





We encourage everyone to come out on November 11 to support our veterans and honour their sacrifice.

The day's ceremonies begin at 10:30 a.m. with a solemn parade through Madeira Park.

It will continue to the Royal Canadian Legion No. 112 where Remembrance Day services will begin at 11 a.m.





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### **EDITOR**

Brian Lee

### CIRCULATION (2,500)

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: Robert Livingston, Frank Mauro, Susan Nattall, Melli McMillan and Shane McCune.

### **COVER**

Melli McMillan submitted this unique aerial perspective of the Mt. Hallowell forestry lookout with Jervis Inlet beyond. (See more photos and story on p. 15.)

### **ADVERTISING**

Please reserve by the 15th of the month prior to publication. Advertisers make publication of the *Harbour Spiel* possible — please say thank you, and support our community, by supporting them.

### **SUBSCRIPTIONS**

Annual subscription: \$60 (includes GST).

### CONTACT

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Next issue arrives Nov. 29

### The blunt truth: Legal weed is still dope



Brian Lee

Just as everyone feared, the drama teacher's dope lesson turned ugly.

As I write, it's been a week since Trudeau unleashed his marijuana mayhem on our community and no sooner did it go on sale than things started to get weird.

Surely I'm not the only one who noticed how everyone seems a little dumber since 10/17.

The lamestream media refuses to cover it but *trustme.org* reports that each joint smoked burns up one point of a hippie's IQ.

A week in and already much of Kleindale is approaching negative territory.

They're not the only ones.
Take Gerrans Bay residents.

Within days of legalization, their boats started sinking like cannabis stocks.

What is it about this area of Pender Harbour that keeps pulling boats down?

Is it a mystical Bermudan force? Or does the pot cause people to

forget to keep the water out?

And just check this month's outrageous RCMP News on page 8 if you need proof of marijuana's effect

on driving.

Two motor vehicle accidents — neither involving drugs and alcohol.

That almost never happens here.

But when it comes to healthcare, the effects of this policy could be catastrophic.

Administrators at the Pender Harbour Health Centre must already be concerned that the broad access to marijuana will cure many of our aging community's health issues including, as the internet says, cancer.

If this turns out to be true, layoffs of medical staff are assured.

Of course, for law abiding citizens, the most horrific part of this experiment is that all of the devil's lettuce smoked on the Coast during the first week of legalization was illegal.

That's because, for now, legal hits of reefer joints are only available online; so the Coast's narco freaks are just receiving their stinky drugs now.

Maybe those wait times are God's blessing, offering the weak among us pause to reflect on their disgusting life choices.

And make no mistake, marijuana addiction is ugly.

On Saturday, some Middlepointer ate two THC-laced gummies and did art for nine hours straight.

What a loser.



Though at an age when they should be volunteering or watching TV and complaining that their adult children never visit, since legalization, many local seniors like this Garden Bay couple, have been getting high and having sex all day.

### FLU SHOT CLINIC: Thursday, Nov. 1

This year's flu season is predicted to be a rough one so protect yourself with a flu shot. A flu shot clinic will be held at the Madeira Park Legion on Nov. 1 from 10 a.m. to noon and 1 to 2 p.m.

### JAZZ AFFAIR CONCERT AT THE P. H. MUSIC SCHOOL: Saturday, Nov. 10, 7 p.m.

It's not often that award winners at the prestigious Harmony Sweepstakes A Cappella Festival in New York venture to the Sunshine Coast, so a concert by Jazz Affair will generate real excitement. Beginning at Quebec's Laval University, these six fabulous singers have gone on to build a stellar reputation for their dynamic sound and the purity of their unaccompanied voices. From their website: "Jazz Affair est la réunion de six voix uniques (trois femmes et trois hommes) qui donne un tout coloré et énergique. Influencé par Manhattan Transfer et New York Voices, deux groupes phares du jazz américain, Jazz Affair se démarque par sa signature 100% a cappella, ce qui en fait un des rares groupes professionnels de jazz vocal au Canada."

### TREE LIGHTING: Friday, Nov. 30, 5 p.m.

Kick off this holiday season with this annual local tradition — the lighting of the community Christmas tree in Madeira Park. Made of aluminum masts from commercial fish boats, this "tree" is now a towering beacon celebrating the Christmas season. It is adorned with hundred of lights and will stay lit through the holiday season. This year's lighting ceremony takes place Friday, Nov. 30 at 5 p.m. at the P. H. Community Hall.





### photojournal



Mark Brezer/Slo Cat Harbour Tours



Brian Lee

Gerrans Bay was the focus of attention for residents and the Canadian Coast Guard after the *San Jolyne III* sank Oct. 19 while moored to this increasingly controversial cluster of vintage boats. According to the CCG: 'On Monday (Oct. 21), Coast Guard's Environmental Response crew were on site. Containment boom was placed around the entire site encompassing all vessels in the vicinity of the sunken San Jolyne III. The sheen remains on the water but is not recoverable. Pender Harbour Authority has agreed to tend the boom, keep Coast Guard apprised of salvage efforts, and inform Coast Guard if further assistance is required.' Coast Guard spotter planes, such as the above on Oct. 23, passed over the area frequently during the week after the incident.

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### Amended Area A OCP passed by SCRD board



Brian Lee

The SCRD planning and development committee sent the amended Area A official community plan to the SCRD board for final adoption at this Oct. 11 meeting. SCRD board members (l-r): Keith Julius (SIGD), Ian Winn (Area F), Garry Nohr (Area B), Mark Lebbell (Area D), Jeremy Valeriote (ToG), Frank Mauro (Area A), Doug Wright (DoS) and Lorne Lewis (Area E). Missing: Bruce Milne (DoS).

An amended official community plan for Area A (Bylaw 708) was adopted by the SCRD board on Oct. 25.

Planner Andrew Allen recomended changes to the document based on feedback from a Sept. 5 hearing at the P. H. Community Hall.

That hearing received 18 speakers, 22 letters and the submission of a petition containing 160 signatures.

In his staff report presented to the Oct. 11 planning and development committee, Allen noted that the Shíshálh First Nation's "Strategic Land Use Plan" was the key issue:

"Many speakers, letter writers and signatories of the petition feel the way this plan is integrated could pose a threat to privately held property and that its role relative to the OCP has not been clearly explained."

Allen's report included amendments to the OCP "where detail of each of the three referenced plans is omitted and a brief policy statement and note explaining their respective relationship to the OCP is added."

Struck from the OCP were seven pages of part four's "Regional Planning Context" which included detailed references to the Shíshálh First Nation's SLUP, the SCRD's "We Envision: Regional Sustainability Plan" and "Climate Action Plan."

In the amended document, specific reference to the Shíshálh SLUP document includes the following:

The SCRD has a close working relationship with the Shíshálh Nation who are represented on the SCRD Board by a member of the Shíshálh Nation Council.

SCRD endeavours to ensure that land development is consistent with the Heritage Conservation Act and respects the Heritage Protocol Agreement with Shíshálh Nation.

The Shíshálh Nation Land Use Plan is utilized when reviewing development applications on both public and private lands.

SCRD recognizes that lands within the plan area are located within the territory of the Shíshálh Nation.

Further information can be found at https://shishalh.com/.

"Every OCP has its challenges in getting the aspirations of the community down on paper and I feel this one in particular has captured the diversity of the community," said Area A director Frank Mauro.

Mauro also noted the Area A OCP details the necessity for a future water zoning process to be undertaken afterwards.

"Zoning on the water is something I personally believe is missing in Pender Harbour," said Mauro.

"It provides the ability for the SCRD to determine what can and can't be built.

"Area A is the only area where the water isn't zoned on the entire Sunshine Coast."



### Leonard Lee elected as Area A director

Leonard Lee is Area A's new director at the Sunshine Coast Regional District board.

In a race that saw three candidates running for the position, Lee received 636 votes, or 72 per cent.

His closest challenger, Mike Price, received 198 votes while Sandy Hegyi received 53.

This election saw 39 per cent of Area A voters turn out — 889 people out of 2,290 eligible.

Lee was president of the P. H. Chamber of Commerce for seven vears, chair of the P. H. dock management plan working group and has been a director of the P. H. Living Heritage Society where he lead the renovation of the Sarah Wray Hall.

He was also former director Frank Mauro's alternate for four years and vice-chair of the Harbour Authority of Pender Harbour for eight years until recently stepping down.

Lee is pleased his margin of victory gives him a clear mandate going into the first board meeting on Nov. 8.

"It's very humbling when so many people think you're the right person," Lee told the Harbour Spiel.

Lee has been attending SCRD meetings for months and said his upcoming priorities include helping to tackle the south Coast's water issues. pursuing gas-tax-funded walking paths and working closely with SCRD staff and the rest of the new board.

"For me, in reality, it's quite a



Leonard Lee.

simple job," he said.

"My experience at Telus has made me guite used to this stuff.

"It's not a tough job if you do it right."

