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February 2021
Issue 362



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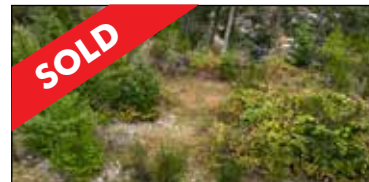
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EDITOR

Brian Lee

CIRCULATION (2,000)

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

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

CONTRIBUTORS

This month we thank: Annelise Escalante, Leonard Lee, Jan Norris, Dianne Paulus, Robert Livingston and Shane McCune.

COVER

A shot of Mt. Hallowell at sunset after a fresh snowfall taken last month from Francis Peninsula. (Brian Lee photo)

ADVERTISING

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(Advertising bookings before Feb. 15)

editorial

The *Harbour Spiel* enters early middle age



Brian Lee

Anyone who appreciates decadal anniversaries will be pleased to learn that this marks the *Harbour Spiel*'s 30th year.

Though you could argue the paper started in December 1990 with her *Up-coast Christmas Journal*, Myrtle Winchester knocked the first *Harbour Spiel* out just after Christmas in 1991.

Since that time, we thought there were only two months skipped — March and April 2003 — when she underwent a medical procedure.

This issue should be No. 359 (No. 361 if the two weren't skipped).

But somehow it's No. 362.

After some investigating, I discovered the July 1992 issue may also have been missed.

It's one of five issues missing from my almost complete set and June '92 is No. 17 and Aug. '92 is No. 18, so I have to assume July '92 didn't happen either.

Which only deepens the mystery of how we put out at least four extra issues over the past three decades to make 362?

Though we're both confounded by this puzzle, Winchester and I do agree that the *Spiel* is 30 years old.

That's a long time for a modern publication, let alone one in a small community prone to gut wrenching swings in economic fortune.

Even those kids down at the *Coast Reporter* are only 24.

So, for the past year I've been planning the biggest party Pender Harbour and Egmont has ever seen.

Think Fishermen's Homecoming crossed with May Day, Jazz Fest and the old Pender Harbour Regatta with special guest appearances by Celine and Shania.

But then COVID happened.

With no other way to mark this milestone, I needed a grand gesture.

My buddy Rod volunteered to skateboard naked through Madeira Park dragging a "Harbour Spiel is 30!" banner.

But who hasn't seen Rod naked?

I needed more.

Then, a hungry real estate agent suggested I move the *Spiel* to a new location.

There was my grand gesture.

So, five days ago, I packed up my printing press and barged it across the Harbour to the North Shore.

No. 362 is the first issue of the *Harbour Spiel* to be published in Garden Bay.

The *Spiel* has headquartered in Kleindale, downtown Madeira Park and, for the last 14 years, on Beaver Island but never Garden Bay or Egmont (that move is planned for the 50th).

It didn't seem like an option before.

Growing up in 1970s Madeira Park, kids were conditioned to scorn life on the Garden Bay side.

Even after telling my mom that we were considering the move, her first response was, "Why would you want to live over *there*?"

Well, for one, the weather is better.

After enduring months of Francis Peninsula's rain, it's been sunny every day since we landed in here.

Life is different in other ways too.

Hopefully I will get used to hissing "1-S-1" after a lifetime of enjoying the phonetic coo of "V-oh-N 2-H-oh."

And garbage pick up happens on a totally different day.

Yeah, it's Wednesday, not Thursday.

Also, there's no pub.

We will, of course, miss our Madeira Park friends and family.

Hopefully, they will understand when we can't continue those friendships because we are so busy with our new Garden Bay friends.

But, we'll still see you at May Day.

Whatever else moving the *Spiel* north means, it will likely bring a new perspective to my camera lens and to the issues of Garden Bay.

And the change of view is welcome and inspiring.

Right now, the sun rising over Cecil Hill is hitting me in the face, blinding me.

I have to lean in and squint to see my computer screen — but I don't close the blind.

covid-19 emergency contact details

IF YOU ARE EXPERIENCING POSSIBLE COVID-19 SYMPTOMS

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

Fever, cough and difficulty breathing remain the most common symptoms, but COVID-19 infection can also include a new runny nose, a sore throat, muscle aches, chills, headaches, fatigue, nausea, vomiting and/or diarrhea. If you develop any of the above symptoms, please call your family doctor or contact the Respiratory Assessment Clinic directly for further assessment and testing (if indicated). Most of the time this will be on the same day. Anyone who is seen at the clinic will also receive a follow-up phone call or appointment within 24 to 48 hours. The RAC operates on an appointment basis only and will not see walk-in patients. Call or text (604) 740-1252 or email coastrespclinic@gmail.com.

IF YOU REQUIRE HOSPITALIZATION

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

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photojournal



Annelise Escalante

Fisher Island (Lee Bay) on Jan. 9.



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Province seeks input on Shíshálh-BC land use plan

The province recently announced a consultation process intending to engage stakeholders in future land use decisions as part of the 2018 Shíshálh-BC Foundation Agreement.

From a Jan. 8 press release from the Ministry of Forests, Lands, Natural Resource Operations and Rural Development:

“Engagement with stakeholders and the public is an important part of the land use planning approach and will occur at key plan development phases to ensure local interests and priorities are identified and considered in the land use planning process.”

According to the release, the draft Shíshálh-B.C. land Use Plan could produce outputs such as:

- Land use zones (i.e., conservation areas, cultural emphasis areas, and integrated stewardship areas);
- Management direction and



Shíshálh First Nation

goals (for planning theme values);

- Legal land use designations and objectives (i.e., wildlife habitat areas, cultural values protection), and

• Priority actions and projects. Though the release indicates the process is a multi-year effort, the province is currently seeking input from residents within the Shíshálh traditional territory in the form of a questionnaire.

The public questionnaire is “an effort to gain understanding of the

public’s early interests in the land use planning process.”

The questionnaire is only available on the project website until Jan. 31 at landuseplanning.gov.bc.ca/p/5ecc048fdbd33300255c3f35/background-info.

The results of this questionnaire, along with the results of initial stakeholder workshops, will be summarized in a “What We Heard Report” which will be made available on the project website later this spring.

PHARA AGM this Sunday: ‘Express your views, hear the news’

The Pender Harbour and Area Residents Association will hold a “winter town hall” meeting on Sunday, Jan. 31 at 2 p.m.

The meeting will be held via the online video conferencing platform Zoom (link at www.phara.ca).

On the agenda are updates on recent derelict boat removal activity, the dock management plan, news from the Pender Harbour Health Centre and reports from other community groups as well as a report from our SCRD director Leonard Lee.

This will be followed by a discussion and questions period.

PHARA representatives ask that in order to better co-ordinate the question period to guide PHARA itself, folks should email their ideas and key priorities for PHARA to consider for the upcoming year.

Emails can be sent to board@phara.ca.

To join the Zoom meeting on Jan 31, visit PHARA.ca and click on the Zoom meeting link before 2 p.m.

The association requests that participants become familiar with the various Zoom controls in advance of

the meeting.

For “Zoom meeting etiquette and tips,” see p. 29.

To ensure a smooth and informative meeting, Zoom attendees will be muted until the meeting opens for discussion and comments at the end of the presentations.



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MVA

On Dec. 15, police attended a single vehicle incident in the 11600 block of Highway 101, Madeira Park, after Emergency Health Services reported a vehicle head first in the ditch up against a large rock.

Fortunately, the driver and passenger were able to exit the vehicle on their own and were taken to Sechelt Hospital for minor injuries.

The driver, who was unfamiliar with the roads, said he'd lost control coming around a sharp corner.

Road conditions are also considered a factor.

The vehicle was towed and the matter has been referred to ICBC.

MVA

On Dec. 18, police attended a single-vehicle incident in the 12200 block of Highway 101, Madeira Park, after a witness reported a speeding vehicle losing traction before crashing into the ditch.

