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**APRIL 2014
ISSUE 280**

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EDITOR

Brian Lee

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NEXT ISSUE MAILS MAY 1

editorial

Challenging winter with a chilly dip

By Brian Lee



A funny thing happened last month.

I was out of town for a week and half-way through my trip I logged on to Facebook to find what I was missing.

Not surprisingly, there were various photos of people's dinner but then, a video of someone launching into the ocean in Sechelt.

No big deal, I thought — just someone a little late on the concept of polar bear swimming.

Then I scrolled down and there were four more videos just like it.

The next day, there were seven and by the time we returned home it had gone viral.

People were lined up at the Madeira Park wharf and Garden Bay T-dock, launching into the water like lemmings to fulfil something called the Winter Challenge:

Thank your nominator and nominate a few other friends (or enemies) before plunging in yourself and, usually, squealing like a sissy all the way back to your towel while shrieking, "You have 24 hours!" to the camera.

Some folks were lucky enough to be nominated while on vacation and fulfilled their video challenge on a beach, say, on Maui.

But most took the plunge locally, in all types of weather.

I wasn't sure I was going to fulfil my nomination until I got my second and since both nominators were kids, I wasn't going to disappoint them.

In mid-March, local ocean temperatures hover around seven or eight degrees Celsius.

At these temperatures, an average-sized adult will begin to lose muscle control within five minutes.

Death is assured within one to

three hours.

Despite that, a quick brush with cold water brings some mild discomfort but not a lot of risk.

I'm lucky enough to maintain a healthy layer of fat, so I was OK and good thing too because my camera-woman didn't hit record the first time — so I had to do it twice.

We've all heard of 102-year-olds who took a dip in the ocean every day of their lives and credited it for their vitality and longevity.

There may be some truth to it.

Various research has shown that cold immersion may provide a positive boost to your circulation, immune system and even libido.

And clearly, the accompanying cocktail of endorphins, dopamine and serotonin released by a chilly dip makes people happy.

I didn't see one swimmer seem distressed after resurfacing.

All carried huge, genuine smiles, which were likely compounded daily by watching videos of others doing the same.

The phenomenon provided an infectious rush of excitement to a time of year that can otherwise be quite dull.

Still, the WC had its detractors.

It seemed either you were in or you were out and many declined, proudly proclaiming their immunity from the herd mentality.

Too bad for them because it turned into an entertaining reminder about how the often maligned power of social media can transcend the traditional boundaries of age to provide a positive community experience.

Kids and adults happily nominated each other in what was likely one of the most memorable experiences of their winter.

And then, suddenly, before anyone even noticed, winter was over.

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spiel picks

SCHOOL OF MUSIC COFFEE HOUSE: April 11, Doors at 7 p.m.

The lineup for this month's Coffee House is Patti Soos and Robin Townsend playing piano, guitar and vocals, followed by some Cajun and blues with Back Porch Reunion. Ending off the evening will be Definitely Diva a vocal trio offering up some jazz and blues sprinkled with a little R&B. Doors open at 7 p.m. with the music set to begin at 7:30 p.m.

SPRING SIZZLE WITH BRICKHOUSE: April 19, Doors at 8 p.m.

Prepare to party on Saturday April 19 when local favourites Brickhouse return to the Pender Harbour Community Hall. Touted as the "Spring Sizzle," Brickhouse always delivers a funky dose of blues that empties chairs and fills the dance floor. Doors at 8 p.m.

LIONS PANCAKE BREAKFAST & EASTER EGG HUNT: April 20, 9 a.m.

Starting at 9 a.m., the annual P. H. Lions Pancake Breakfast has become an Easter tradition not to be missed. Breakfast is served until noon when the Easter Egg hunt begins.

13TH APRIL TOOLS WOODEN BOAT BUILDING: April 26, 10 a.m.

For the 13th year, the April Tools Wooden Boat Challenge will be entertaining spectators and confounding participants. The fun starts at 10 a.m. when the participants find out how they are supposed to craft a boat to make it through the race course — and win. There's food all day long, displays and events for the kids to make it a complete family fun day.

photojournal



Brian Lee photo

Four master's students from UBC's Sauder School of Business were in town Feb. 28 to interview local business people and to get a feel for the community. The school chose the Pender Harbour area as a focus for one of their community business projects that will 'identify potential for economic expansion' and strategies for economic development. Here the group meets with Marketplace IGA's Troy Callawaert. Seated (l-r): Gigi Chiu, Emma Yu, Callewaert, Tiziano Menconi and Tonner Jackson.