The inaugural SCRD board meeting is scheduled for Nov. 8.

### Sam Haines acclaimed as local school trustee

Samantha Haines was acclaimed for the position of School District 46 trustee for the "Upper Coast," an area that covers both electoral areas A and B of the Sunshine Coast Regional District.

Haines will be one of seven trustees at the SD46 board, comprised of three from the Central Coast (Sechelt) and three from the Lower Coast (Gibsons and SCRD areas D, E and F).

Haines replaces outgoing Lori Pratt who left the position vacant in order to run for SCRD director for

Area B (Halfmoon Bay).

Pratt also won by acclamation. Haines spoke to the community at the P. H. Advisory Council Town Hall meeting Oct. 14.

"I know I can represent this community and the needs of our students. I believe in having an open conversations between students, parents, teachers and trustees so that together we can focus on our student successes," said Haines.

"I will work hard to be the best trustee that I can be."



submitted

Samantha Haines, school trustee (SD46) for the Upper Coast trustee electoral area.



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JULIE HEGYI



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### Volunteers honoured at PHAC town hall meeting Oct. 14

A packed agenda greeted approximately 200 community members attending a Pender Harboru Advisory Council town hall meeting at the P. H. Community Hall Oct. 14.

An introduction by PHAC president Alan Stewart was followed by a short presentation on the current status of the Area A OCP (now passed by the SCRD board) by former OCP advisory chair Peter Robson.

Next, Samantha Haines, recently acclaimed as School District 46 trustee for the "Upper Coast," introduced herself to the community (story p. 6).

An all-candidates meeting featured the three candidates running for director for Area A at the Sunshine Coast Regional District.

Bill Charlton and Sean McAllister representing the "Dock Managment Plan Working Group," offered updates about the controversial DMP delivered by the provincial government last April.

"We certainly have some issues that we could raise in court if we wish but before we embark on that road, we're trying to explore all our possibilities," said McAllister.

"The problem that we're facing is that various people are getting various renewals that are not all the same.

"We have roughly 320 tenured docks in the Harbour and I don't think I've seen the same renewal documents twice."

McAllister noted that the DMP-WG is in the process of building a database of affected dock owners to maintain communication.

Those interested should email *phdocks@gmail.com*.

Charlton then announced that the DMPWH will soon amalgamate with the P. H. Advisory Council in order to gain a united voice.

"You know there's 2,500 people that live here but we only have 150 members on the advisory council," said Charlton.

"So our goal, starting today, is to get 1,000 people to sign up."

The website for PHAC is www. penderharbouradvisorycouncil.com.

Charlton then announced that the P. H. Advisory Council will soon be renamed the Pender Harbour and Area Residents' Association in order to better represent the entire community.

### LIFETIME ACHIEVEMENT AWARDS

An individual lifetime achievement Award was awarded to Don Fraser

Fraser spearheaded the move in 1999 to beautify the downtown core of Pender Harbour and has been a vital component of maintaining it since.

From a PHAC media release:

"His inspiration for leading the charge to beautify Pender Harbour came 18 years ago after witnessing community members come together to renovate the Community Hall in Madeira Park.

"It was at that point he gathered together a dozen or so influential people at the top of the hill in Madeira Park and walked them down the then grey and dingy main drag.

"He opened their eyes to the current condition of the place, but also of how lovely it could be."

Fraser has also been an active member of the P. H. Community Club, P. H. Chamber of Commerce and was a founding member of the P. H. Advisory Council.

Lifetime achievement awards also went to both the Egmont and District Volunteer Fire Department and the Pender Harbour Volunteer Fire Department.



Brian Lee photos

Don Fraser received a community volunteer lifetime achievement award for his work beautifying the gardens in and around Madeira Park.



Members of the P. H. Volunteer Fire Department accept a community volunteer award on behalf of their department. I-r: Lucy Archbold, Bruno Pepin, Bill Gilkes and Alan Stewart.



Chris Cervenko accepts a community volunteer award on behalf of the Egmont Volunteer Fire Department.



Glen Bonderud

The fall fog created ideal conditions for photographers. Garden Bay Lake, shrouded in mist on Oct. 13.

### Dear Frank Mauro:

On behalf of the GRIPS trustees and staff, I want to thank you for your service over the past five years. Trying to please everyone in Area A was just never possible when I did the job because I worked in a ward system with shifting loyalties and individual self interests.

I am grateful that yesterday the GRIPS negotiating team successfully concluded a mutually agreed contract which will see local recycling continue operating for the next several years.

GRIPS is especially pleased that you can take credit that the SCRD will be giving a higher priority to recycling and zero waste from now on.

I feel confident your future support for and advice to newly elected director Leonard Lee will help him in achieving a seamless continuity in serving local residents.

I think you can take comfort in your retirement that you strove patiently to do your best for the people of Pender Harbour-Egmont. Joe Harrison (president) Green Recycling in Pender Society

### rcmp news

### **COLLISION**

On Sept. 30 police, ambulance and the fire department responded to a truck and trailer that had gone off the highway into a ditch, trapping the two occupants and their dog inside.

Pender Harbour Fire Department used hydraulic rescue tools to remove the driver's door and extricate the driver.

No signs of drug or alcohol impairment were detected and the collision is believed to be due to road conditions.

Both occupants were transported to hospital for treatment and assessment while the dog was uninjured.

### **DEER CAUSES COLLISION**

On Oct. 17, police attended a single vehicle incident in the 11700 block of Highway 101, Madeira Park, after a northbound vehicle went off the road and down an embankment.

The lone occupant was able to exit the vehicle on his own and said that he'd lost control after swerving to avoid a deer.

The driver was uninjured but the vehicle sustained heavy damage and had to be towed from the scene.

The driver had an expired driver's licence and was issued a ticket for it.

The matter has been referred to ICBC.



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### **PODS** development enters SCRD process

The Ruby Lake Lagoon Society's PODS development officially entered into the SCRD planning stage at the Oct. 11 planning and development committee meeting.

Michael Jackson, executive director of the RLLS, told the *Harbour Spiel* that it is in the process of applying for rezoning for the property and a development permit.

"Basically, the staff have looked at it and come back with some recommendations," said Jackson.

"One of them is to go to the Area A Advisory Planning Commission to try to look at it in more detail."

In the meantime, Jackson said they have been fine-tuning their business plan.

"We've been looking really closely at the operating costs for PODS," said Jackson.

"Because unless you can make sure you will have enough revenue coming in to cover the costs, you might as well not do it.

"So that's why we've spent so long on what we call 'POM' — the PODS operational model."

Jackson said they completed the final version of their operational plan in mid-October and now have a tool

that enables the group to input different scenarios when when it comes to revenue streams.

"It basically spits out a number at the end that tells you what the bottom line is and gives you an actual statement for the whole year."

Ongoing oil contamination from sinking boats in Gerrans Bay is a timely concern for Jackson's group.

"We put in a proposal with Pamela Goldsmith-Jones for an environmental protection unit to be placed at PODs with the equipment right there ready to use."

Jackson said the RLLS would work with other local groups to be trained to deploy the booms in the event of a contamination event.

"We'll form a community team to respond quickly with a vessel moored at our docks."

Even with detailed plans in hand for a much larger project than earlier envisioned, Jackson said they are still on target for completion in 2020.

Jackson said the current estimate for the project is \$27 million.

That figure includes "a 34-percent contingency" for cost overuns and two levels of underground parking that will cost \$3.5 million each.



Deutscher Architecture

An architect's conceptual rendering of the PODS development in Irvines Landing.



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### Royal Canadian Legion #112

Pender Harbour 2018 Poppy Campaign

Donations to our Poppy Campaign benefit our community:

In 2018, two bursaries were awarded to PHSS graduates.

2018 Poppy Campaign begins Friday, Oct. 26.

Please come to our Remembrance Day Ceremony on

### **Sunday, November 11**

Parade marches off at 10:30 am. Service at 11:00 am.

Followed by refreshments in the Legion. Children and families welcome.





### Departing Area A director Mauro's swan song



Frank Mauro

This will be my last article as the Area A director with the election a few days away as I write.

It is an opportunity look back on a few highlights of what we were able to accomplish in the past seven years at the SCRD, both for the Coast and for Area A.

The most important is the Area A water system improvements, including the construction of the south Pender treatment plant providing that area with clean, clear water, North Pender UV and disinfectant improvements reducing the amount of chlorine addition required, Egmont water system improvements and, finally, \$3 million

in grants for water main and waste water improvements in both North and South Pender, on which the contractor has just begun work.

Keeping taxes low was a priority of mine and percentage tax increases in Area A have been the lowest of any area on the Coast during my time as director.

The average residential annual tax increases for the rest of the Coast have been 5.4 per cent compared to Area A's 1.85 per cent.

On the same topic, being chair of the corporate and administrative committee for four years and vice-chair for two presented the opportunity to work with a great staff to streamline and focus the budget process to follow the SCRD strategic plan.