Police located the totalled vehicle, which also struck a fire hydrant, lodged up against a tree.

The driver, who was not impaired, was taken to Sechelt Hospital for non-life threatening injuries.

The driver explained that he had turned off the traction control feature on his new vehicle in order to test it out.

The driver was issued a violation ticket for speed relative to conditions.

DANGEROUS DRIVING

On Dec. 18, a witness reported a dangerous driver on Highway 101 near Redroofs Road, after the south-bound suspect vehicle passed vehicles on double solid lines while travelling at high speed.

The witness was able to capture the incident on dash cam as well as note the licence plate number.

The file is under investigation.

PROPERTY FOUND

On Dec. 29, a cell phone found on Highway 101 near Francis Peninsula Road in Madeira Park was turned in to police.

The owner may claim within 90 days after providing a detailed description.

Reference police file 2020-8939.

RUBY LAKE DROWNING

On Jan. 2, at approximately 12:58 a.m., Sunshine Coast RCMP were called to a report of a 22-year-old man who was missing from a cabin on Ruby Lake.

Friends of the man said they had been with him earlier, but had not seen him for several hours and were worried.

None of the males were Sunshine Coast residents.

While on route, police were notified that the male was found deceased in the water near the cabin from an apparent drowning.

Sunshine Coast RCMP, BC Coroner's Service and Pender Harbour Volunteer Fire Department attended and recovered his body.

Foul play is not suspected and the investigation has been turned over to the BC Coroner's Service.

PROPERTY FUND

On Jan. 7, a bike found in the

middle of the 4300 block of Francis Peninsula Road, Madeira Park, was turned in.

Owner may claim within 90 days with detailed description, reference police file 2021-147.

THEFT

On Jan. 8, at approximately 3:45 p.m., a suspect in a dark blue pickup truck was witnessed stealing lumber from a business in the 12300 block of Sunshine Coast Highway, Madeira Park.

A licence plate was obtained and the file is under investigation.

BREAK AND ENTER

Sometime between Jan. 8 and 11, suspects cut locks on two storage units at a business in the 13600 block of Highway 101, Pender Harbour, and disturbed the contents.

Staff are trying to determine if anything was actually stolen, and police are reviewing surveillance video.

THEFT

On Jan. 12 at approximately 8 p.m., a suspect was caught on surveillance video exiting a pickup truck and going through the back of a parked vehicle parked in the 12300 block of Highway 101, Madeira Park.

The suspect stole some ratchet straps.

No other theft or damage was reported.

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HARBOUR SPIEL

trivia

1. Which species is not known to have entered Pender Harbour?

- ☐ a. Common bottlenose dolphin
- ☐ b. Ocean sunfish
- ☐ c. Humpback whale
- ☐ d. California sea lion

2. What year did the Garden Bay Hotel receive its first "beer" licence?

- ☐ a. 1918
- ☐ b. 1932
- ☐ c. 1945
- ☐ d. 1952

3. Where is "old" Egmont?

- ☐ a. Kleindale
- ☐ b. Nelson Island
- ☐ c. Crossroad of Egmont Road and Hwy. 101
- ☐ d. Across the Chuck from Egmont

4. What material is the commercial fishing boat *Ocean Twilight* made from?

- ☐ a. Fibreglass
- ☐ b. Aluminum
- ☐ c. Steel
- ☐ d. Wood

5. Who is the current MLA for our area (Powell River Sunshine Coast)?

- ☐ a. Patrick Weiler
- ☐ b. Kim Darwin
- ☐ c. Nicholas Simons
- ☐ d. Lori Pratt

6. What is jigging?

- ☐ a. Fishing technique
- ☐ b. Local slang for off-roading
- ☐ c. Commercial fishermen's rain gear
- ☐ d. Logging technique

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Dear Michaels: Local musician pens song to two captive Canadians

Francis Peninsulan Patricia Burnett recently released a song aiming to bring attention to the case of two Canadians incarcerated in a Chinese prison.

This past December marked two years since Canadians Michael Kovrig and Michael Spavor were taken into custody in China.

The case is widely regarded as an act of retaliation against Canada for its Dec. 2018 arrest of Huawei executive Meng Wanzhou, on a U.S. extradition request.

“The months went by and I was listening to the story and I really wondered how horrific it must be for their families, as well as for them,” Burnett told the *Harbour Spiel*.

“I was overwhelmed with the emotion of how it would feel if it was my family.”

Burnett is not an activist — she’s a self-described “rocker from way back.”

She has also studied classical piano since the age of six.

After high school, Burnett toured as keyboardist and lead singer in rock bands including Junction, Trix, Panic and Kitchen Sessions.

She played jsut about every night club in Vancouver, including the Commodore Ballroom.

Later, she became a well-known lounge singer who played the Vancouver hotel circuit — Devonshire Hotel, Hotel Vancouver and the Hotel Georgia — for many years before moving to Madeira Park three years ago.

Before COVID, she performed in a variety of shows, including her own Carole King Tribute.

While all that is on hold for now, Burnett said she has found inspiration in writing music.

“About a year into it, after listen-



submitted

Local musician and songwriter Patricia Burnett recently released ‘Dear Michaels,’ a song she hopes will bring attention to the plight of two Canadians held in China.

ing to all of the two Michaels trials and tribulations, I went downstairs to my music studio and I plunked out a few melodies, thinking about them the entire time,” she said.

“The melody ended up be-

ing quite beautiful and I thought, ‘Hmmm, maybe I’ll write some words later.’”

She recorded the melody on her iPhone and not long after, she and

(continued next page)



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Dear Michaels (cont.)

(continued from p. 9)

her husband took off on a road trip to California.

They left on March 1, 2020.

“The timing wasn’t good,” said Burnett.

“We were into it by five days and realized that COVID had really started to hit.

So, at Santa Cruz, we made a decision to turn around.”

When Burnett arrived back home and turned on the news, the Michaels seemed to have disappeared from the daily headlines.

“It was all COVID and the United States — the things that were going on,” she said.

“I went downstairs and started playing the piano and played the melody again and within about an

hour, I had the words.

“They came very quickly — sometimes the best songs are like that.”

“The words came out as almost a letter from Canada to the two Michaels and to their families.”

The song isn’t political sounding and doesn’t even mention China, but anyone who is familiar with the story will recognize it by the song’s title, “Dear Michaels.”

She had a song, but so far only her husband listening through the floor had heard it.

She asked friend and sound engineer Rob Begg if he could help her find some musicians to pitch in on the recording.

By this time, it was August and COVID was in full bloom — so

playing with other musicians wasn’t possible.

Begg recorded Burnett playing her song at his Marpole Studios in Langley.

They recorded her playing the piano accompaniment first using a click track (similar to a metronome) in the place of real drums.

Next, she recorded the vocals.

“Then I said, ‘Well, I need harmonies,’” she said.

“Of course, with COVID, you’re not going to get a bunch of people, and I know lots of girls who would come in and sing with me but you don’t want them in a sound booth with you.”

So, Begg recorded Burnett singing the harmonies herself.

Afterwards, there was still some-

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thing missing.

That something turned out to be the Sunshine Coast's Serena Eades.

Eades is a well-known violinist perhaps best known for her role in the band Delhi 2 Dublin.

In a North Vancouver studio, Eades improvised over the supplied vocal and piano track including a solo near the middle of the song.

"When I put the headphones on, I was really pleased," said Burnett.

After that, the bass and guitar were supplied by sound engineer and musician, Begg.

"He's been in many bands in the past so he said, 'I'll put those on.'"

Finally, the drums were added to replace the click track.

"He got a fellow named Kyle Radomski who is a drummer who started his career with a group named Farmer's Daughter.