Garden Bay Hotel and Marina changes hands

The Garden Bay Hotel and Marina has been sold.

On March 17, Ron Johnston and Marita Jokela, owners and operators of the Garden Bay Pub since 1982, signed over the business to new owners Gary and Natalie Lee.

But they aren't gone.

The specifics were yet to be worked out by press time but Johnston and Jokela will likely stay on for a while to ease the transition.

In the meantime, the Lees have installed close friend Frankie Lai as manager and insist everything will be business as usual as they gear up for the coming season.

"Even though the owners have changed, the place will still be the same place it was before," said Lee.

"We just ask for people's support. We want to make it better, give back to the community and make everybody happy."

According to Johnston, the Garden Bay Pub was licensed on Oct. 8, 1932 and since that time has had many owners including Jim Bedard, Gordie Mosur, Gordie Lyons and Dutch and Lois Haddon.

Johnston says he and Jokela gutted the place when they bought it.

The two installed a new kitchen to replace the small home-kitchen and "completely changed the bar around."

The two are also partly responsible for cultivating a vibrant live music scene in Pender Harbour.

The GBP's Sunday Jam is the only regular live music event in the area and has been running for over a dozen years.

Regular acts have included Juno award winners and musicians who have played at U.S. presidential inaugurations.

On top of attracting stellar musi-



Brian Lee photo

With a handshake, Ron Johnston and Marita Jokela hand off the business they've owned for 32 years to new owners, Natalie and Gary Lee. The Lees officially took over operation of the iconic Garden Bay Hotel and Marina on March 17.

cal talent, Johnston and Jokela have been tireless supporters of local music festivals like the P. H. Jazz Festival and the P. H. Blues Festival.

And they have helped raise a lot of money for the community.

The two have been intimately

involved as hosts and supporters of fundraising events like the annual Rotary Art Auction and the Garden Bay Show and Shine.

Last November, the GBP hosted a fundraiser for staff laid off after the Grasshopper Pub burned down, rais-

(Continued next page)

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Garden Bay Hotel and Marina changes hands (cont.)

(Cont. from p. 5)

ing close to \$10,000 in four hours.

One of Johnston and Jokela's longest running fundraisers has been the Friday night meat draw.

Johnston estimates the meat draws have raised over \$250,000 over the years, benefiting a long list of organizations including the P. H. Health Centre, Area A Seniors Hous-

ing Society, P. H. Blues Society and the P. H. Paddling Society.

Jokela and Johnston get stumped when asked for their warmest memories from the past 32 years but eventually point to the Boxing Day parties.

The Boxing Day parties evolved on their own to quickly become an annual reunion of sorts for graduates of Pender Harbour Secondary.

Despite some troubles, Johnston says they have really enjoyed the youth over the years and the Boxing Day parties remind them how close-knit their community is.

He also enjoys telling stories of the early days of loggers and fisherman busting up the place and how he eventually made friends with them all.

When Johnston took over the business, he was handed a "barred" list with over 60 names on it.

"When we moved here, anyone with the name Brown was barred," he laughs.

"But it probably took about two or three weeks and the Browns became best friends.

"And we've kind of had that happen throughout the community. We've had problems over the years, of course, but now we only have two people that we prefer not to see here."

At the risk of leaving someone out, Johnston and Jokela won't even attempt to list names of those they feel are owed a debt of gratitude for supporting them over the years.

"Everybody knows who they are — they've been here for us every step of the way," says Johnston.

"It's a funny community where I can stand at the bar and say, 'Hey I need a hand.'

"And everyone stands up without even knowing why I need help. They don't hesitate."

Pubs are social places with much of their personality derived from those who take shifts holding chairs down.

Johnston passes all the credit for a fantastic 32 years back to the people — both staff and patrons — who were woven into that experience.

"They're not customers, they're friends and I know they're going to be the same for Gary and his family."

What causes bad breath?

FOOD

What you eat affects the air you exhale, like garlic or onions. If you don't brush and floss daily, particles of food can remain in the mouth, collecting bacteria, which can cause bad breath.

GUM DISEASE

Persistent bad breath or a bad taste in the mouth can warn of gum disease (caused by plaque accumulation).

DRY MOUTH

This occurs when the flow of saliva decreases. It can be caused by various medications, salivary gland problems or continuously breathing through the mouth. Without enough saliva, food particles are not cleaned away.

SMOKING & TOBACCO

In addition to staining teeth and being bad for overall health, tobacco use contributes to bad breath. Users are more likely to suffer gum disease and are at greater risk for developing oral cancer.