Budget process time has been

reduced to less than a third of what it was.

Area A now has a revised Official Community Plan.

I want to thank the OCP review committee and SCRD staff for their hard work over the past three years in formulating and presenting the new plan.

It is an excellent plan, is clearer and better organized, has simplified land use designations, has eliminated extraneous content, and is much easier to read.

Importantly, it sets the stage for densification and affordable housing.

The residents were listened to at the public hearing for the OCP and revisions were made accordingly.

It is a document which will serve our area well into the future.

### **SUNSHINE COAST REGIONAL DISTRICT**

### **UPCOMING MEETINGS**

Inaugural Board November 8 at 1:30 p.m.

Planning and Community Development Services Committee

November 15 at 9:30 a.m.

Infrastructure Services Committee

November 15 at 1:30 p.m.

Regular Board

November 15 at 3:00 p.m.

Corporate and Administrative Services Committee
November 22 at 9:30 a.m.

Regular Board November 22 at 1:30 p.m.

Special Corporate and Administrative Services Committee (Pre-Budget) November 29 at 9:30 a.m.

Special Corporate and Administrative Services Committee (Pre-Budget) November 30 at 9:30 a.m.

Meetings are held at 1975 Field Road, Sechelt. Agendas are available at www.scrd.ca/Agendas-2018.

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As regional hospital district chair, I represented the SCRD in overseeing the work resulting in the completion of the Sechelt Hospital expansion project and reconfiguration — witnessing it transform into the best hospital anywhere for the size of population it serves.

Much satisfaction came from working with local groups such as the Ruby Lake Lagoon Society.

Together we were able to initiate and implement a unique stewardship agreement for Tyner Park and also arranged for the donation of the "Duck Bus" to the society to be used for transportation of groups, especially kids and seniors.

Another local group that received continuous support was the P. H. Community School with the SCRD funding several of their projects and operations.

An economic development grant was provided to fund their production of a Community Resource Directory.

Ongoing financial support of the P. H. and District Chamber of Commerce from Area A is by far the highest annual allocation of any rural area and provided for many projects including the "Buy Local" program.

I was pleased to have established an Area A bikeways and walkways service and completed the well-used connective pathway between Madeira Park business area and the clinic area.

A province-wide ministry regulatory hurdle preventing walkways along road rights-of-ways is now close to being resolved.

The delay has resulted in the accumulation of \$923,000 in available gas tax funds that can be used to expand this service or other worthy projects.

Support was provided for health

initiatives such as increasing the funding for the P. H. Health Centre and providing grant-in-aid to marine rescue such as HMB SAR — things that rural communities need.

Area A has the highest grant-inaid budget of any of the rural areas.

I was a member of the committee that initiated and supported business development through the establishment of a Regional Economic Development Organization (SCREDO).

There are many areas which are outside the jurisdiction of the SCRD that, as director, I have spent much effort on for the community.

Communications and connectivity have seen major improvements through work and collaboration with Telus, making fibre optics available to most of the area at least one year ahead of schedule.

Also, two recent microcell installations in Egmont will improve cell phone coverage to many, but not all, of the residential areas.

They are expected to be activated by early November.

My involvement and guidance saw the removal of some derelict boats and structures, grants received for the assessment for five derelicts, and a group formed to start the work.

It was gratifying to have our work recognized by my recently being invited to provide input as a witness to the federal parliamentary committee for Bill C-64.

When passed, the bill will provide the tools to solve the problem.

While the above are some highlights, there were many others, as the ongoing work of providing the services the SCRD is responsible for continued.

The SCRD and the Shíshálh Nation, both staff and elected officials, have and maintain an excellent mutually supportive relationship.

The entire board is proud of the relationship and I am proud to be part of the learning that leads to achieving reconciliation in a transparent and respectful manner.

This must continue.

Whoever is elected will inherit the shared reins of an excellent organization in strong financial shape with a dedicated professional staff and with sound plans for going forward.

I am hopeful he will continue to be responsive to the community and focused on continuous improvement as I believe I have.

I have received great support from by far most of the community.

I thank you for that support.

I have been honoured to serve you and look forward to being more in control of my own schedule and enjoying all that our terrific community has to offer.

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1. What is the name of the performing arts centre in Madeira Park?	4. On which local peak will you find a former forestry lookout?
□ a. Pender Harbour School of Music	□ a. Mt. Caren
□ b. Pender Harbour Music School	□ b. Mt. Churchill
□ c. Music School of Pender Harbour	□ c. Mt. Drew
□ d. Ecole Musique Pender Harbour	□ d. Mt. Hallowell
2. Species of salmon you are most likely to find spawning this time of year in Anderson Creek?	5. What is the current name of what is formerly St. Mary's Hospital in Garden Bay?
□ a. Sockeye	□ a. Magnolia Place
□ b. Coho	☐ b. Sundowner Inn
□ c. Chum	□ c. Hospital Bay Stay
☐ d. Chinook	□ d. Rock Cod Hotel
3. Alternate name for the Skardon Islands.	6. Where is Secret Bay?
$\square$ a. Fox Islands	□ a. Egmont
☐ b. Indian Islands	□ b. Secret Cove
$\square$ c. Pearson Islands	□ c. Nelson Island
$\square$ d. Dead Dog Islands	☐ d. Narrows Inlet

Answers: p. 34

Four-plus: **Local** Two-plus: **Newbie** Less than two: **Townie** 

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### Pratt looks back with thanks

Editor,

It's been an incredible 10 years since I was first elected to the board of School District 46 to represent Pender Harbour, Egmont and Halfmoon Bay.

I'm grateful for the support of the citizens of Area A, my friends and family over these past three terms.

My tenure as a school board trustee is now ending and as I make the transition to the SCRD in the capacity of director for Area B (Halfmoon Bay), there are many people to acknowledge.

Thank you to Joe Harrison, for withdrawing your nomination papers in 2008 to support my campaign.

I've appreciate our conversations from those pre-election days and often reflect on your generosity.

Thanks to Myrtle McEachern for initial conversations regarding strategy, the first campaign photos and brochures and for being a consistent source of support, while always asking the difficult questions.

To Silas White, thank you for mentoring when I reached the board table — we accomplished much during our time.

For the students, teachers, custodians, principals, bus drivers and volunteers in Pender Harbour and Egmont — it's been such a pleasure to get know you and advocate for you.

Young people and families are crucial to the successful future of the Coast and will continue to be a priority for me at the SCRD.

To my family, thank you for your patience.

I wish your newly acclaimed trustee Samantha Haines all the best in her new role and look forward to working with your new Area A director at the SCRD board table.

Thanks for an amazing decade.

Lori Pratt
Secret Cove

# photojournal



submitted

Ongoing support from the community and efforts of Bargain Barn volunteers have enabled the P. H. and District Health Centre Auxiliary to pass along another cheque for \$35,000 to the P. H. Health Centre Society at their annual general meeting Sept. 23. (I-r): Bargain Barn president Linda Pearson, John Rathbone (PHHC finance and administration manager) and Bargain Barn accountant Marilyn Duggan.