"He came into the studio, we all had masks on and there were never more than three people in the studio, and he said, 'Patricia, I just want to hear the track,' because he hadn't heard it yet.

"So, he put the headphones on and he listened to it twice and was making notes."

After he charted out what he wanted to do, Radomski took two takes to lay down the final drum track.

"It's a soft song but when it needed the 'balls to the wall' kind of sound, it gets up there," she said.

"I have a very big voice but I was being very timid in the vocal booth and Rob said, 'Patricia, sing it like you sang when you sang with your band. Just do what you feel.'"

After the mastering was completed (tweaking the sound and levels) by Bud Bremner from Coastal Mastering, it was released on a popular online

distribution platform called CD Baby.

It's also available on Youtube — search "Dear Michaels."

The song is now over two months old and both the Kovrig and Spavor families have heard it.

Burnett said she hasn't spoke to the families directly but they both reached out to her through social media to thank her for standing in solidarity with them.

Burnett isn't the only one fighting for their release.

The co-workers of the two men have shown their solidarity by walking over 10,000 steps every day while promoting the cause on Twitter, *#freethemichaels*.

According to Burnett, those 10,000 steps match what the two men do to stay occupied and healthy while confined to their jail cells.

"They get up and they walk.

"And they walk. And they walk, just to keep as fit as they can.

"Everybody has heard that their lights are on 24/7, the food is not good and they don't get visits from anybody except the ambassador, when COVID restrictions allow."

Burnett said her goal with the song is to create an awareness of the case of their incarceration and bring it back to the forefront of the news cycle, which has recently been dominated by COVID and U.S. politics.



Adam PW Smith

Sunshine Coast fiddle player Serena Eades supplied the accompaniment on Burnett's 'Dear Michaels' recording.

"We all have a voice, whether it be spoken word, or like myself, a message in a song, said Burnett.

"It's a universal language and I'm happy to say it's being shared through the media but I'm not going to stop there.

"If I can keep the awareness of the two Michaels in conversation and in hopes and prayers, then I'm doing what I set out to do.

"Let's bring them home."



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We're serious about reconciliation



*Leonard Lee
Area A director, SCRD*

We learned of reconciliation with the infamous dock management plan, and the response was not positive when the province tried to explain it at “that” town hall meeting.

It’s been a rocky road, as the BC government struggles with public consultation and communications, but the Shíshálh nation and SCRD are together striving to facilitate respectful dialogue about the naming/renaming of local features.

The excellent relationship between the Shíshálh government and SCRD is evidenced by an SCRD mo-

tion, passed unanimously, that geographical features and locations “other than Madeira Park” be considered for renaming, and community dialogue on the renaming of Madeira Park be extended to December.

We have been asking for years to be effectively consulted on a variety of issues, and this is our chance to demonstrate that our involvement will result in the best outcome for everyone.

NEW LANDFILL VERSUS SHIPPING GARBAGE

In preparation for the end of the life of the Sechelt landfill, projected for early 2026, the SCRD heard a Tetra Tech Canada report identifying volumes of waste anticipated and op-

tions to handle them:

- A new landfill (Halfmoon Bay has suitable locations) was the preferred option because of the lowest cost, highest job retention/creation, and the SCRD ability to control disposal regulations and costs, or
 - Shipping our waste to Oregon or Washington requires construction of a new transfer station and barge loading facility on the Coast, with risks including variable costs with little SCRD control over them and tipping fee costs subject to market forces and exchange rates.
- This option, similar to Powell River’s method, is a proven solution but the costs are a big consideration, with estimates setting the minimum cost of a new landfill at \$157/tonne



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SUNSHINE COAST REGIONAL DISTRICT

Upcoming meetings

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

Special Corporate and Administrative Services Committee (Round 1 Budget Meeting)
February 1, 2 and 5 at 9:30 a.m.

Infrastructure Services Committee
February 11 at 9:30 a.m.

Regular Board
February 11 at 2:00 p.m.

Planning and Community Development Committee
February 18 at 9:30 a.m.

Corporate and Administrative Services Committee
February 25 at 9:30 a.m.

Regular Board
February 25 at 2:00 p.m.

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and shipping off-Coast at \$210/tonne;

- Waste-to-energy was rejected because of GHG emissions and our low diversion rate, which does not qualify us to apply for, never mind get, approval, and

- A Sechelt Landfill expansion was rejected because of challenging engineering and operational factors, and the short benefit term (only 4-5 years).

Detailed analysis of options one and two continues.

THE HIGH COST OF WATER

User costs of an adequate, safe supply of water continue to surpass the cost of living because of necessary repair, replacement, and infrastructure upgrading to meet government safety regulations.

Our 2021 rate increase was caused by materials and labour cost increases, increased McNeil Lake safety requirements, a missing Garden Bay generator replacement, purification system upgrades, and capital reserve replenishment.

Egmont and Earls Cove users pay the same rates as those on the large Chapman system and stand-alone ones in West Howe Sound.

The major differences between the systems is the higher user rates in Pender Harbour and summer water shortage in the Chapman system.

With confirmation that meters and ground-water/wells will resolve the Chapman deficit until at least 2035, we will shift focus to solving Coast-wide redundancy, planning for anticipated growth, and discussing an SCRD-wide user rate to more equitably share the cost of water.

BYLAW ENFORCEMENT

Bylaw complaints are not being dealt with efficiently because of staff shortages, a need to update the bylaw governing the enforcement of bylaw notices, and senior management resources to focus on the activities required to successfully close the complex cases.

We anticipate increased bylaw complaints as the public responds to B&B regulation changes that address the short-term rental “party house” problem.

A new general manager of community services will be responsible for transit, parks, and recreation services.

The general manager of planning and community development will be responsible for bylaw and protective services along with his planning and building functions, and the hiring of a senior bylaw officer is proposed.

CROWN LAND USE

The SCRD manages and represent the public interest (economic, social, and environmental) in rural, private-property development, typically starting with our official community plans and branching out to detailed bylaws.

We have long advocated for a similar Crown land process for log-

ging, mining, foreshore management, and government land transactions, to promote environmentally responsible growth and economic opportunities without damaging public/private property.

Our area lacks such a high-level, strategic, provincial process, but the proposed Shíshálh-BC Joint Land Use Plan covering the Shíshálh traditional territory, including Crown lands but not private or fee-simple property, federal land, and Shíshálh band land, will provide it

A government-to-government plan to create a draft land-use blueprint and develop a communications strategy for residents and stakeholders strives to increase local consultation, shared decision making, and consideration of everyone’s interests, concerns, and suggestions.

To learn more about this important project, see *LandUsePlanning.gov.bc.ca*.

CONTACT

The “Lee Side” helps me inform you of local issues and I invite you to contact me with questions and comments about what matters to you (within the scope of the SCRD) so I can effectively represent you.

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Carson: Make a resolution this year to report polluters

Editor,

Like everyone, we think of events in terms of years past, present and the future which I am sure everyone hopes this next one will be happier than 2020.

Now I have two other types of yearly measurement —the COVID years which began for me in February and will continue into February of 2021, but hopefully not for a lifetime.

I also have classified the last four years of which each has begun in Sep-

tember to the end of August.

These are the “boat pollution” years which have had an effect on the years I have been in Madeira Park.

I realized that what I saw floating past my home on a regular basis was human waste disposed by boat owners who were most likely ready to remove their boats for the rest of the year.

For example, two disposals on Labour Day weekend), two disposals on Thanksgiving weekend, a large disposal near the end of November (it takes one to two weeks to flush be-

cause of the tides).

Now, this is where the “COVID year” has had an effect.

The “regulars” disposals did not happen this year, but visitors, who used Madeira as a safe place during our first COVID year, did.

Unfortunately, they never used the highest tide for these acts and as a result their disposals took up to three days to disappear.