MEDICAL CONDITIONS

Some diseases have symptoms related to bad breath. Sinus or lung infections, bronchitis, diabetes and some liver or kidney diseases may be associated with bad breath.

IF YOU'RE CONCERNED ABOUT YOUR BAD BREATH, MAKE AN APPOINTMENT TO SEE YOUR DENTIST.

Regular checkups allow your dentist to detect any problems such as gum disease or dry mouth. Maintaining good oral hygiene, eliminating gum disease and scheduling regular professional cleanings are essential to reducing bad breath. Brush twice a day and clean between your teeth daily with floss. Brush your tongue too, and if you wear dentures, be sure to remove them at night and clean them thoroughly before replacing them the next morning.



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Local mezzo Rose-Ellen Nichols to play lead role in *Pauline*

Pender Harbour's Rose-Ellen Nichols is set to perform the lead role in City Opera's world premiere of *Pauline*, Margaret Atwood's first opera.

Nichols will anchor the chamber opera based on the life and final days of Canadian writer, poet, and actress Pauline Johnson (1861-1913).

It features a libretto by Atwood and music by Tobin Stokes, both of whom are scheduled to attend the opening gala at Vancouver's York Theatre on May 23.

The opera is set in Vancouver 1913 as Johnson is dying of breast cancer.

Through her morphine haze she remembers her lifelong struggles to reconcile her dual identity as the daughter of a Mohawk chief and a Quaker Englishwoman.



City Opera Vancouver photo

Mezzo Rose Ellen-Nichols as Canadian writer, poet and actress Pauline Johnson.

Nichols completed a masters degree in opera in 2008 and both before and since, she has performed around

the globe.

Pauline will run at the newly refurbished York from May 23 to 31.

SPRING SIZZLE

Pender Harbour Community Hall
Madeira Park

Saturday, April 19th

Featuring
BRICKHOUSE

Don't miss BRICKHOUSE one of Vancouver's hottest party bands!

Tickets \$25 can be purchased online at penderharbourbluesfestival.com or at Sound Attraction (Sechelt) Oaktree Market (Madeira Park) or at the door.

Doors: 8:00pm

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- ◆ Seafarer Millennium Park, Saturday, April 26, 2014.
- ◆ New construction "twist" and materials revealed at 10:00 am.
- ◆ Construction between 11:00 am and 2:00 pm.
- ◆ Youth race starts at 2:00 pm, adult race follows at about 2:45 pm.
- ◆ Concessions.
- ◆ Mini boat building, face painting, and more free crafts for kids.

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The Pender Harbour April Tools Wooden Boat Challenge is a project of the Pender Harbour Living Heritage Society.

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news

Ruby Lake Lagoon Society bus

Looking sharp with fresh new decals, the former Area A bus has been transformed into the "Wood Duck Bus" and will soon be back on the road.

Michael Jackson, chair of the Ruby Lake Lagoon Society, says it will begin operation in mid-April.

Jackson says its primary use will be for delivering participants to their nature school programs but it will also be available to local community groups.

"We're looking to get groups to sign into the bus program where they will pay a deposit and they get their money back as they use it," says Jackson.

"It gives us money in the beginning to get it on the road and get it going. It's quite a complex thing running a bus."

Last year Area A director Frank Mauro headed a call for proposals to

assume ownership and operation of the bus.

After the Lagoon Society's proposal was successful, the SCRD donated the bus to the non-profit society.

In return, the RLLS will cover all future operational expenses.

"Up until now we've always used school buses but it's very expensive to do that," says Jackson.

"We get funding from the Natural Sciences and Engineering Research Council for busing so we put it into the bus."

Jackson says the next six months will be a pilot project to determine future operational plans.

In order to help offset the costs for the bus, Jackson says the RLLS is keen to share its use.

Interested organizations can make reservations or receive more information at the society's Earth Fair Store in Madeira Park.



Brian Lee photo

Michael Jackson (l) of the Ruby Lake Lagoon Society congratulates Tom Scodras (r) of Tom's Signs for the fresh new graphics applied to the recently acquired bus.

Community school building database of community resources

The Pender Harbour Community School is launching a six-month pilot project to improve the information and referral service in our community.

In a press release, the PHCS says its primary goal is to have “go-to people and a go-to place where people can get consistent, relevant community information about services, volunteer and employment opportunities, events and other support for families and businesses.”

The PHCS has received funding from the SCRD to build a comprehensive database on community organizations, resources and events.