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Thu 01	10.5 9.1	7.4	5.9	4.8	4.3	4.6	5.7	7.5	9.7	11.8	13.6	14.8	15.0	14.6	13.6	12.3	11.1	10.2	9.8	9.9	10.4	11.1	11.5
Fri 02	11.5 10.	9.7	8.3	6.8	5.7	5.1	5.3	6.3	8.0	10.1	12.2	13.9	14.9	15.1	14.5	13.2	11.7	10.2	9.1	8.6	8.8	9.5	10.4
Sat 03	11.3 11.	7 11.5	10.6	9.2	7.8	6.6	5.9	6.0	7.0	8.7	10.7	12.8	14.4	15.2	15.1	14.1	12.5	10.6	8.9	7.7	7.3	7.8	9.3
Sun 04	10.9 12.	0 12.1	11.4	10.2	8.7	7.4	6.7	6.7	7.7	9.4	11.5	13.4	14.8	15.3	14.8	13.4	11.4	9.2	7.3	6.2	6.0	6.7	8.2
Mon 05	9.9 11.	6 12.7	12.9	12.3	11.0	9.5	8.1	7.4	7.5	8.6	10.3	12.3	14.0	15.1	15.1	14.1	12.3	9.9	7.5	5.7	4.8	5.0	6.1
Tue 06	8.0 10.	1 12.1	13.3	13.6	13.0	11.6	10.1	8.8	8.1	8.3	9.5	11.2	13.0	14.4	15.1	14.6	13.1	10.8	8.3	6.0	4.4	3.8	4.4
Wed 07	6.0 8.3	3 <mark>10.7</mark>	12.7	14.0	14.2	13.4	12.1	10.6	9.3	8.8	9.2	10.3	12.0	13.5	14.5	14.7	13.7	11.8	9.3	6.7	4.6	3.4	3.3
Thu 08	4.3 6.3	8.9	11.4	13.4	14.6	14.6	13.8	12.4	10.9	9.8	9.5	9.9	11.1	12.5	13.7	14.3	14.0	12.6	10.4	7.8	5.4	3.6	2.8
Fri 09	3.2 4.7	7.0	9.7	12.2	14.1	15.0	14.8	13.9	12.5	11.2	10.2	10.0	10.6	11.6	12.8	13.6	13.8	13.0	11.3	9.0	6.5	4.4	3.1
Sat 10	2.8 3.6	5.5	7.9	10.6	13.0	14.6	15.2	14.9	13.9	12.6	11.4	10.6	10.5	11.1	11.9	12.8	13.3	13.1	11.9	10.0	7.8	5.6	4.0
Sun 11	3.1 3.2	4.3	6.3	8.8	11.4	13.5	14.9	15.2	14.8	13.8	12.6	11.5	10.9	10.9	11.3	12.0	12.6	12.7	12.2	10.8	9.0	7.0	5.2
Mon 12	3.9 3.5	3.9	5.2	7.3	9.7	12.0	13.8	14.9	15.1	14.6	13.7	12.6	11.6	11.0	11.0	11.3	11.8	12.1	12.0	11.3	10.0	8.3	6.6
Tue 13	5.2 4.3	4.1	4.8	6.2	8.2	10.4	12.4	14.0	14.9	14.9	14.4	13.5	12.5	11.6	11.0	10.9	11.1	11.4	11.6	11.4	10.6	9.5	8.0
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Thu 15	8.2 7.1	6.2	5.7	5.8	6.5	7.9	9.6	11.4	13.0	14.1	14.6	14.4	13.8	12.9	11.8	10.8	10.1	9.9	10.0	10.3	10.6	10.7	10.4
Fri 16	9.7 8.7	7.7	6.9	6.5	6.6	7.3	8.6	10.2	11.9	13.3	14.2	14.5	14.1	13.3	12.2	11.0	9.9	9.2	9.0	9.3	9.8	10.3	10.7
Sat 17	10.6 10.	1 9.3	8.4	7.6	7.2	7.2	8.0	9.3	10.8	12.4	13.6	14.3	14.3	13.7	12.6	11.2	9.8	8.6	8.0	8.1	8.6	9.5	10.4
Sun 18	11.0 11.	1 10.8	10.0	9.0	8.2	7.7	7.8	8.6	9.9	11.4	12.9	13.9	14.4	14.0	13.0	11.5	9.8	8.3	7.2	6.9	7.3	8.2	9.5
Mon 19	10.7 11.	6 11.8	11.5	10.7	9.6	8.7	8.2	8.4	9.2	10.5	12.1	13.4	14.2	14.3	13.5	12.0	10.1	8.2	6.6	5.8	5.8	6.7	8.1
Tue 20	9.8 11.	3 12.4	12.7	12.2	11.2	10.1	9.1	8.6	8.9	9.9	11.3	12.8	13.9	14.3	13.9	12.6	10.6	8.4	6.4	5.0	4.5	5.0	6.4
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Thu 22	6.5 8.9	11.3	13.2	14.2	=						10.1		12.7				=	9.9	7.3	4.9	3.1	2.4	2.8
Fri 23	4.4 6.8	9.6	12.2	14.1	15.0	14.7	13.7	12.3	11.0	10.1	10.0	10.8	12.0	13.3	14.1	14.2	13.2	11.1	8.5	5.8	3.5	2.0	1.7
Sat 24	2.6 4.7	7.4	10.4	13.0	=	15.5					10.4						13.8	12.3	10.0	7.2	4.6	2.5	1.4
Sun 25	1.5 2.8	5.2	8.1	11.2	13.8						11.4						=	13.2	11.5	9.0	6.3	3.9	2.1
Mon 26	1.3 1.7		5.9	8.9	11.9						12.7		10.9				=	13.5	12.6	10.8	8.4	5.9	3.7
Tue 27	2.2 1.7		4.1	6.7	9.6						14.0						12.4					8.2	6.0
Wed 28	4.1 2.9	2.6	3.4	5.1	7.6	10.4					15.0						11.1	11.8	12.2	12.2	11.5	10.1	8.3
Thu 29	6.5 4.9	4.0	3.8	4.6	6.3	8.6		13.4			=		13.5				9.8	10.2	10.8		11.6	11.3	10.3
Fri 30	8.9 7.4	6.1	5.3	5.2	5.9	7.5	9.6	11.8	13.8	15.2	15.8	15.5	14.5	13.0	11.4	9.9	9.0	8.7	9.0	9.7	10.5	11.1	11.2

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

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.





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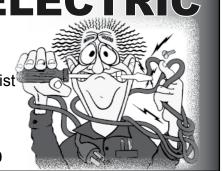
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Page 14 Harbour Spiel

# **Mount Hallowell in photos**

Brian Lee (excerpted from HS, Sept. 2009)
Photos: Melli McMillan

Mt. Hallowell is the second highest peak in the Caren Range at 1,250 metres.

The peak sits within the 3,000-hectare (7,400-acre) Spipyus Provincial Park and offers unparalleled views of the Strait of Georgia and Vancouver Island, Jervis Inlet and the Tantalus Range in the east.

Because of its 360-degree vantage point, the peak is the site of a former BC Forest Service lookout tower which is still intact.

It's possible to hike from the washout on the mine road near the Malaspina Substation, a 13-kilometre round trip.

The former supply trail can also be accessed by driving up Trout Lake Road from Halfmoon Bay.

Continue on Trout Lake Road for about 12 kilometres and at the junction stay left.

At 18 to 19 kilometres look for some flagging and a small, nondescript pullout on your left in a grove of mature trees. (Many sources report that a red cable spool marks the trailhead but it is now invisible.)

If you emerge from the trees into a logged area, you've gone 300 metres too far.

A two-kilometre hike passes through forests and wild blueberry scrub before a steep climb to the top.

Vehicle access to the Caren Range is only possible from July to October due to snow accumulation.

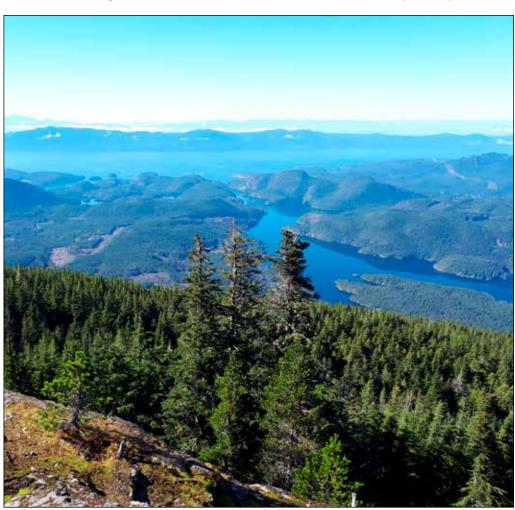
The road is rough so a good 4x4 is recommended; vehicle access varies annually due to collapsing brush from the annual snowfall.

Even when the road has been recently cleared, your vehicle's paint job will likely suffer so it is advisable to leave your Escalade at home.



Melli McMillan photos

The former forestry lookout tower on Mt. Hallowell. Photo taken this past September.



View from Mt. Hallowell overlooking Sakinaw Lake and Pender Harbour.



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Harbour Spiel

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5	6		8 POLAR EXPRESS LIGHT TOUR T @ JOHN HENRY'S
12	13	14	15 RCL 112 MEAT DRAW
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### Albert John (Ab) Haddock FEBRUARY 12, 1942 – SEPTEMBER 16, 2018



The wildlife can rest easy now as Ab has put his gun away for the last time.

Anyone who knows him knows that the wildlife were never in much danger anyways.

Ab went peacefully on Sept. 16. He leaves behind his loving and patient wife of 51 years, Wendy, his loving daughters Lisa (Paul) and Tina (Jeff), son Terry (Betty), sister Shirley (Guy) and niece Michelle (Patrick).

He also leaves behind the loves of his life, his grandchildren Trenton, Kaitlin, Shelby, Jenna, Tiffany and Dustin; and great grandson Caleb.

He had a long struggle but he is finally at peace.

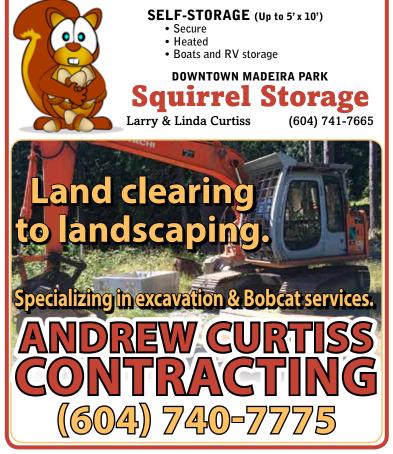
A celebration of life will be held on Saturday, Nov. 3 at the Royal Canadian Legion in Madeira Park.