I have observed how new vegetation appeared along the shore but just a thick green sludge coats the

photojournal



Loggers are sometimes rewarded for their hard work with views like this one above Sakinaw and Ruby Lakes (Jan. 3).

areas where the sun does not shine.

I have seen a seagull frantically try to clean toilet paper from its body as it unwittingly swam into toilet paper still floating on the water.

The geese rarely bring their young by as they did in the past.

There is no clean space on the shores.

The herons no longer search for the fish that occupied this area and have since disappeared.

As a result of COVID, I made several walks up Francis Peninsula

and discovered that much of these disposals happened in Bargain Bay and floated through Canoe Pass and some from Gerran's Bay through Whiskey Slough which explains why contamination warnings extend between these places.

I have also spent these years trying to discover what to do and, finally, this year found how to report these people who have shown a disregard for our waters and surrounding lands and wildlife which inhabit these areas.

A simple phone call can help

bring this problem to the attention of conservation officers and hopefully will lead to solutions.

I was told that having more people making reports could be helpful.

Here is the phone number (RAPP line): 1-877-952-7277, press option 1 (and wait until you hear "pollution").

I hope you will also make this a firm resolution for 2021 and on, until a way is found to return our local waters to truly pristine.

Judith Carson



Darlene Fowlie

Brian Lee

Harry Doepel

SEPTEMBER 27, 1929 — JUNE 8, 2020



On June 8, 2020 Pender Harbour lost one of its biggest supporters.

Harry Doepel died while visiting his children back east.

Doepel was one of a kind.

An Australian who, at 18 left home to hitchhike around Australia, returned only to join the merchant marine as a seaman.

He sailed the South Pacific Islands for three years, then boarded a

ship heading to Europe with a promise to see his mother by Christmas.

It was a promise that took 25 years to fulfil.

During his travels, he jumped ship in New York, crossed the Canadian border with a friend finding work in a Quebec lumber camp before working St. Lawrence Seaway ships.

He progressed to hard hat diving during the construction of the St. Lawrence seaway, worked for Weston's bakery, and in a Westinghouse factory.

He progressed to become union steward and, eventually, the national representative for the United Radio and Machine workers of America where he finished his work career.

He met his first wife in Montreal and they had three children together — John, Monique and Henry reside in the Hamilton area.

Retirement brought Doepel and his second wife Rose to Pender Har-

bour where he lost no time becoming deeply involved in the community.

He became part of the local power squadron, water board, Royal Canadian Legion and, later, the P. H. Seniors Initiative.

Doepel was a huge supporter of Remembrance Day ceremonies and he could be counted on during the day to provide a spirited version of Waltzing Matilda in honour of an elder brother lost during the Second World War.

Doepel was a "social animal," a voracious reader, a keen student of the human condition and a true friend to those who knew him.

He was also probably the "winningest participant" that our local meat draws ever saw.

Doepel leaves behind his three children who remember him as a caring parent to them and their friends.

Vacation/educational trips to Tobermory, Florida, Cape Cod and an epic trip to the tip of the Yucatan Peninsula exploring both Mayan and Aztec ruins remain high points in their growing up years.

There are also three grandchildren Conor, Maggie and John David of whom he was very proud.

Harry Doepel leaves a legacy of a life well-lived.

He was an outstanding person, a good citizen and a true character.



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OBITUARIES: The *Harbour Spiel* publishes obituaries without charge as a longstanding effort to recognize and record those who lived in Pender Harbour and Egmont. Submissions must be timely, include the date of birth and date of 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.

Zorro Szabados

JANUARY 5, 1941 — NOVEMBER 28, 2020



The combined Szabados and Mavin families are sad to announce that Zorro Szabados has died at the age of 79.

Szabados died in Pender Harbour on Nov. 28 with his wife Linda beside him.

He was predeceased by his daughter Barbie Szabados, mother Margit Szoke and father, Zoltan Sz-

abados, Sr.

He leaves wife Linda, sons Zoltan (Tanny), Morgan and Mike as well as his stepchildren Doug, Virginia, Neal and Mary, many grandchildren and two great-granddaughters.

Szabados emigrated to Canada with his mother in 1957 during the aftermath of the Hungarian Revolution.

He had many stories about dodging Russian soldiers and having Hungarian resistance fighters hold their fire while he crossed the street as a 14-year-old boy, culminating in their exodus through a corn field under a Russian guard tower, into Austria.

Szabados initially settled in Surrey and developed his trade as plumber, building a home for his young family and raising four children with his first wife Joan.

In 1979, he discovered Madeira

Park and his true home.

He built a sailboat — the *Starlight*, served a term as a power squadron commander and, with Tom Barker and others, started the Garden Bay Sailing Club.

After retiring from his business, Sunshine Plumbing and Heating, he built his opus, the dually-named *Lark*, a hand-built mahogany Herreshoff-designed sailboat.

Szabados's quiet faith, cheerful humour, and helpfulness contributed to the P. H. Community Church which he faithfully attended.

Coming to Canada with only a suitcase made him especially proud of his large network of family and friends, whose names and birthdates he carried in his wallet and his heart.

He will be sadly missed and lovingly remembered.

John Vincent Hedderson

MARCH 1, 1953 — DECEMBER 9, 2020



With great sadness, the family of John "Johnnie" Vincent Hedderson announces his death on Dec. 9, 2020 at the age of 67.

Hedderson lived life to the very fullest and died peacefully with family by his side.

He will be remembered by his wife of 40 years, Pamela, children

February 2021

Lisa (Alan) and Julie (Evan, Roselyn, Weston), and his siblings Bill (Janet), Marilyn (Rick), Ken (Nancy), Ed (Caroline) and Cheryl.

Born in Ontario, Hedderson hitchhiked to BC in his youth and fell in love with the West Coast and his eventual wife Pamela.

They started a family in Pender Harbour where he worked as a log scaler in the BC Forestry Service and volunteered in the fire department and BC Ambulance Service.

After moving to Campbell River in 1989 and recovering from a stroke, he became very active in the Campbell River Stroke Recovery Association, Canadian Diabetic Association, Shoreline Musical Theatre, Pacific Animal Therapy, Campbell

River Head Injury Society, St. Peter's church choir, Singing for Fun, and Disabled Skiers Association of BC.

Hedderson could often be seen biking around for many years with his German Shepherd "Neet" by his side.

It is impossible to describe Hedderson's genuine, outgoing and charismatic personality; he freely shared his love and positivity with everyone.

He had friends in all corners and his strength and determination throughout health issues was recognized with a "Courage to Come Back" award in 2015.

The smile and twinkle in John Hedderson's eyes will be missed by many.

A celebration of life will be held at a future date.



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Barry 'Wayne' Jobb

AUGUST 15, 1947 — JANUARY 4, 2021



Wayne Jobb died on Jan. 4, 2021 in Edson, Alta. at the age of 73

Born in Truro, N.S. on Aug. 15, 1947, he was the eldest son of the late Wendell and Doris (Totten) Jobb; grandson of the late Barry and Dorothy (Staples) Totten and the late Perley and Ella (Rushton) Jobb.

Jobb is survived by brothers Brian (Joan), and Dean (Kerry Oilver), sisters Shannon (Philip Hamula), Gail (Gary Collier), Janet (Michael Trefry),

sister-in-law Kathy Jobb, sister-in-law Susan Tonkin (Richard Worsfold) and numerous nieces/nephews and great nieces/nephews.

He was predeceased by his wife, Pat Tonkin (2012) and brother Elmer (Al) Jobb (2020).

Jobb grew up in the Debert/Belmont area, attending the one-room Upper Belmont School and later Central Colchester High School in Onslow, N.S.

Almost all of his working days were in newspapers.

His 37-year career started with the Truro Daily News and took him to Kenora, Ont. where he met and married Pat Tonkin in 1977.