The project hopes to build upon recent efforts of the Pender Harbour Advisory Council to improve communication between local organizations in an effort to maximize efficiencies and to make the most of depleted volunteer resources.

The timing for the project has coincided with the rollout of the provincial government’s BC 211 service.

The BC 211 service has been recently installed on the Sunshine Coast providing free referrals to community, social and government agencies for anyone, 24 hours a day, by dialling 211.

Data collected by the PHCS pilot project will, with the approval of organizations, be provided to BC211’s data centre resource and website.

Once incorporated, people looking to find services within Area A will also be able to find it there — from anywhere in the province.

The community school will be contacting local organizations and community members to compile and update information.

To learn more or to provide feedback or help, call the P. H. Community School at (604) 883-2826.

RCMP news

On March 3, multiple incidents of mischief were reported in and around the 13500 block Highway 101, Garden Bay.

Signs, a Porta-Potty and shelter were torn down or damaged.

Police are following up on suspicious vehicles reported in the area.

Also, on March 3, vandals dam-

aged an address sign in the 12800 block of Highway 101, Madeira Park.

It appears vandals used a vehicle to pull the sign out of its cement base.

This is one of several complaints of mischief in the Madeira Park area.

Anyone with any information about these incidents is asked to contact RCMP, reference file 2014-1370.

Yoga studio staying open!

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Lowther confirms the ‘glass is half full’

Dear Editor,

I read with interest your recent editorial (“*The glass is filling*,” Feb. 2014), and the previous letter from the lady concerned about moving to Pender Harbour from White Rock.

My wife Sharlyne and I started coming up to the Sunshine Coast in 1991 when our friends Jim and Barb moved to Madeira Park.

We made an immediate connection with the Coast; found it to be friendly, folksy, peaceful and so beautiful — everything in Vancouver ceased to be after Expo 86.

In 1998 we bought a cedar shake cottage nestled amongst the Douglas firs overlooking the village, and our realtor Jeannette, now retired, was our first Harbour buddy.

Buying in Madeira Park was a no-brainer — we could either surrender ourselves to an over-priced, noise- and smog-infested Lower Mainland

suburban box, eight feet from a schmuck whose helpless decision mirrored ours, or invest our modest means on 0.6 of an acre of heaven commanding a between-the-trees view of Gerrans Bay and Nelson Island, where deer and Steller’s jays visit.

From there, we started making the trek to Madeira Park every other weekend.

Over the years, we’ve spent enough on ferries to be able to buy one, or at least to keep their management staff in Gucci.

The distance from our door to Langdale is the same as my morning commute from East Vancouver to my workplace on Annacis Island, with 23 fewer traffic lights.

When we go to sleep in Vancouver, we hear traffic, sirens, machinery, loud music and people hollering.

When we go to sleep in Madeira Park, we hear our own breathing.

Once, at dawn, an owl was hoot-

ing outside our window.

We don’t want to know what hoots outside our window in Vancouver.

We paid off in 2009 and now call ourselves “semi-local.”

We go down to the village and people recognize us, stop and chat.

In Vancouver they rush by, eyes glued to the ground or their personal devices, or they lag at the cashier wearing a faraway, wish-I-wasn’t-slaving-for-a-Big-Box-Store look while we key in our card code.

We shop locally and, if being a Harbour consumer costs a little more, then the payback to the community is tangible.

Regardless, the quality ranks to Vancouver and that means everything from the Oak Tree’s steaks to Earth Fair’s books, to the plants at Kleindale Nursery and the staff at Rona, to the brekkies at Java Docks and the fish and chips at LaVerne’s.

Next year we will finally become full-time residents.

We’re coming to a tightly knit place that’s within our reach and gives a damn for its citizens.

To a place we’ve heard many born-Coasters as well as integrated immigrants call heaven. We can’t wait.

I’ll find some employment that deals directly with people, if anyone out there will have me.

We plan to become part of this community, to give back, volunteer and contribute.

So with that in mind, we’d like to say that with all that the Coast and Pender Harbour has going for it, we find the glass to be, very definitely, “half full,” and hopefully we’ll be two more to help keep it that way.

Mario Lowther and Sharlyne Niemela

photojournal



Adrian Schweitzer photo

It seems last year’s algae bloom in Mical Lake either didn’t disappear completely or is back. A local resident snapped this shot on March 1 and claims it had already been present in the lake for at least two months.

Hats off to ladies of Women's Connection — celebrating 15 years

Dear Editor,

The Pender Harbour Women's Connection celebrated their 15th birthday this month.

