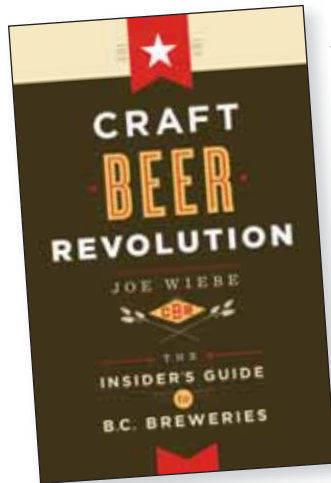
into trouble," or, "This brewery is five minutes from my father's house.")

Late in the evening, the restaurant owner walked over with a small, unlabelled bottle and offered us each a tiny glassful. It was the fabled Westvleteren 12, a Trappist beer that is brewed exclusively by monks in Belgium and is incredibly hard to find. The monastery only sells the beer to the public once in a while, and usually with the proviso that it may not be resold. Of course, that only increases its value: I have seen a price tag of \$25 for a single 250 mL bottle.

I was thrilled to try it at Biercraft, but Dauchot's reaction to it was priceless.

"This should not be here!" he sputtered in shock, staring at the small glass in his hands as if it were liquid gold. He said we should find a quiet corner and insisted we warm the small glassful a little in our hands before sipping it.

How was it? You'll have to try it yourself to find out. I want to keep that moment between Cédric and me.



Published by Douglas & McIntyre
Paperback, 5" x 7 3/4"
224 pages, \$19.95

Happy
New
Year!

FROM ALL OF US AT THE LAGOON SOCIETY'S
EARTHFAIR STORE

We can help you enjoy
January with a good book.



WINTER SEASON HOURS LOCAL CHARITY OWNED ~ No GST!

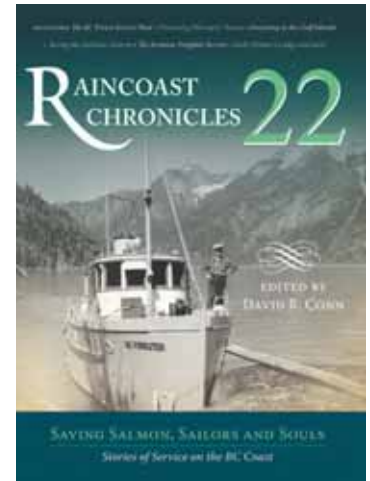
DOWNTOWN MADEIRA PARK PLAZA 883-9006

BC Books from Harbour Publishing



HAUNTING VANCOUVER
A Nearly True History
Mike McCardell

A light-hearted local history that is unmistakably Mike McCardell.
\$32.95 | HARDCOVER



RAINCOAST CHRONICLES 22
Saving Salmon, Sailors and Souls:
Stories of Service on the BC Coast

David R. Conn, editor

A fascinating collection of essays
inspired by BC's service workers,
from doctors to deckhands.
\$24.95 | PAPERBACK

 **HARBOUR PUBLISHING**

www.harbourpublishing.com

AVAILABLE AT YOUR LOCAL BOOKSTORE

community calendar

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

JANUARY

- Tues. Dec. 31.....New Year's Eve Family Bubbly Bash - P. H. Aquatic Centre, 1-4 p.m.
Tues. Dec. 31.....Royal Canadian Legion New Year's Eve Party - P. H. Legion, 6:30 p.m.
Tues. Dec. 31.....P. H. Community Club presents Steel Toe Boots - P. H. Community Hall, 8:30 p.m.
Sat. Jan. 4.....Russell Marsland w/ Mark Vance (no cover) - Garden Bay Pub, 7 p.m.
Sun. Jan. 5.....Sunday Jam with Mark Vance & Russell Marsland - Garden Bay Pub, 2 p.m.
Fri. Jan. 10.....Coffee House (School of Music) Doors 7 p.m., Music 7:30 p.m.
Sat. Jan. 11.....PHSS Grad bottle drive - Pender Harbour, all day
Sat. Jan. 11.....P. H. Rotary Hop Scotch - P. H. Golf Club, 7 p.m.
Sun. Jan. 12.....Sunday Jam with Joe Stanton - Garden Bay Pub, 2 p.m.
Mon. Jan. 13.....PHSS entrance post welcoming ceremony - PHSS, 11 a.m.
Fri. Jan. 17.....Family Music Night - P. H. School of Music, 6:30 p.m.
Sat. Jan 18.....Coast-wide protest against BC Ferries cutbacks - various locations, noon
Sun. Jan. 19.....Sunday Jam with Simon Paradis and Gary Comeau - Garden Bay Pub, 2 p.m.
Tues. Jan. 21.....P. H. Wildlife Society presents "Salmon Confidential" - PHSS, 7:30 p.m.
Fri. Jan. 24.....PHMS presents "A Weekend of Beethoven" - P. H. School of Music, 7:30 p.m.
Sat. Jan. 25.....PHMS presents "A Weekend of Beethoven" - P. H. School of Music, 2 p.m.
Sat. Jan. 25.....Royal Canadian Legion #112 presents Robbie Burns Night, P. H. Legion
Sat. Jan. 25.....Pyjama Gym! - P. H. Aquatic and Fitness Centre, 6 p.m.
Sun. Jan. 26.....PHMS presents "A Weekend of Beethoven" - P. H. School of Music, 2 p.m.
Sun. Jan. 26.....Sunday Jam with Peter B3 and special guests - Garden Bay Pub, 2 p.m.