In lieu of flowers please donate to a charity of your choice.

Something to squirrel away?

**OBITUARIES:** The *Harbour Spiel* publishes obituaries free (for local residents) as a longstanding effort to recognize those who lived in Pender Harbour and Egmont. Submissions must be timely and include the date of birth and date of death. The editor will edit for length and to remove first-person and personal messages as required to maintain editorial consistency.





Page 22 Harbour Spiel

### Pender Harbour Wildlife Society presents Orca author Jason Colby

submitted

Killer whales are one of the most beloved and recognized species on the planet.

Not so long ago, the whales were considered vermin and feared, hated, hunted and harpooned.

Nowadays, they are a protected species.

The coastal waters around Vancouver Island and the mainland are home to Canada's most famous resident killer whale population and these magnificent marine mammals are individually recognized and well known by local residents and researchers.

On Tuesday, Nov. 20, the Pender Harbour Wildlife Society welcomes Jason Colby, author of Orca: How We Came to Know and Love the Ocean's Greatest Predator

Colby is an associate professor of environmental and international history at the University of Victoria.

Orca features a chapter on the capture of whales in Pender Harbour as well as several local interviews.

According to zoologist Annie Hall, the book contains "a wealth of information and tells the stories of the captive whales and the people who pursued, cared for, and studied them — and ultimately fought for their freedom."

From killing, to capture, to cameras, Jason reveals how we fundamentally changed the way we view the beloved cetacean and the transformation of our relationship with the ocean and all its creatures.

Colby's presentation will be at the P. H. Secondary School, beginning at 7 p.m. with free admission.

For more information, email info@penderharbourwildlife.com or visit www.penderharbourwildlife.com.



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Garden Bay Sailing Club	, ,
Guides, Brownies, etc.	
Harbour Artists	
Harbourside Friendships (Thur. 10:30 -1 p.m.)	
Health Centre Society	
Health Centre Auxiliary	
• InStitches (last Thursday of month, 10 a.m.)	
• Lions Club, Egmont	(604) 883-9463
Lions Club, Pender Harbour (1st & 3rd Tues.)      Mac's Conser Support Croup.	(604) 883-1301
Men's Cancer Support Group      P. H. Agustia Captra Society.	
P. H. Aquatic Centre Society  P. H. Blues Society	
P. H. Choir (7 p.m., Tuesday)	
P. H. Community Club	
P. H. Community School Society	
P. H. Garden Club	
• P. H. Golf Club	
P. H. Hiking Club (8:30 am, Mon. & Wed.)	
P. H. Living Heritage Society	
P. H. Music Society (bookings)	
P. H. Paddling Society (dragon boating)	
P. H. Piecemakers (quilters)	
• P. H. Pipe Band	
P. H. Power & Sail Squadron	` '
P. H. Ramblers (hikers, every Tues. a.m.)	(604) 883-1191
P. H. Volunteer Fire Dept (Wed. evening)	(604) 883-9270
P. H. Reading Room (library)	(604) 883-2983
Rotary Club (noon Fri. RC Legion No.112)	(604) 883-2843
Royal Canadian Legion No. 112	
Ruby Lake Lagoon Society	
Skookumchuck Heritage Society	
S. C. Health Care Auxiliary (2nd Wed.,1:30 p.m.)	
Seniors' Housing Society	
Serendipity Child Care Centre	
Sunshine Coast Better At Home	
Wildlife Society (3rd Tues. PHSS)	
Women's Connection (2nd & 4th Tue.)	
Women's Outreach Services	(604) 741-5246

### organizations

### P. H. WOMEN'S CONNECTION

On Nov. 13 author Jan DeGrass will attend. DeGrass spent 17 years as arts and entertainment columnist for the *Coast Reporter* and three years as the editor of *Coast Life* magazine. Her talk is entitled "Co-op activism and Soviet stories and why it took 40 years to write about them."

On Nov. 27 Canadian Tai Chi Academy instructor Betty Spanza will talk about the 108-move set and do a short demo. Tai Chi is a complete whole-body exercise that can be practised anywhere, anytime, without the need for special gear or clothing. The Tai Chi set was developed by Master Moy Lin-Shin (1931-1998) to promote good health.

### PENDER HARBOUR GARDEN CLUB

The P. H. Garden Club is pleased to host the three founders of *Botanus.com* on Monday, Nov. 5 at 1 p.m. in the P. H. School of Music. Elke, Pam and Wendy started a mail order company 18 years ago with the goal of getting Canadians excited about gardening by providing top notch plants and outstanding service.

Their presentation is called "Fall in love with unusuals." This is a bright and lively presentation that showcases the wonderful world of fall-planted, unusual bulbs. The colourful PowerPoint presentation guides you through how easy they are to grow and enjoy in your garden for years.

All are invited with a \$5 drop-in or a \$15 membership for 2018, which includes a card for 10 per cent discount on plants at all nurseries on the Sunshine Coast.

### SCHOOL OF MUSIC COFFEEHOUSE

This month's School of Music Coffee House will run Friday, Nov. 9 at 7:30 p.m. The lineup features Ted and Joan (guitarist/songwriters), Allan Nienhuis (guitar/vocals) and Triad, a women's vocal trio.

Admission is by suggested donation of \$10 at the door and the proceeds are shared among the performers. For information, visit *www.penderharbourmusic.ca* and to book a performance, call Joanne at (604) 883-9749.





Sewerage System Design and Consultation

Corey Smith, ROWP 604.989.5673

resolutes eptics er vices@gmail.com

Page 24 Harbour Spiel

## Chamber of Commerce looks for help lighting up Pender Harbour

# CHRISTMAS LIGHTS, EVENTS AND TREE LIGHTING

The Pender Harbour Chamber of Commerce is involved in many aspects of community life and, once again, is gearing up to promote a mass infusion of Christmas lights in Pender Harbour this season.

A calendar of holiday events is published on the P. H. Community School website, *pendercommunity. ca*, as well as the chamber's website, *phchristmas.com* or *Penderhar-bourchristmas.com*.

Christmas begins with the tree lighting on Nov. 30 in Madeira Park and continues right through the

Christmas season with weekly events.

We are encouraging all businesses and individual residents to light up the town like last year.

# P. H. DOCK MANAGEMENT PLAN WORKING GROUP

As you may now understand from the recent town hall meeting, your chamber of commerce is also the umbrella group for the Dock Management Plan Working Group.

We are compiling a contact list of all dock owners in the Harbour to be used to dispense information and ideas as we work through the DMP.

One way to get on the list is to

access the chamber website, *penderharbour.ca*, click on "info on the DMP" and follow the link to "contacts."

From here, fill in your name, email and phone number.

Please also add your home address and the fact you are a dock owner in the remarks section so we can locate where your dock is situated in the Harbour.

We will not disseminate your information without your permission.

Many thanks to everyone who volunteers for chamber events and maintains Pender Harbour as a wonderful, vibrant community.

### harbour seals



### Note your seal of approval or disapproval.

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

A large garbage can of rotten Seals to **Area A director Frank Mauro** for supporting, without considering the opinions of neither his constituents, the OCP advisory committee, the P. H. Advisory Council or the Area A advisory planning commission, the amendment to the Area A OCP to include the Sechelt Indian Band "Strategic Land Use Plan."

Andy McLaren

Harbour Seals of Approval for all the donations to the P. H. Food Bank during our recent food drive.

Special thanks to **Roosen's Farm** and **individuals** for the vegetable, fruit and other garden bounty.

Our clients are truly blessed by your generosity. Wonderful folks in a wonderful Sunshine Coast community!

Wendy Phillips Pender Harbour Food Bank Harbour Seals of approval to **Sylvia Showler** for her community spirit and for keeping people informed by organizing the Oct. 18 Area A director all-candidates meeting.

Karen Wells

A big slice of Harbour Seals of Approval for the incredible job by **Deb at IGA bakery**. The cake for the fire fighters' "thank you" was picture perfect. Not a slice was left over.

Erin McKibbon

Heartfelt Seals of Approval to all involved after a tree took out our power on July 2:

BC Hydro for coming at 2 a.m., Olson Electric for restoring service at a reasonable cost and Chad Hourie and Pender Harbour Tree Service for quick removal of dangerous trees.

Seals also to the **best neighbours in the Harbour** for offers of everything from accommodation and showers to generators.

Beryl and Gary Oborne

# Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



### Meal service has now resumed.

For service, please contact Wendy (604.883.2514), Anky (604.883.0033) or Linda (604.883.2819).