Thank you to the vision of the founders who set the course for newcomers to become involved in their Harbour community and gave us an opportunity to meet and learn from the

multi-talented, generous and dedicated residents who came before us.

These pioneers created a vibrant home and we are privileged to now become custodians of the many activities and institutions that they founded.

Through the research and publication of the award-winning *Women of Pender Harbour*, we have not only been able to meet many of this com-

munity's matriarchs but their story has been preserved.

We are all the richer for having shared their adventures.

Hats off to the ladies of the Women's Connection whose continued camaraderie and collegiality have given so much enjoyment and left a lasting legacy in Pender Harbour.

Margaret Skelley

Other side of the 'deadbeat' coin

Dear Editor,

After reading your editorial on the so called "deadbeats," I felt compelled to ask for equal time for the other side of the coin.

Although I don't put a label on these guys, they have upset me over my years in Pender Harbour.

I'm talking about the contractors who rip off Joe Consumer with shoddy workmanship, or with the common "I really don't give quotes, but just ask around, my work is good."

Or even better, "I work alone and would rather not have anyone around until the job is done."

You see, for every five of your so called "naive bumpkins," I can find you 25 stories of tradespeople who have burnt or tried to burn the locals here.

Over the years, more and more people have hired reliable tradesmen from the Lower Mainland just to avoid a conflict at the end of a project.

Imagine, people paying a little more perhaps, or letting the tradesmen

stay at their place while renovating etc., rather than dealing with tradespeople along the Coast because as you know, once bitten... twice shy.

I too was for giving work to local tradespeople when I first moved here but I'm reminded not to when I look back on some of the projects I paid for.

And was left fuming until this very day.

Mario Traina
Garden Bay

Why would we rename St. Mary's Hospital?

The following letter was sent to Vancouver Coastal Health's online feedback forum and cc'ed to the Harbour Spiel. ~Ed.

Hello and thank you for the opportunity to comment on this proposal. By the way, where did it come from?

I ask this because in the 60-plus years I've been associated with the Coast, I've never heard anyone ever mention it before.

Here's my suggestion — leave the name as it is and get on with important things concerning our hospital like funding its equipment renewal, nursing and support staffing needs.

This hospital has been associated with dedicated and proud service to our

community for decades and no change of name will make that better.

Branding the hospital or naming it after some cash-rich business or unworthy politician will only change the name, not improve its service or worth among the people who live here.

By the way, aren't you the same people who are always complaining about a constant financial shortfall in Vancouver Coastal Health?

If that is truly the case, why are you wasting our critical resources on newspaper placements and hosted open houses for something as truly unwarranted as this proposal?

John William Ellis
Sechelt



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Carole Rubin ~ 604-883-2022

How should one go about developing our local economy?



By Frank Mauro,
Area A Director

ECONOMIC DEVELOPMENT

There are several ways the SCRD attempts to encourage economic development on the Sunshine Coast.

To better understand the parameters of this activity, one must understand the funding and associated limitations.

Each rural area has, and is taxed for, an economic development function through which applicable projects for the next year are funded.

In the case of Area A, the budget for this function is just under \$26,000.

The major recipients of this funding in 2014 will be the Pender

Harbour and Egmont Chamber of Commerce for ongoing work and a one-year pilot project involving the establishment of the 211 service on the Sunshine Coast.

The Pender Harbour Community School will be assisting in establishing a listing of services, both social and business, with the community school providing the “on the ground” referral for our area.

In the past there have been several attempts to establish a region-wide economic development office.

These attempts failed for several reasons.

In the last attempt there was an inability to achieve consensus on the governance model for the office.

The result was that the District of Sechelt set up its wholly owned Sechelt Innovations and Gibsons

undertook its own economic development on an individual basis, similar to the rural areas.

Rather than funding small area-specific projects, there is a need to work together to encourage economic development for the Sunshine Coast as a whole.

One reason is that all rural areas are “shareholders” in the Hillside Industrial Park located between Langdale and the pulp mill.

This endeavour was undertaken in the mid-1990s and all areas have a significant investment in it.

While the SCRD planning and development division has done some good work, there needs to be a more concentrated focus to ensure we get a return on our investment.