Then to Hinton, Alta., Sherwood Park, Grande Prairie, and Edmonton area, working for Bowes Publishing and Sun Media.

He rose through the companies to become executive vice-president, retiring in 2007.

A year later, he and Pat moved to Irvines Landing.

They had a love for the outdoors and continued their passion for sailing (on their schooner *Brandelara*), hiking, camping and travelling.

Wayne gave back to his communities through scouting (he received the Order of Scouting in 1998) and through Rotary Club service.

Being a ham radio operator was a keen interest.

His health started to deteriorate in late 2016 and after his dementia gradually worsened, he was placed in continuing care.

His arrangements were entrusted to Foothills Memorial Chapel in Edson, Alta., and his cremation has taken place.

A celebration of life will be held at a later date.

Donations in memory of Jobb may be made to a charity of your choice.

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Rose-Marie Everett

DECEMBER 25, 1952 — JANUARY 7, 2021



Rose-Marie Everett was born in Peterborough, Ont. and moved to Garden Bay in 1994.

Rose loved the Harbour and worked at the Garden Bay Pub, the P. H. Legion and many other places before finding her passion working at the

Pender Harbour Heath Centre, where she retired after 15 years in 2017.

Everett would help anyone and became a dedicated volunteer for the Harbour Highlights, Bargain Barn and the P. H. School of Music.

She was also a passionate volunteer with the P. H. and Area Residents Association.

Everett loved the outdoors, fishing, photography and her garden and was willing to try anything new.

She passed away at home with her husband Brian by her side, finally losing her battle with ALS.

She will be remembered for her smile and infectious laugh.

Everett is survived by her husband Brian, mother Rhoda, 93 years, sisters Doris and Louise, nephews

Derek, Alex, niece Erika and their children, sister-in-law Darlene (Mike), brother-in-law Terry (Barb), step daughter Tanya and grandkids.

She was predeceased by sister Barbie and father Fred (Siegfried)

Her family thanks doctors Robinson and Goojha and the nurses at the Pender Harbour Health Centre, occupational therapist Kate and all the home care workers who helped Everett through some tough times and brought laughter and stories to make her day better.

The equipment she received from her OT and the ALS Society really made a difference in her care.

Donations in her memory can be made to the ALS Society and the Pender Harbour Heath Centre.

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.)

Harbour Seals of Approval to **John Fraser MacKay** and **Judy Ainslie** through their legacy gifts and to the **Oak Tree Mom, Madeira Park Elementary** and **P. H. Secondary schools** for collecting non-perishable foods. Abundant monetary donations will carry us through the COVID marathon.

Joka Wright
P. H. Food Bank

A Harbour Seal of Approval to **Nick Silvey** and **Colleen Silvey** for picking up a prescription and to **Joe Freitag** of Bathgates for the home delivery. Thank you for helping when it was needed.

Beverly Saunders

A special Harbour Seal and thanks to all **our friends, family and special neighbours, healthy meals** and **John Henry's** for their support during Rose's illness.

Brian Everett

Arms full Seals of Approval to **PHSS Social Justice Club, bakers of the very delicious cookies, maker(s) of the very beautiful Christmas card** and the timely delivery by **the very kind Marlene Cymbalist**.

Thank you for my Christmas highlight!

Alex Pernat

Harbour Seals to **all who donated "In lieu of cards"** to the Sunshine

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Mary Jackson
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penden harbour tides ~ february 2021

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

Canoe Pass:



February	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Mon 01	3.9	3.8	4.8	6.8	9.5	12.2	14.5	15.9	16.1	15.3	13.8	11.9	10.1	8.9	8.6	9.1	10.2	11.5	12.5	12.9	12.5	11.2	9.4	7.5
Tue 02	6.0	5.2	5.4	6.7	8.8	11.2	13.6	15.3	16.1	15.8	14.5	12.7	10.6	8.9	7.8	7.6	8.2	9.4	10.8	12.0	12.5	12.3	11.3	9.9
Wed 03	8.5	7.3	6.9	7.3	8.7	10.6	12.7	14.6	15.7	15.9	15.2	13.6	11.5	9.4	7.7	6.6	6.5	7.2	8.5	10.0	11.3	12.1	12.2	11.7
Thu 04	10.8	9.7	9.0	8.8	9.3	10.5	12.1	13.8	15.1	15.7	15.5	14.4	12.5	10.4	8.2	6.5	5.5	5.5	6.2	7.5	9.0	10.6	11.8	12.4
Fri 05	12.3	11.8	11.2	10.7	10.5	11.0	11.9	13.1	14.3	15.2	15.4	14.9	13.5	11.6	9.3	7.2	5.5	4.5	4.5	5.2	6.5	8.1	9.9	11.5
Sat 06	12.6	13.1	13.0	12.6	12.1	11.9	12.1	12.7	13.6	14.4	15.0	15.0	14.3	12.7	10.7	8.4	6.2	4.6	3.7	3.6	4.4	5.8	7.6	9.6
Sun 07	11.5	13.0	13.9	14.0	13.7	13.1	12.7	12.6	12.9	13.5	14.2	14.6	14.6	13.7	12.1	10.0	7.6	5.5	3.8	3.0	3.0	3.9	5.5	7.6
Mon 08	9.9	12.1	13.8	14.7	14.8	14.4	13.6	12.9	12.6	12.7	13.2	13.9	14.3	14.3	13.4	11.7	9.5	7.1	4.9	3.3	2.5	2.6	3.7	5.6
Tue 09	8.1	10.6	12.9	14.6	15.4	15.3	14.6	13.6	12.6	12.2	12.3	12.8	13.5	14.0	14.0	13.1	11.4	9.1	6.7	4.5	2.9	2.2	2.6	4.0
Wed 10	6.2	8.8	11.5	13.8	15.2	15.7	15.3	14.3	13.1	12.0	11.5	11.7	12.4	13.2	13.8	13.8	12.9	11.1	8.7	6.3	4.2	2.7	2.3	3.0
Thu 11	4.7	7.1	9.9	12.6	14.6	15.7	15.7	15.0	13.7	12.3	11.2	10.9	11.2	12.1	13.0	13.7	13.6	12.6	10.7	8.4	6.0	4.0	2.9	2.7
Fri 12	3.8	5.8	8.4	11.2	13.6	15.3	15.9	15.4	14.3	12.7	11.3	10.4	10.3	10.8	11.9	12.9	13.5	13.4	12.3	10.4	8.1	5.8	4.1	3.3
Sat 13	3.6	5.0	7.2	9.9	12.5	14.5	15.6	15.6	14.8	13.3	11.7	10.3	9.6	9.8	10.6	11.7	12.8	13.3	13.1	11.9	10.1	7.9	5.9	4.6
Sun 14	4.2	4.8	6.5	8.8	11.4	13.6	15.1	15.6	15.1	13.8	12.1	10.5	9.3	8.9	9.3	10.3	11.6	12.6	13.1	12.8	11.6	9.9	8.0	6.4
Mon 15	5.5	5.4	6.4	8.2	10.5	12.7	14.4	15.3	15.1	14.2	12.7	10.9	9.4	8.5	8.4	9.0	10.1	11.4	12.4	12.9	12.5	11.5	9.9	8.4
Tue 16	7.2	6.7	7.0	8.2	9.9	11.9	13.6	14.7	15.0	14.4	13.1	11.4	9.7	8.4	7.7	7.9	8.7	9.9	11.2	12.2	12.6	12.3	11.5	10.3
Wed 17	9.1	8.3	8.1	8.6	9.8	11.3	12.8	14.0	14.6	14.3	13.4	11.9	10.2	8.6	7.5	7.1	7.5	8.4	9.7	11.0	12.0	12.4	12.3	11.7
Thu 18	10.8	10.0	9.5	9.5	10.1	11.1	12.3	13.4	14.0	14.1	13.5	12.3	10.7	9.1	7.7	6.8	6.6	7.1	8.0	9.3	10.6	11.7	12.3	12.4
Fri 19	12.1	11.6	11.0	10.7	10.8	11.3	12.0	12.8	13.4	13.7	13.4	12.6	11.2	9.7	8.2	6.9	6.2	6.2	6.6	7.6	8.8	10.2	11.4	12.3
Sat 20	12.7	12.6	12.3	12.0	11.7	11.7	12.0	12.5	12.9	13.3	13.3	12.7	11.7	10.3	8.8	7.4	6.3	5.7	5.7	6.2	7.2	8.5	10.0	11.3
Sun 21	12.4	13.1	13.3	13.1	12.7	12.3	12.2	12.3	12.5	12.8	13.0	12.8	12.2	11.0	9.6	8.1	6.7	5.6	5.1	5.1	5.7	6.9	8.4	10.1
Mon 22	11.7	12.9	13.7	13.8	13.6	13.1	12.5	12.2	12.2	12.3	12.6	12.8	12.7	12.0	10.7	9.2	7.5	6.0	4.9	4.4	4.5	5.4	6.8	8.6
Tue 23	10.5	12.3	13.6	14.2	14.2	13.8	13.0	12.3	11.9	11.8	12.1	12.5	12.7	12.7	12.0	10.6	8.9	7.0	5.4	4.2	3.7	4.0	5.1	6.9
Wed 24	9.1	11.2	13.1	14.3	14.7	14.4	13.6	12.6	11.8	11.4	11.5	11.9	12.5	12.9	12.9	12.1	10.5	8.6	6.5	4.7	3.5	3.2	3.7	5.2
Thu 25	7.4	9.9	12.2	13.9	14.9	14.9	14.2	13.1	11.9	11.0	10.7	11.1	11.9	12.7	13.2	13.2	12.2	10.4	8.2	5.9	4.1	3.0	2.9	3.9
Fri 26	5.8	8.3	11.0	13.3	14.8	15.3	14.8	13.6	12.2	10.9	10.1	10.1	10.8	11.9	12.9	13.6	13.4	12.3	10.3	7.9	5.5	3.7	2.9	3.1
Sat 27	4.6	6.9	9.6	12.3	14.3	15.4	15.3	14.3	12.7	11.0	9.7	9.1	9.4	10.5	11.9	13.2	13.8	13.6	12.3	10.1	7.7	5.4	3.8	3.3
Sun 28	3.9	5.7	8.3	11.1	13.6	15.2	15.6	14.9	13.4	11.5	9.6	8.4	8.1	8.8	10.2	11.9	13.3	14.0	13.7	12.3	10.2	7.8	5.7	4.4