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

- 1. 12:24 PM +XL
- 2. 1:19 PM +XL
- 3. 2:19 PM +XL
- 4. 7:46 AM -L, 2:01 PM +XL
- 5.8:53 AM -L, 3:38 PM +L
- 6. 9:52 AM -L, 3:11 PM +L
- 7. 10:52 AM -M, 3:42 PM +L
- 8. 11:36 AM -M
- 9. 12:16 PM -M
- 10. 12:57 PM -M
- 11. 1:40 PM -M
- 12. 8:17 AM +XL, 2:36 PM -M
- 13. 9:01 AM +XL, 3:33 PM -M
- 14. 9:37 AM +XL
- 15. 10:58 AM +XL
- 16. 11:49 AM +L
- 17. 11:58 AM +L
- 18. 12:40 PM +L
- 19. 1:19 PM +L
- 20. 8:33 AM -M, 1:54 PM +L
- 21. 9:33 AM -M, 2:24 PM +L
- 22. 10:25 AM -M, 2:59 PM +L
- 23. 11:13 AM -M, 3:38 PM +L
- 24. 11:58 AM -M
- 25. 12:43 PM -M
- 26. 1:31 PM -M
- 27. 8:15 PM +XL, 2:33 PM -M
- 28. 9:04 AM +XL, 3:35 PM -M
- 29. 9:53 AM +XL
- 30. 10:50 AM +XL

These are estimates only and not intended for navigation.

### harbour almanac



# **WORLD WAR I**

### 9-11 million

An estimated number of military deaths in the First World War.

# 6.5 million

The estimated number of civilian deaths due to military action or crimes against humanity in the First World War (not including civilian deaths due to privation, which adds approximately 6 million).

61,000

The number of Canadian soldiers who died in the First World War.

116,516

The number of American soldiers who died in the FIrst World War.

# 1,357,800

The number of French soldiers who died in the First World War.

# 424,000

An estimate fo the number of Canadians who served overseas in the First World War.

# 90,000

The number of deaths in the First World War attributable to chemical weapons. A further one million casualties were also inflicted.

# 9,000

Authorities identified over 9,000 Canadians returning from the First World War as suffering from "shell shock."

# 17-28%

The highest death toll as a percentage of its population was incurred by Serbia (a population of 4.5 million suffering between 750,000 and 1,250,000 deaths).

~ CNN, Canadian War Museum, Wikipedia

### NOVEMBER WEATHER

### **TEMPERATURES (MERRY ISLAND)**

Our November average daily high temperature is 8.8 C and our average low is 5.2 C, giving us a daily mean of 7 C. The highest November temperature recorded is 15 C (Nov. 4, 1975); the lowest is -7.3 C (Nov. 27, 1985).

### PRECIPITATION (MERRY ISLAND)

November averages 55.8 hours of bright sunshine and 19 days with precipitation. November's average monthly rainfall is 148.5 mm; snowfall is 2.5 cm. The highest November daily rainfall recorded at Merry Island is 50 mm (Nov. 3, 1989); snowfall is 9.6 cm (Nov. 25, 1985).

### **NOVEMBER ASTROLOGY**



### SCORPIO: OCT. 24 - NOV. 22

Scorpios are highly sensitive and compassionate, with a fierce pride and determination. With Pluto as the ruling ex-planet,

people born under this sign are considered to be dynamic and extreme in their opinions. This month Mars appears in your sign. Luckily it only occurs every two years because it will send reason and restraint packing. However, it's best not to resist the warring planet. Just soak it up while it lasts — it will triple your pleasure while only doubling the risks of negative experience. For once, trust math.



### SAGITTARIUS: NOV. 23 - DEC. 21

Sagittarians love excitement and adventure. They are easily bored but often trendsetters. They are bold and impulsive,

natural explorers who thrive on change and mental stimulation. Because of their insatiable need for excitement, winters are hard on Sagittarians. With the new moon in Scorpio on the 12th, time has never been better to plan. Decisions made during this time are virtually guaranteed a successful outcome. A pet or family member takes ill on Nov. 21.

### **BC BESTSELLERS**

For the week ending Oct. 20, 2018

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. **Buffy Sainte-Marie: The Authorized Biography** by
  Andrea Warner (Greystone Books)
- 2. A West Coast Summer by Caroline Woodward, illus. by Carol Evans (Harbour Publishing)
- 3. Whitewater Cooks: More Beautiful Food by Shelley Adams (Alicon Holdings Ltd)
- 4. **One Eagle Soaring** by Roy Henry Vickers & Robert Budd (Harbour Publishing)
- 5. **The Hidden Life of Trees: Illustrated Edition** by Peter
  Wohlleben (Greystone Books)

- 6. 21 Things You May Not Know About the Indian Act by Bob Joseph (Page Two Strategies)
- 7. **The Inner Life of Animals** by Peter Wohlleben (Greystone Books)
- 8. **A Sorrowful Sanctuary** by Iona Whishaw (TouchWood Editions)
- 9. 105 Hikes In and Around Southwestern British Columbia by Stephen Hui (Greystone Books)
- 10. **Return of the Wolf** by Paula Wild (Douglas & McIntyre)

### **NOVEMBER BIRTHDAYS**

- Nov. 2 ~ Carrie Hillhouse and Charles Lee.
- Nov. 3 ~ Charlene Cote, Sue Rayment and Trevor Ross.
- Nov. 4 ~ Sandy Boyd, Brennan Bennett and Pressley Silvey.
- Nov. 5 ~ Diana Degraaf, Colton Edwardson, Finnley Silvey and Tanis Zayshley,
- Nov. 6 ~ Kathie Atherfold and Max Scoular.
- Nov. 7 ~ Joni Mitchell.
- Nov. 8 ~ **Eleanor Reid, Ryan Boyd, Gerry Matheson** and **Sabine Tamm.**
- Nov. 9 ~ Candace Cruikshank and Matthew McKimm.
- Nov. 10 ~ Tom Duncan and Nicole MacDonald.
- Nov. 11 ~ Marge Campbell and Loretta McDonald.
- Nov. 12 ~ Roger Duncan, Dwayne Knock and Cooper Pantages.
- Nov. 13 ~ Hunter Edwardson, Tanya Cummings, Paul Jones, Darrin Jordison and John Maveety.
- Nov. 14 ~ Mary Dumaresq and Amber Kincaide.
- Nov. 15 ~ **Josey Bennett.**
- Nov. 16 ~ Ray Hansen and Janique Peters-Gray.
- Nov. 17 ~ **Biada Priest, Rodney Kammerle, Bev McDonald** and **Barb Watt.**
- Nov. 18 ~ Steve McCanse and Amanda Ross.
- Nov. 19 ~ Cheryl Jensen and Dennis Levasseur.
- Nov. 20 ~ Umeyo Kishimoto and Jill Wagner.
- Nov. 22 ~ **Jennifer Girard, Alysa English, Brooke Fraser** and **Anne Fraser.**
- Nov. 23 ~ **Dodie Edwardson, May Silvey, Dave Daiken** and **Wayne Griffith.**
- Nov. 24 ~ Maggi Guzzi and Chase Campbell.
- Nov. 25 ~ **Neil Remmen, Paul Gaudet** and **Leah Pockrant**.
- Nov. 26 ~ Gary Griffith.
- Nov. 27  $\sim$  Betty Sladey and Natasha Landry.
- Nov. 28 ~ Ryder Noble and twins Paige and Lexi Pauls.
- Nov. 29 ~ Marie Coombes, Pete Hannah, John McDonald, Myrna Pickering and Kaila Silvey.
- Nov. 30 ~ Lori Clarke and Brayden Zayshley.



# 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

Jennifer Mejia - Hygienist

- Braces
   Cosmetic Dentistry
- Restorative Dental Care Consulting
- Dentures 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

Tim Hayward - Adult Mental Health - (604) 883-2764

### 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

### **PHYSIOTHERAPY** – (604) 989-4828

Jeanette LeBlanc

Book online at backstream.janeapp.com

**PHYSICIANS** – (604) 883-2344

Drs. Forgie, McDowell, Robinson & Smith

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

### **CHIROPRACTORS** – (604) 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 741-8972

### 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



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.

FOKUS (Focus On Keeping Us Strong):

Helping each other work towards better health – Fridays, 10:30am \*FREE\* More info.? Lori 604-740-1151

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

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### What's the difference? Flu versus the common cold

Susan Nattall, RN

It is getting to be that time of year again.

Yes, cold and flu season.

How do you know if you have a cold or the flu?

There are many symptoms that are similar, but they usually differ in severity.

The common cold, whether a chest cold or a head cold, can be caused by more than 200 viruses.

It is generally a milder respiratory illness than the flu which may leave you feeling badly for a few days.

On the other hand, the seasonal flu is caused by the influenza A or B

virus and can leave you feeling ill for a few days to weeks.

Influenza can result in serious health problems such as pneumonia or bacterial infections and can lead to hospitalization.

The chart below gives some general guidelines in helping people tell if they have a cold or the flu.

If you have symptoms of the flu or a cold, please stay home and rest.

In addition, drink plenty of fluids, avoid smoking, take over-thecounter medications to relieve symptoms and use moist air from a hot shower or sink to clear a stuffy nose.

Salt water nasal rinses are also effective.

The best prevention against the spread of germs is frequent handwashing.