To this end the board invited the director of special projects from the

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

Infrastructure Services Committee April 3 at 1:30 p.m.	Corporate and Administrative Services Committee April 24 at 1:30 p.m.
Community Services Committee April 10 at 9:00 a.m.	Regular Board April 24 at 7:30 p.m.
Regular Board April 10 at 1:30 p.m.	Policing Committee April 28 at 9:00 a.m.
Planning and Development Services Committee April 17 at 9:00 a.m.	Transportation Committee April 28 at 10:15 a.m.
Regional Hospital District April 24 at 11:00 a.m.	

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

Want to learn about what's going on at the Sunshine Coast Regional District?
Go to www.scrd.ca and click on "Sign up for our Newsletter" button to receive *Coast Current*, our quarterly newsletter.

twitter : [sunshinecoastrd](https://twitter.com/sunshinecoastrd)

Pender Harbour Satellite Office
12828 Lagoon Road
Madeira Park, BC V0N 2H1

Phone: 604-885-6877
Email: utilityinfo@scrdd.ca

Monday to Friday
8:30 a.m. to 1:30 p.m.

For information on who we are, and what we do, please visit www.scrd.ca, call 604-885-6800, or email info@scrdd.ca. To contact Area A Director, Frank Mauro, please email frank.mauro@scrdd.ca.

Chilliwack Economic Partners Corporation to have a look at the situation and present an evaluation to the board.

He suggested that perhaps a development corporation, such as the extremely successful one in Chilliwack, may be one answer.

Managing the Hillside development is important but it is critical that we also stimulate other economic development in our area.

In order to investigate further, the SCRD applied for and received funding from Island Coastal Economic Trust to hold two economic development workshops to look at options.

The objective of the workshops is to develop an economic development plan for the Sunshine Coast.

The plan will:

- Describe the vision for regional economic development;

- Outline key values and principles;

- Identify how citizens will be engaged in regional economic development activities;

- Define rules, decision-making and governance of regional economic development activities, and

- Specify the term and funding arrangements.

There will be two full-day workshops focusing on:

- Defining the scope of regional economic development on the Coast;

- Identifying strengths or gaps of the present local, sub-regional, economic development;

- Developing a vision/mission for regional economic development;

- Discussing the appropriate role for local government in regional economic development;

- Developing a governance model that defines key principles;

- Reporting relationship between the regional economic development body and local governments, and

- Local elected official representation on the regional economic development body.

FINAL BUDGET 2014

After the final round of budget discussions, the overall increase in taxation for the regional district is 8.89 per cent.

Our area does not participate in two functions that have had large increases, namely the recreational facilities in the lower Coast and transit, so the overall increase for Area A is considerably lower at 3.14 per cent (translating to a residential property tax increase of 1.75 per cent).

APRIL

- **APRIL 5:** Ham & Turkey Meat Draw plus Pie Sale
- **WEDNESDAYS:** Cheap Beer and 1/2 Price Bottles of Wine, from 11–8 pm (Wings from 4 pm)
- **THURSDAYS:** Three-course Chinese special \$11.99, from 5 pm
- **FRIDAYS:** Ribs & Fish'n Chips, from 5 pm
- **SATURDAYS:** Prime Rib, from 5 pm (occasional exceptions i.e. event evenings)
- **WEDNESDAY TO SATURDAY:** Open 11 to 8 pm, offering lunch and dinner menu & daily specials.
- **CRIB:** Wednesdays, 3 – 5 pm
- **MEAT DRAWS:**
Saturdays at 3 pm
Sundays at 1 pm



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ALL WELCOME:

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Every Wednesday at P. H. Community
Hall. Drop-in between 1-3pm.

Walking Club

Meets every Friday at 10am in front of
P. H. Community Hall.

Lunch Club

April 15: P. H. Golf Club at 11:30am.

Mamma Mia! Bus trip

May 3: Sing-a-long to the film in Sechelt.
"Packaged tickets" are \$25 (limited seating).

Call Marlene for information and tickets:

604-883-9900



PENDER HARBOUR
SENIORS INITIATIVE

sports

Sakinaws tackle the tops in Lumby

The Pender Harbour Secondary School senior girls basketball team travelled to Lumby last month to take on 15 of the other top teams in BC single A girls basketball.

Charles Bloom Secondary played host for the tournament held March 5-8.

"Our first game we played the team that finished second overall from Kelowna," said coach Earl Antilla.

"It was a good game but they were a taller, stronger team."

The team lost their top scorer, Nadine Jay-Reid, to a knee injury in the fourth quarter.

"Finish strong," she said as she was being wheeled out to the ambulance, and the girls did.

Despite going on a 14 point scoring spree the game ended 63-49 for Kelowna.

They faced off next against a team from the Fraser Valley, Credo Christian.