Jan Norris

It's becoming an increasing challenge to go for a walk on local backroads without coming across evidence of deadbeat polluters. These shots of discarded recreation equipment were taken by hikers last month near the Malaspina Substation in Kleindale. You can report illegally dumped garbage or material to the BC Conservation Officer Service 'Report All Poachers and Polluters' (RAPP) hotline at 1-877-952-7277.



submitted

Lyn Charlton, Rotary Club of Pender Harbour, presents a cheque representing the remaining proceeds from December's 'Spreading Kindness' fundraiser to Francine Clohosey, manager of the P. H. Community School youth and family support program. Donations are still coming in but, at last tally, the amount raised is over \$20,000. This sum doesn't include additional donations that were converted into pre-Christmas gifts of \$50 gift cards for 250 local people in need. The PHCS youth and family support program works to help disadvantaged youth and families in the Pender Harbour and Egmont area.

FEBRUARY BIRTHDAYS

- Feb. 1 ~ **Randy Rayment** and **Earl Stewart**.
 Feb. 2 ~ **Mary Cochet**, **Jennifer Jones** and **Paola Stewart**.
 Feb. 3 ~ **Chloe Campbell** and **Lorna Rousseau**.
 Feb. 4 ~ **Rob Alliston**, **Susan Hardie** and **Joyce Soper**.
 Feb. 5 ~ **Rick Hartley** and **Roland Fritz**
 Feb. 6 ~ **Lachlin Rand**.
 Feb. 9 ~ **Jackie Crowell**.
 Feb. 10 ~ **Eddie Smith**.
 Feb. 11 ~ **Cody Pantages**, **Scott Smith** and **Chris Garbers**.
 Feb. 12 ~ **Tony Rabachuk**.
 Feb. 13 ~ **Kim McCanse**.
 Feb. 14 ~ **Dolly Clayton**, **Steve Morton**, **Christine Fenn** and **Elsie Rennie**.
 Feb. 15 ~ **Shawna Lee Edwardson**.
 Feb. 16 ~ **Carly Bloch**, **Irene Boyd** and **Evan Silvey**.
 Feb. 17 ~ **Dot Farrell**, **Daniel Dore** and **Jessica Munro**.
 Feb. 18 ~ **Rick Smalley**.
 Feb. 19 ~ **Debbie Cole** and **Joan McDougall**.
 Feb. 21 ~ **Ethan Enns**, **Ryan Phillips**, **Helen LeBlanc** and **Cathy Silvey**.
 Feb. 22 ~ **Chelsea Scoular**.
 Feb. 23 ~ **Tony Botticelli**, **Evelyn Cumming** and **Donna Campbell**.
 Feb. 24 ~ **Debbie Rand**.
 Feb. 25 ~ **Bruce Haines**.
 Feb. 27 ~ **Neale Smith**, **Rick Jones** and **Gunnar Silvey**.
 Feb. 28 ~ **Nolan Percival**, **Trevor Morin**, **Bob Walsh**, **Erin Fraser** and **Sharlene Gamble**.

FEBRUARY ASTROLOGY



AQUARIUS: JAN. 20 - FEB. 18

Aquarians are original, independent humanitarians who shy away from emotional expression. This often makes them seem uncompromising and aloof. Aquarians are thoughtful listeners but rarely tolerate someone they disagree with. From Feb. 7 until the full moon on Feb. 27, Aquarians may suffer bouts of anxiety and/or crippling depression. Since the moon is the Aquarian's health planet, use this time to dwell on all of the things you did to make her not like you.



PISCES: FEB. 19 - MAR. 20

The finest of the signs, Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Pisceans are blessed with the favour of the stars, as usual, but the future will still deliver surprises. As always, the path ahead for Pisces in 2021 looks to be smooth sailing. You deserve it — you are the king of astrology signs and all others look up to you. So sit back and relax while the universe offers it's treasures up for your taking. Don't be shy.

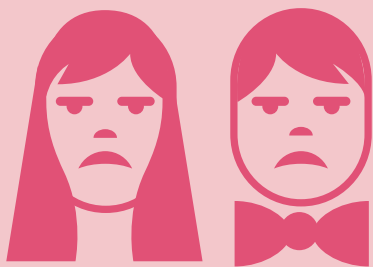
BC BESTSELLERS

For the week ending Jan. 15, 2021

The BC bestseller list uses sales data from over 80 independent bookstores in BC representing sales of BC published books released within the calendar year.