One should use warm water, plain soap and rub hands together for at least 20 seconds.

Keeping your hands away from your face and eyes and coughing into your elbow will also help stop the spread of germs.

A flu clinic will be held at the Madeira Park Legion on Nov. 1 from 10 a.m. to noon and 1 to 2 p.m.

If you are unable to attend this clinic, you may call the PHHC at (604) 883-2764 to book an appointment starting Nov. 2.

Symptom	Cold	Influenza
Fever	Rare	Usual; high fever (102 ° F/39 ° C - 104 ° F, 40 ° C), sudden onset, lasts 3 to 4 days.
Headache	Rare	Usual; can be severe
Muscle aches and pains	Sometimes, generally mild	Usual; often severe
Tiredness and weakness	Sometimes, generally mild	Usual; severe, may last up to 2 to 3 weeks
Extreme tiredness	Unusual	Usual; early onset, can be severe
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can become severe.
Complications	Can lead to sinus congestion or infection, and ear aches.	Can lead to pneumonia and respiratory failure, and become life-threatening. Can worsen a chronic condition.

PHAFC PHSI PHCS











### 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

phaquatic@scrd.ca www.scrd.ca/Recreation

### GLOW NIGHT: Friday, Nov. 9, 5-8pm

It's dark outside but the pool is glowing with fun! All ages, regular admission rates apply.

\*HAPPY HIPS AND KNEES: Tuesdays, Nov. 6 - Dec. 11, 11-11:45am \$60/6 classes. Aquatic conditioning program for those pre or post joint replacement surgery.

\*HEALTHY NEW START: Mondays and Wednesdays, Nov. 5 - Dec. 12 1-2pm. \$120/12 classes. An exercise program designed for those with chronic health issues. Instructor: Silke Linnmann

### \* STRETCH & BALANCE YOGA: Thursdays, Nov. 1- Dec. 6,

5:30-6:45pm. Instructor: Carole Logtenberg

### \*ELEVATE YOUR WORKOUT SERIES CONTINUES:

- Stress, Energy and Weight Loss Nutrition Workshop: 3 Saturdays Nov. 17, 24 and Dec. 1. 11:30am-12:30pm. \$60/3 classes. Instructor: Certified Holistic Nutritionist Alex Christian
- Roll Out: Tuesday and Thursday, Nov. 6 and 8, 1-2pm. \$50/ 2 classes. Instructor: Certified Fitness Trainer Amanda Peterson
- •Mat Pilates and Stretching Workshop: Tuesday, Nov. 13 and 20, 12:30-2pm. \$50/2 classes. Instructor: Certified Pilates Instructor Sandra Buchanan.
- Deep Water Running: Thursday, Nov. 15, 6:30-8pm. \$25/1 class. Instructor: Certified Aquafit Trainer Deb Cole.
- Battle Ropes Clinic: Tuesday, Nov. 20 (6:45-7:45pm) and Saturday, Nov. 24 (10-11am). \$20/1 class. Instructor: Certified Fitness Trainer Amanda Peterson

\*Pre-registration is required for all the above programs.

Facility will be CLOSED Sunday Nov. 11 and OPEN on Monday, Nov. 12.



# 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

### New! CARPET BOWLING IN EGMONT: Wed., Nov 7, 14, 21 & 28

At the Egmont Community Hall 1-3pm Drop-In \$3. No experience needed

### WALKING: Mondays Nov 5, 19 & 26

At the P. H. Community Hall10:30-11am. Drop-in \$3. Wear runners and join us in an easy pace special exercise program with walking-based moves. Instructor: Heidi Kozlof

### New! CHAIR YOGA IN GARDEN BAY: Tuesdays, Nov 6, 13, 20 & 27

There's a new activity in Garden Bay area happening every Tuesday! Come join us for chair yoga to improve your balance, strength & flexibility with gentle moves with Carole Logtenberg. Drop-in \$3 at the Sarah Wray Hall from 10:30-11:30am.

### CARPET BOWLING: Wednesdays, Nov 7, 14, 21 & 28

At the P. H. Community Hall 1-3pm Drop-in \$3. Join us for a fun game!

### CHAIR YOGA CLASSES: Fridays, Nov 2, 9, 16, 23 &30

Improve your balance, strength & flexibility with gentle moves with Judy Gideon at the P. H. Community Hall from 10:30-11:30am, drop-In \$3.

### **HARBOURSIDE FRIENDSHIPS: Thursdays**

At the P.H. Community Hall, a free drop-in program at 10:30am. Lunch \$10 served at noon.

Nov 1 – Presentation on ways to keep your physical & mental health.

Nov 8 – Advance Care Planning with Caron Hawrychuk.

Nov 15 – Time to share an activity with the Grade 5/6 Class.

Nov 22 - Music with Skinny Jimmy.

Nov 29 - Music by Pender Harbour Choir.



# PENDER HARBOUR COMMUNITY SCHOOL

HARBOUR LEARNING CENTRE HOURS: Monday to Friday 9am to 3pm

Box 232 Madeira Park, V0N 2H0

5012 Gonzales Road

604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

### Special event! FALL FEAST COMMUNITY DINNER

Sunday, Nov 25 at the P. H. Community Hall, 5:30pm, dinner will be served. Bring yourself and your kids and share a meal with friends and neighbours! Sponsored by the Community School and community partners.

### **CONVERSATION CAFÉ**

Thursday, Nov 15, 6:30-8:30pm at Euspiria Cafe. Come out and hear Linda Cordell, local bank manager, explain the benefits investments such as RESPs. Enjoy refreshments, ask questions, share ideas with other areas of interest with other parents in our community!

### **New! COOKING SERIES**

SAMOSAS (INDIAN COOKING): Tues., Nov 13, 6:30-8:30pm, PHSS Foods Room ~ \$50. Learn to prepare Samosas! Enjoy Chai tea while you cook, sample in class and take home 1 dozen. Please bring a rolling pin to class.

SPRING ROLLS & SMOOTHIES (VEGETARIAN COOKING): Tues., Nov 20, 6:30-8:30pm, PHSS Foods Room ~ \$25. Learn how to make spring rolls (non-fried) and an easy peanut sauce. We will also be making a delicious and filling smoothie. Learn about the basics of vegan nutrition and get inspired to add more plant based meals into your repertoire.

COOKING CLASSES FOR KIDS: Wed., Nov 14 and Nov 28, 3-4:30pm at the Community Hall, for kids in grades 4-6, \$10 per class. Learn to make meals you can recreate at home!

CHEESE MAKING: Tues., Nov 27, 6:30-8:30pm in the PHSS Foods Room ~ \$25. Learn to make mozzarella from scratch- sample in class and take home a round. Please bring a small container to class to transport your cheese.

## The Shíshálh Nation's 'Strategic Land Use Plan'

Completed by the Sechelt Indian Band in 2007, the 110-page Strategic Land Use Plan intends to be "a living document for the land use planning within the Shíshálh Nation teritory."

Chapters of interest from the SLUP document will be excerpted in upcoming issues of the Harbour Spiel. To download the full document, visit www.shishalh.com/docuploads/forms-andapplications/A-Strategic-Land-Use-Plan-for-the-sh--sh--lh-Nation-1416417270-1.pdf.

Excerpted from the Sechelt Indian Band's "A Strategic Land Use Plan for the Shíshálh Nation."

### 2. AFFIRMATION OF SHÍSHÁLH **NATION RIGHTS AND TITLE**

The Shíshálh Nation asserts aboriginal title to and aboriginal rights throughout its territory.

We have in the past and continue to engage in cultural activities throughout the territory, activities giving rise to aboriginal rights.

We will engage in cultural activities in the territory now and into the future

In addition, we exclusively occupied our territory in and prior to 1846, and assert aboriginal title to all of our territory.

Aboriginal title carries with it the right to choose the use to which the land is put.

This land use plan is an exercise of governance by the Shishalh Nation over our territory and is intended to provide direction on current and intended future land use and stewardship of the territory.

intended to abrogate or derogate from Shíshálh Nation aboriginal rights, including aboriginal title, and the content of this land use plan is without prejudice to negotiations with the Crown.

### 3. PROFILE OF THE SHISHALH **NATION & TERRITORY**

Since time immemorial the Shíshálh Nation has occupied and utilized its entire territory from the oceanside to the mountain tops utilizing and managing its vast and varied natural resources through the development of complex social institutions, technological innovation and development.

Our territory is located in the southwest corner of what is now referred to as British Columbia, it extends from xwésám (Roberts Creek) in the southeast to the height of land located north of xénichen (head of Queen's Reach) in the north, kwékwenis (Lang Bay) to the west and spilksen (Texada Island) to the south.

# Nothing in this land use plan is



### 3.2.1 LANGUAGE

The language of our Nation is sháshíshálem (the Shíshálh language).

It is a distinct language, although it is related to our neighbours the Pentlatch and Comox, which are part of the Central Coast Salish language branch, which in turn is part of the Coast Salish Division of the Salishan language Branch, which in turn is part of the Coast Salish Division of the Salishan Language Family.