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



FERRY DEPARTURES

~ Effective to March 9, 2014 ~

Crossing time: Langdale 40 min./Earl's Cove 50 min. Ticket sales end 10 min. before sailing for foot passengers, 5 min. before for vehicles. See www.bcferrries.com for information on added sailings during peak periods.

Horseshoe Bay

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

Langdale

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

*Daily except Jan. 1

Earl's Cove

*5:20 a.m.
7:50 a.m.
10:15 a.m.
12:45 p.m.
4:00 p.m.
6:25 p.m.
8:50 p.m.
11:00 p.m.

Saltery Bay

*4:15 a.m.
6:35 a.m.
9:05 a.m.
11:30 a.m.
2:40 p.m.
5:15 p.m.
7:40 p.m.
9:55 p.m.

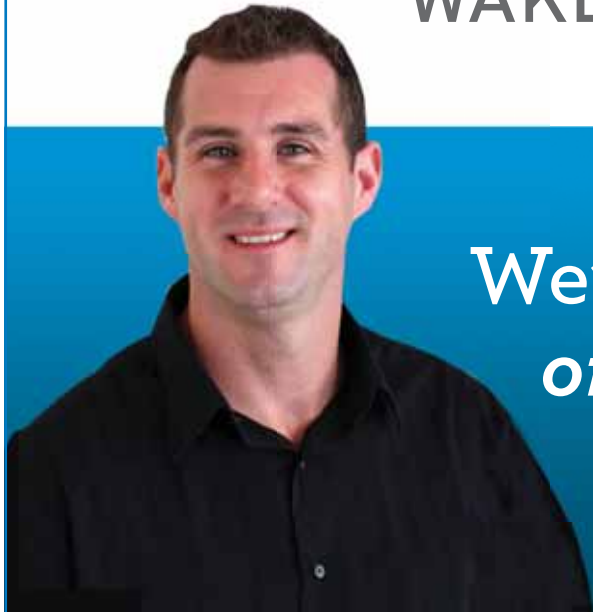
*Daily except Sunday and Jan. 1

"If everyone is thinking alike, then somebody isn't thinking.

~ George S. Patton

WAKEFIELD HANSON

MARINE SERVICES



We're Your Guys...
on the Water!



Some of Wakefield Hanson Marine Services

- ✎ Marine Construction
- ✎ Pile Driving - 28' x85' spud barge with 20 ton crane
- ✎ Docks, floats, ramps and piers
- ✎ Aluminum ramps in all configurations
- ✎ Dock/pier repair and maintenance
- ✎ Anchor placement and mooring buoys
- ✎ General marine towing - camp barges, log tows, floats
- ✎ Barging services
- ✎ Salvage
- ✎ Raising boats and lost gear
- ✎ Welding and fabricating
- ✎ Dive services
- ✎ Dock/cabin winterizing and care taking
- ✎ Permitting
- ✎ Dredging

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Canucks Game? Pizza.



Date	Where	Time
Wed. Jan. 1	vs Tampa Bay	7 p.m. TSN
Sat. Jan. 4	@ Los Angeles	7 p.m. CBC
Sun. Jan. 5	@ Anaheim	5 p.m. SNP
Tues. Jan. 7	vs Pittsburgh	7 p.m. TSN
Fri. Jan. 10	vs St. Louis	7 p.m. SNP
Mon. Jan. 13	@ Los Angeles	7:30 p.m. SNP
Wed. Jan. 15	@ Anaheim	7:30 p.m. SNP
Thurs. Jan. 16	@ Phoenix	6 p.m. SNP
Sat. Jan. 18	vs Calgary	7 p.m. CBC
Tues. Jan. 21	@ Edmonton	6:30 p.m. SNP
Thurs. Jan. 23	vs Nashville	7 p.m. SNP
Sun. Jan. 26	vs Phoenix	5 p.m. SNP
Mon. Jan. 27	vs Edmonton	7 p.m. SNP
Wed. Jan. 29	vs Chicago	7:30 p.m. TSN
Fri. Jan. 31	@ Winnipeg	5:30 p.m. TSN

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Entertainment & Specials

LIVE MUSIC SUNDAYS @ 2 PM

JAN. 5: SUNDAY JAM: Mark Vance w/ Russell Marsland
JAN. 12: SUNDAY JAM: Joe Stanton & the Precious Littles
JAN. 19: SUNDAY JAM: Simon Paradis w/ Gary Comeau
JAN. 26: SUNDAY JAM: Peter B3 w/ Special Guests

Saturday, Jan. 4: Russell Marsland (w/ Mark Vance)
7 p.m. — NO COVER!



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°SATURDAYS: \$19.95 Prime Rib (while quantities last)

°SUNDAYS: Eggs Benny (until 2 p.m.)