1. **Butter Honey Pig Bread** by Francesca Ekwuyasi (Arsenal Pulp Press)
2. **Raven Squawk, Orca Squeak** by Robert Budd, illus. by Roy Henry Vickers (Harbour Publishing)
3. **Takaya: Lone Wolf** by Cheryl Alexander (RMB | Rocky Mountain Books)
4. **Vancouver Exposed: Searching for the City's Hidden History** by Eve Lazarus (Arsenal Pulp Press)
5. **Birds of British Columbia and the Pacific Northwest: A Complete Guide, 2nd ed.** by Richard Cannings & Tom Aversa (Heritage House Publishing)
6. **When We Are Kind** by Monique Gray Smith, Nicole Neidhardt (Orca Book Publishers)
7. **The E. J. Hughes Book of Boats** by Robert Amos (TouchWood Editions)
8. **Edible and Medicinal Flora of the West Coast: British Columbia and the PNW** by Collin Varner (Heritage House Publishing)
9. **Field Notes from an Unintentional Birder: A Memoir** by Julia Zarankin (Douglas & McIntyre)
10. **Blue Sky Kingdom: An Epic Family Journey to the Heart of the Himalaya** by Bruce Kirkby (Douglas & McIntyre)

~ Association of Book Publishers of BC



TEEN SELF-ESTEEM

70%

The increase in the rates of anxiety and depression in the past 25 years in the U.K.

44%

Among U.S. high school students, the percentage of girls attempting to lose weight.

15%

As above, the percentage of guys attempting to lose weight.

75%

Percentage of U.S. girls with low self-esteem who reported engaging in negative activities like cutting, bullying, smoking, drinking, or disordered eating. (Compares to 25% of girls with high self-esteem.)

7/10

The proportion of U.S. girls who believe they are not good enough with regard to their looks, performance in school and relationships with friends and family members.

4/5

Proportion of U.K. 16-24 year olds who report that using Twitter, Facebook, Instagram or Snapchat makes their anxiety worse.

37%

Percentage of young people (U.K.) who report being cyber-bullied on a high-frequency basis.

~ DoSomething.org, Irreverentgent.com

FEBRUARY WEATHER

TEMPERATURES, MERRY ISLAND

Our average February daily high temperature is 7.5 C; average low is 3.4 C, giving us a mean daily temperature of 5.5 C. The highest February temperature recorded is 14.3 C (Feb. 27, 1986); the lowest is -10.1 C (Feb. 13, 1990).

PRECIPITATION, MERRY ISLAND

February should have about 85.7 hours of bright sunshine (the most since October), 16 days with measurable rainfall and one day with measurable snowfall. February should have a total rainfall of 99 mm and a total snowfall of 7 cm. The highest February daily rainfall recorded is 49 mm (Feb. 11, 1983); the highest February daily snowfall recorded is 22.9 cm (Feb. 15, 1983).

SKOOKUMCHUCK VIEWING TIMES

FEBRUARY

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

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

1. 1:58 PM -L
2. 2:40 PM -L
3. 8:21 AM +XL, 3:21 PM -L
4. 8:58 AM +XL, 4:05 PM -XL
5. 9:39 AM +L, 4:35 PM -XL
6. 10:45 AM +M
7. 11:50 AM +M
8. 8:38 AM -S, 1:05 PM +M
9. 9:43 AM -M, 2:02 PM +M
10. 10:25 AM -M, 2:52 PM +M
11. 11:13 AM -M, 3:40 PM +L
12. 11:56 AM -M, 4:27 PM +L
13. 12:34 PM -L
14. 1:10 PM -L
15. 1:43 PM -L
16. 2:14 PM -L
17. 2:45 PM -L
18. 7:52 AM +L, 3:13 PM -L
19. 8:19 AM +M, 3:41 PM -L
20. 9:00 AM +M, 4:16 PM -L
21. 10:06 AM +S
22. 11:47 AM +S
23. 8:31 AM -S, 1:10 PM +S
24. 9:18 AM -M, 2:02 PM +M
25. 10:00 AM -M, 2:47 PM +M
26. 10:41 AM -M, 3:32 PM +L
27. 11:20 AM -M, 4:18 PM +L
28. 11:58 AM -L, 5:16 PM +L

These are estimates only and not intended for navigation.



Alice Haddock

May Day dancers at the Pender Harbour Community Hall (1950s)

This photo was taken at one of the early May Day celebrations at the Pender Harbour Community Hall sometime after 1951. Official May Day celebrations began in 1946, the same year the photographer Alice Haddock and her family moved to Pender Harbour, but the hall wasn't completed until 1951. According to *Women of Pender Harbour*, 'The planning of the new hall owed much to the energy of newcomer Alice Haddock.'

It looks to be a dance performance for a gathered audience while the May Queen and her entourage stand behind on the stage.

PHARA ZOOM MEETING

etiquette and tips

before meeting

- **TEST THE TECHNOLOGY** including camera, video, audio, wi-fi, headphones.
- **ZOOM** The meeting invitation included a link to the web client, but if you prefer, the program is also available for download.
- **COMPUTER AND PHONE?** If you aren't able to connect audio through your computer you can always log in to watch and call in by phone to speak.
- **LIGHTING** Is there enough light? Too much?
- **CAMERA POSITION** What is your background?
- **LOGIN NAME** It is helpful to use your first name.

during meeting

- **VIEWING** Set to gallery view; should be in top right hand side of your screen.
- **CAMERA** Shut off camera if you prefer. Look into camera when talking instead of looking at yourself.
- **MICROPHONE**
Mute your microphone when you are not speaking. Utilize headphones with a microphone if you prefer.
- **QUESTIONS**
Physically raise your hand in front of camera if you have a question.
Use "Chat Button," on bottom of screen.
Use the "Raise Hand Button," found when you click on participants.
If you get disconnected, login again.
If you have to temporarily leave the meeting, shut the camera off (ensuring the mic is off) and turn it back on once you have rejoined.



PENDER HARBOUR
READING CENTRE

OPEN

Tuesday—Saturday from 11 am to 2 pm

604.883.2983

12952 Madeira Park Road
phrclibrary@gmail.com

Visit: www.penderharbourlibrary.ca

COVID-19 plan and precautions are in effect
and masks are mandatory.



Something to squirrel away?

SELF-STORAGE (Up to 5' x 10')

- Secure
- Heated

DOWNTOWN MADEIRA PARK

Squirrel Storage

Larry & Linda Curtiss (604) 741-7665

ANDREW CURTISS
CONTRACTING



From land clearing to landscaping.

604-740-7775



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

Darlene Fowlie – Hygienist

Monika Miller – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

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

Lyn Rondeau – Adult Mental Health

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 885-2257

Drs. Forgie & Robinson

By appointment only

CHIROPRACTORS – (604) 883-2764

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

- Wednesdays, call (604) 883-2764 to book appointment

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

HEARING CLINIC – (604) 885-0155

Hear on the Coast

Terra Dannes – Registered Hearing Instrument Practitioner

In clinic on Thursdays & mobile Mon - Fri

- Full diagnostic hearing evaluations
- Detailed medical reports and referrals
- Fitting, cleaning & maintenance of hearing instruments
- Aural rehabilitation and communication counselling



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.

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

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

How is your energy level?

*Dianne Paulus, RD
(article includes excerpts
from eatingforenergy.com)*

We've passed the holidays and "Blue Monday" (supposedly the most depressing day of the year but actually a publicity ploy to help sell sunny vacations), daylight is gradually increasing, and there are vaccines for COVID-19.

So, you should feel energized, right?

In case you're not there yet, here are a few things you can do to improve your energy level.

EAT BREAKFAST

Breakfast stimulates your metabolism and gets you going for the day.

Breakfast eaters tend to make better food choices throughout the rest of the day as well.

Try peanut butter on whole grain bread with some banana slices, an egg sandwich with some avocado and tomato, or whole grain cereal topped with some berries, nuts and a bit of yogurt.

INCLUDE PROTEIN

Protein with your meal or snack can help stabilize your blood sugar and make your energy last longer.

A sugary snack can feel like a quick fix, especially when you are tired but the energy realized from that can be fleeting.

Good sources of protein include peanut butter, eggs, meat, fish, poultry, cheeses, lentils, edamame and chick peas and beans.

Snack examples could be canned tuna with crackers and cucumber slices, a hard boiled egg or about 1/3 cup of trail mix.