"We couldn't get anything going that game and the other team ran up the score," says Antilla.

Bouncing back in their third game against Charles Bloom, the girls matched them basket for basket until the third quarter when injury struck again.

This time it was Maribeth Haines, out with a sprained ankle.

With only seven Pender players remaining, Charles Bloom pulled ahead, taking the game 62-44.

On the final day, the seven healthy players who were left "were really pumped up" for their final game against a team from Victoria, Glenlyon Norfolk.

"The girls responded with a 67-52 victory," says Antilla.

"With only seven girls, it was a great way to finish the tournament."

Coaches Earl Antilla and Hazel Jay-Reid thank the parents and all of the supporters for a great year.



Stinky Lockers photo

The Pender Harbour Secondary School senior girls basketball team posted a stellar season, capping it off with an injury-plagued run at the provincial championship in Lumby in early March. The team is seen here posing for their official tournament photo. Back row (l-r): coach Earl Antilla, Emily Silvey, Solveig van Wersch, Kim Fielding, Jade Storoschuk, coach Hazel Jay-Reid. Front row (l-r): Nadine Jay-Reid, Maribeth Haines, Dani Pazur, Crystal Cook, Autumn La France.

Harbour Spiel

A new local charity aims to provide Bicycles for Humanity

Submitted

A Sunshine Coast Bicycles for Humanity chapter is now established.

This totally volunteer, non-profit group has already provided the gift of mobility — over 10,000 bicycles — to needy African countries.

A bicycle allows a health care worker to visit four to five times the number of patients in a day.

It assists mothers to transport water and get their goods to market.

For students that have to travel long distances to schools, it allows them more time and energy for studies and helping at home.

The Sunshine Coast chapter needs donations of used or new bikes in working condition to help us reach our Coast-wide goal of 500 bikes for Africa.

Bicycles are loaded and delivered in 40-foot containers, which remain and are run as community bicycle workshops called Bicycle Empowerment Centres.

You can drop off donations at the following locations:

- Mountain View Service;
- RONA Sunshine Coast;
- Central Coast Concrete in Sechelt (5378 Allen Road).

We have long-term storage in Gibsons but are still looking for locations in Sechelt and Pender Harbour.

If you have a bike to donate, please bring it to a drop-off location and if that isn't possible, we can arrange pickup.

If you wish to volunteer, please call Bill or Lyn Charlton at (604) 740-6144 or email us at b4hsunshine-coast@gmail.com.

To learn more, visit www.B4H-sunshine-coast.weebly.com or www.Bicycles-For-Humanity.org.



photo submitted

This is what 500 bikes look like once delivered to Africa. In the background is the container which will turn into the 'Bicycle Empowerment Centre.'



Happy Easter!

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ORGANIZATIONS DIRECTORY

• Blues Society	883-2642
• Bridge Club	883-2633
• Chamber of Commerce, P. H. & Egmont	883-2561
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Club, Egmont	883-1379
• Community Club, Pender Harbour	741-5840
• Community Policing	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	883-9766
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.)	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	883-1361
• Men's Cancer Support Group	883-2393
• P. H. Aquatic Centre Society	885-6866
• P. H. Choir (7 p.m., Tuesday)	883-9248
• P. H. Garden Club	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.)	883-2054
• P. H. Living Heritage Society	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society	883-3678
• P. H. Pipe Band	883-0053
• P. H. Power & Sail Squadron	883-1366
• P. H. Volunteer Fire Dept (Wed. evening)	883-9270
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed., 1:30 p.m.)	883-2563
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre	883-2316
• Sunshine Coast Better At Home	989-6171
• Sunshine Coast SHROOM	883-3678
• TOPS (Take Off Pounds Sensibly)	883-3639
• Wildlife Society (3rd Tues. PHSS)	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services	741-5246

organizations

P. H. WOMEN'S CONNECTION

On April 8, Joan Martin will tell us about her Third World Eye Care Society project to provide basic eye care and recycle eyeglasses in Africa. At 10 a.m. at the P. H. School of Music in Madeira Park.

On April 22, Adrienne Fox of Truffles Café and Confectionery in Gibsons will share her secrets to producing the cafe's delicious scones and pastry. At 10 a.m. at the P. H. School of Music in Madeira Park. This meeting was postponed from Feb. 25 (snow day).