### 3.2.2 HISTORY AND SEASONAL ROUND

Prior to European invasion our Nation comprised at least four distinct sub-groups occupying at least 12 large settlements.

The groups include:

- Téwánkw who were located in stl'íxwim (Narrows Inlet), skwúpa (Salmon Inlet) and ?álhtulich (Sechelt) Inlet and had major town sites located at the head of stl'ixwim (Narrows Inlet) and álhtúlích (inside waters/Porpoise Bay);
- Xeníchen (Hunechin) with their principal town located at the head of lékw'émin (Queen's Reach in Jervis Inlet):
- Ts'únay (Tsonai) with their main town site located at ts'únay (Deserted Bay) and,
- Xíxus who were located along the outer coast between xwésám (Roberts Creek) and kwékwenis (Lang Bay) with principle town sites located at kálpilín (Pender Harbour) and ch'átlich (Sechelt).

Our Nation practiced a typical North-Coast Salish subsistence pattern



Page 32 Harbour Spiel utilizing a combination of hunting, fishing and the gathering of shellfish and food plants as they became seasonally available as well as preservation and storage of foods at residential locations.

Principal settlements were inhabited by populations who gathered during the winter months and resided in large multi-family dwellings (long houses).

The large villages at kálpilín (Pender Harbour) and ch'átlich (Sechelt) were occupied year-round by segments of the population.

Portions of the population travelled throughout the territory in the warmer months, dispersing and regrouping to make the most efficient use of the available resources.

Ungulates and sea mammals formed a significant portion of the diet; however, salmon was the most important food.

Much of the food was dried and stored for use during the winter months.

### Late December to early March

During this period, families usually returned to their winter settlements.

Settlements were typically situated in sheltered bays, with a beach and easy access to fresh water.

Settlements generally consisted of one or more large houses measuring up to two hundred feet in length, which were typically shed-roofed or gabled structures with a permanent framework of posts and beams with removable wall and roof planks.

The winter months were generally spent indoors.

People lived off stored foods, primarily yúm-ach, syánxw, stsékay, or hénun (chinook, dog or chum, sockeye or pink salmon respectively), which was supplemented with húpit (deer), s-chétxwen (bear) and other animals that were hunted.

### Early April to mid-August

From April to mid-August, families dispersed throughout their territory traveling in s-néxwnexwílh (canoes), typically made of téxém-ay (Red cedar).

Subsistence activities during this time included digging for s-?úlh-kwu (clams), fishing for s-chélchálilhten (salmon), s-lháwat' (herring), s-ts'éxwu (lingcod), s-ts'ák-shel-ikw (rock cod), xél-láxan (flounder), s-wách-ay (perch), sole, greenling, and s-chutx (or s-pét-ál-ana, halibut).

As well, they hunted tenks or s-kw'élkw'álash (ducks), xa (geese), húmhum (grouse), ?asxw (seals), kw'únut' (porpoise) and kwéxnís (sea lions), which were typically hunted from a s-nínexwílh (small canoe) with a shélíl-ten (harpoon).

Plants were also gathered at this time of year and eaten fresh; however, berries were usually preserved for the winter.

### Mid-August to early December

In August, people began to gather on the rivers to catch s-chélchálilhten (salmon), including syánxw (dog or chum), hénun (pink), yúm-ach (chinook or spring) and kwémáyits'a (coho).

It continued until January, though the peak was in October and November.

In late October, s-kíwex (steel-head) appeared and in November, s-kíkewíx (cutthroat trout) also began. syánxw and hénun were commonly smoke-dried; yúm-ach and kwémáyits'a were dried.



SIE

The traditional territory of the Shíshálh Nation.

# Thanks!

for making the 1st annual Glenn Higgins (Boots Off) Memorial Golf Tournament a huge success:

- ° Bitter End Boat Exchange
- ° Nicholson Concrete Finishing
- ° Rod Webb Contracting
- ° Coast Builders RONA
- ° Lighthouse Pub
- ° P. H. Lions Club
- ° P. H. Golf Club
- ° Gramma's Pub
- ° Jim Goodwin
- ° Kirk Mackie
- ° Bob Ducich
- ° Neal Cox
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- ° Gord Watters
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- ° Oak Tree Market
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- ° Kora Contracting
- ° Grasshopper Pub
- ° Madeira Park IGA
- ° R & C Contracting
- ° Swanson's Ready Mix
- ° Blue Ocean Golf Club
- ° S. C. Golf & Country Club

Also, a shout to those volunteers who gave up their day.

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

# NOVEMBER

Sun. Nov. 4..........Daylight savings time ends (turn clocks back one hour)

Mon. Nov. 5......Pender Harbour food bank pickup - P. H. Community Church, noon

Mon. Nov. 5.........P. H. Garden Club presents "Fall in love with unusuals" - P. H. School of Music, 1 p.m.

Thurs. Nov. 8......Inaugural meeting of the SCRD board - SCRD offices (Wilson Creek), 1:30 p.m.

Fri. Nov. 9...........P. H. Aquatic Centre presents "Glow Night" - PHAFC, 5-8 p.m.

Fri. Nov. 9.....School of Music Coffeehouse - P. H. School of Music, 7:30 p.m.

Sat. Nov. 10........P. H. Music Society presents "Jazz Affair" - P. H. School of Music, 7 p.m.

Sun. Nov. 11......Remembrance Day ceremony - Royal Canadian Legion 112, 11 a.m.

Tues. Nov. 13......P. H. Women's Connection presents Jan DeGrass - P. H. School of Music

Thurs. Nov. 15.....Conversation Cafe (hosted by P. H. Community School) - Euspiria Cafe, 6:30 p.m.

Mon. Nov. 19......Pender Harbour food bank pickup - P. H. Community Church, noon

Mon. Nov. 19......P. H. Aquatic Society AGM - PHSS Library, 6 p.m.

Tues. Nov. 20......P. H. Wildlife Society presents Orca author Jason Colby - PHSS, 7 p.m.

Sun. Nov. 25.......Fall Community dinner (hosted by P. H. Community School) - P. H. Community Hall, 5:30 p.m.

Tues. Nov. 27......Tree decorating for elementary kids - P. H. Community Hall, 10:30 a.m.

Tues. Nov. 27......P. H. Women's Connection presents Betty Spanza - P. H. School of Music

Fri. Nov. 30.......John Henry's Xmas Market kick off (3 days) - John Henry's Marina, 11 a.m. - 5 p.m.

Fri. Nov. 30......Tree lighting (w/ hot cocoa and activities at Euspiria) - P. H. Community Hall, 5 p.m.

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

### FERRY DEPARTURES



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.bcferries.com for information on added sailings during peak periods.



### HORSESHOE BAY LANGDALE

6:20 am - Daily 7:30 am - Daily 8:40 am - Daily 9:45 am - Daily 11:55 am - Daily 10:50 am - Daily 2:10 pm - Daily 1:05 pm - Daily 4:20 pm - Daily 3:15 pm - Daily 5:30 pm - Daily 5:25 pm - Daily 7:50 pm - Daily 6:40 pm - Daily 10:55 pm - Daily 8:55 pm - Daily

### EARLS COVE

SALTERY BAY 6:30 am - Daily except Sun 5:35 am - Daily except Sun 8:25 am - Daily 7:25 am - Daily 10:25 am - Daily 9:25 am - Daily 12:40 pm - Daily 11:20 am - Daily 5:05 pm - Daily 3:40 pm - Daily 8:00 pm - Daily 6:05 pm - Daily 10:00 pm - Daily 9:30 pm - Daily

Most people would sooner die than think; in fact, they do so.

~ Bertrand Russell

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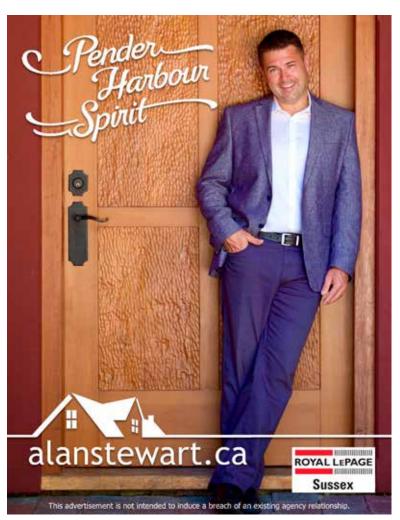


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Friday Nov. 30<sup>th</sup> to Sunday Dec. 2<sup>nd</sup> Friday Dec. 7<sup>th</sup> to Sunday Dec. 9<sup>th</sup>

# COAST CHRISTMAS MARKET

AT John Henry's

Come and Enjoy Our 2nd Annual Christmas Market!

Sunshine Coast artisans selling their handcrafted specialty foods, chocolates, toys, art, jewellery, accessories, body care products, clothing and footwear.

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