EAT PLENTY OF VEGETABLES AND FRUITS

They provide essential vitamins and minerals, provide fibre, and help your brain stay alert.

Bell pepper slices, cucumber slices and other raw veg are great additions to snacks and meals, as are melon or orange slices or a serving of fruit canned in water.

STAY HYDRATED

Hydration is important for digestion, absorption, waste removal and temperature regulation.

Water is your best choice but other fluids contribute such as liquid in soups, watery fruits, juices, and non-caffeinated coffee or tea (but even weak regular tea contributes).

Volume recommendations can differ depending on your body size and activity level.

You often hear six to eight cups per day, but what we are looking for is that nice clear light yellow urine.

When you are starting to get dehydrated you may have difficulty concentrating, feel sleepy or feel a headache coming on — try a cup of water if these symptoms occur.

SLEEP

This is a necessity not a luxury — most adults need seven- to eight hours of sleep per day.

Get into a regular sleep routine.

One way to do this is to start getting up at the time you want to wake up and within several days you should feel tired enough at night to go to sleep at the right time to achieve your goal wake up time.

Avoid caffeine for at least five hours before you go to bed.

GET MOVING

Activity can improve your mood, strength and flexibility.

It can give you an injection of energy, improve sleep quality, help manage stress, and make you feel good about yourself.

Try not to go for more than one day without doing any activity.

If you have been inactive, take it slow and easy to restart.

Better to have shorter sessions often during the week than long sessions with many days in between.

REDUCING STRESS

Eating well, exercising regularly and getting enough sleep are important components to managing stress.

Yoga, relaxation techniques and meditation can also help.

Additionally, it can help to limit news consumption.

If you have chronic stress that you are having trouble dealing with on your own, seek help.

THE PENDER HARBOUR SENIORS WOULD LIKE TO SAY

Thank you!

to the P. H. Secondary School and the Madeira Park Elementary School
for the lovely handmade cards and letters — some including some baked goodies.
We handed out a total of 58 to the more isolated seniors in our community. Some comments:

*It is so nice the students
would think of us!*

Wow what a wonderful gesture!

I feel so special!

It made my holiday!

*What a terrific gift -
thank you!*

*This letter was so well written it
really made me feel great!*

The best way we can stay connected is by email, phone and letter and cards so, let's continue!
If you know of someone in need of a card or letter or if you have one that needs delivery,
please call Marlene (604) 883-9900 or email marlenecymbalist@gmail.com.



PENDER HARBOUR
SENIORS INITIATIVE

Sponsored by:
Smart Fund



HARBOURSIDE
FRIENDSHIP
PROGRAM

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

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

**Volunteers are needed to make Valentine Cards
to be given to seniors and/or students in our community.**

Let's continue the card exchange that we started last year.



I will drop off craft supplies needed to your home.
If you are interested, call Marlene (604) 883-9900
or email marlenecymbalist@gmail.com

.....

Harbourside Friendship group meetings, Carpet Bowling and Chair Yoga
programs are suspended for the time being due to Health Regulations.

**Please stay connected with each other.
Better times are coming!**



**PENDER HARBOUR
AQUATIC & FITNESS
CENTRE**

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

On lower level of
PH Secondary School:

13639 S. C. Hwy.

604 885-6866

www.scrd.ca/myrecreation

We're open!

*Come swim with us. Work out in our weight room.
We look forward to seeing you!*

During the COVID-19 pandemic, visitors are required to pre-register for activities. Dropping in is not permitted at this time.

Pre-register for our activities:

- Online at www.scrd.ca/pender-harbour-aquatic-fitness-centre
- Call 604-885-6801



SCRD Aquatic Leadership classes offered in Feb. and March:

- Visit www.scrd.ca/aquatic-leadership — register now!

We invite you to subscribe to our Recreation Newsletter at

www.scrd.ca/Newsletter-Signup

Follow us on facebook:

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

Pender Harbour Community School Society

Winter Birds Checklist

Can you locate these common winter birds? Look for them on the land and in the sea.

☐ Spotted Towhee

Dark hood, white belly, bold white spots on back, white outer corners of black tail



☐ Anna's Hummingbird

Tiny bird, iridescent red crown, green back, greyish underparts, dark tail



☐ Pacific Wren

Tiny, round bird, stubby tail, thin bill, fine dark banding on tail wings and belly



☐ Song Sparrow

Streaked brown with brown wing, long rounded tail, grey strip on brown crown



☐ Surf Scoter

Stocky diver, white eyes, orange-yellow-white bill, white on forehead & neck



☐ Bufflehead

Small plump diving duck, small grey bill, white belly and white visible patches



☐ Mallard

Heavy-bodied, orange legs, green head, white neck ring and yellow bill



☐ Pacific Loon

Silver-grey crown & nape, white neck stripes, black with white chequering



Harbour Learning Centre ~ Tue/Wed 9am-3pm, Fri 9am-1pm ~ call ahead 604.883.2826 ~ phcs@dccnet.com

Check your mailboxes or www.pendercommunity.ca for more details on this fun winter activity

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.

FEBRUARY

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

- Sun. Jan. 31.....P. H. Area Residents Association town hall meeting - via Zoom, 2 p.m.
- Mon. Feb. 1.....Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon
- Mon. Feb. 1.....SCRD special corporate and administrative service committee (rd. one budget), 9:30 a.m.
- Tues. Feb. 2.....SCRD special corporate and administrative service committee (rd. one budget), 9:30 a.m.
- Fri. Feb. 5.....SCRD special corporate and administrative service committee (rd. one budget), 9:30 a.m.
- Thurs. Feb. 11.....SCRD infrastructure services committee meeting - SCR.D.ca, 9:30 a.m.
- Thurs. Feb. 11.....SCRD regular board - SCR.D.ca, 2 p.m.
- Sun. Feb. 14.....Valentine's Day*
- Mon. Feb. 15.....Family Day (stat holiday)
- Mon. Feb. 15.....Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon
- Tues. Feb. 16.....P. H. Wildlife Society AGM - via Zoom, 7pm
- Thurs. Feb. 18.....SCRD planning and development committee meeting - SCR.D.ca, 9:30 a.m.
- Thurs. Feb. 25.....SCRD regular board - SCR.D.ca, 2 p.m.
- Thurs. Feb. 25.....SCRD corporate and administrative services committee meeting - SCR.D.ca, 9:30 a.m.

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



FERRY DEPARTURES

~ Effective to May 2021 ~

Masks are now required to be worn at all times at terminals and on board vessels.

Check www.bcferries.com for service updates due to holidays and COVID-19.

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.

HORSESHOE BAY

7:30 am - Daily
9:45 am - Daily
11:55 am - Daily
2:10 pm - Daily
2:40 pm - Dec. 23, 26, 27, Apr 1, 4 only
4:20 pm - Daily
5:30 pm - Daily
7:50 pm - Daily
10:55 pm - Daily

LANGDALE

6:20 am - Daily
8:40 am - Daily
10:50 am - Daily
1:05 pm - Daily
3:15 pm - Daily
3:50 pm - Dec. 23, 26, 27, Apr 1, 4 only
5:25 pm - Daily
6:40 pm - Daily
8:55 pm - Daily

EARLS COVE

6:35 am - Daily except Sun
8:25 am - Daily
10:25 am - Daily
12:25 pm - Daily
4:55 pm - Daily
7:00 pm - Daily
8:50 pm - Daily
10:40 pm - Daily

SALTERTY BAY

5:40 am - Daily except Sun
7:30 am - Daily
9:25 am - Daily
11:20 am - Daily
3:50 pm - Daily
6:00 pm - Daily
7:55 pm - Daily
9:45 pm - Daily

To comment on ferry service, contact MLA Nicholas Simons:

(604) 741-0792 (Sechelt constituency office) or nicholas.simons.MLA@leg.bc.ca

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~Charles Schulz

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