MPES PARENTS ADVISORY COMMITTEE

The MPES PAC semi-annual chicken sale is your chance to get fresh and frozen chicken at hard to beat prices while supporting one of the longest running fundraisers at MPES. All funds support MPES students and extended learning experiences. Order forms must be returned to MPES or the P. H. Community School by April 8. Extra forms are available at MPES, PHCS or by calling Tracey at (604) 885-5154. Chicken pickup will be at the P. H. Community Hall on Wednesday, April 16 between 3 and 5 p.m.

P. H. GARDEN CLUB

On Monday, April 14 (10 a.m. at the P. H. School of Music), Diane Brown, local landscape designer and consultant, will present perennials that "Bloom all Summer." Following the presentation, the garden club members would like to discuss the future of the club. Please bring your gardening enthusiasm and ideas.

P. H. WILDLIFE SOCIETY

The P. H. Wildlife Society welcomes Allan Cobbin on Tuesday, April 15 (7:30 p.m., PHSS). Cobbin is past president of the S. C. Beekeepers Association and is actively involved in beekeeping. He will give a talk on what is involved in beekeeping and in the production of honey, and will bring some samples of his honey with him.

P. H. MAY DAY "SPRING FEVER"

The May Day 2014 theme will be "Spring Fever." Plans are under way and going well. Congratulations to 2014 May Queen, Julia Mussullo.

Volunteers are needed to help put up the main stage and shelter on Friday afternoon and the marquis tent on Saturday morning plus looking after the "Silent Auction" funds. May Day also is in need of a sales person (or persons) for the "50/50 Raffle." Please call Marlene (604) 883-9900 if you would be willing to take on one of these jobs and help us make May Day a fun time for all.



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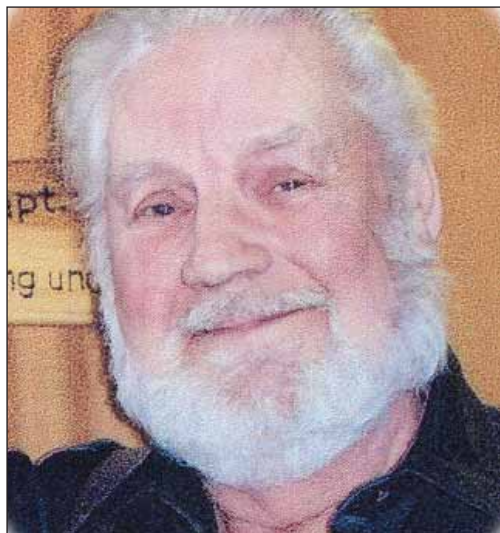
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Edward Arnold Wray

DECEMBER 3, 1925 — FEBRUARY 2, 2014



Captain Wray is survived by his loving wife and partner of 66 years, Betty Wray, and four of his five children, Nicole (John) de Melo, Cindy (David) Peterson Good, Edd Wray, Peter (Moe) Wray, and Sherri Pon; his

beloved grandchildren Geena (Darren Hopp) Jackson, Shain (Suzy) Jackson, Lisa Kelly, Tiana (Dave) Taylor, Kelsey (Tyler) Marchen and Victoria (Mike) Phillips.

Ed was predeceased by his daughter Juanita Jackson in 2002.

Ed was born in Vancouver and spent his life in the towns and cities of the West Coast.

He accomplished more in his 88 years than most people could in two lifetimes.

He was a veteran of the Second World War, a sea captain who attained his unlimited Masters Certificate, a high-rigger, logger, fisherman, boat-builder, sharpshooter, builder of houses and walls, an inventor, a skilled pool player, a gifted carver.

Ed could fix or make anything and his motto was “the impossible just takes a little longer.”

He loved the Arctic, was highly intelligent, an excellent writer and an entertaining storyteller. He was bigger than life and left an indelible impression on everyone he met.

His passing leaves an unfillable void in our lives.

A memorial service was held on March 8 at Springfield Funeral Home in Kelowna.

In lieu of flowers, donations may be made to Kelowna General Hospital Foundation in memory of Capt. Ed Wray. Condolences may be sent to the family by visiting www.springfieldfuneralhome.com or (250) 860-7077.

grief

The ‘Mourner’s Bill of Rights’

by Alan D. Wolfelt, Ph.D.

Grief counsellor and author Alan Wolfelt will speak in Sechelt next month on mourning (see ad p. 8).

Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people.

You are the one who is grieving, and you have certain “rights” no one should try to take away from you.

1. You have the right to experience your own unique grief. No one else will grieve in exactly the same way you do.

2. You have the right to talk about your grief. Seek out others who will allow you to talk as much as you want about your grief. If you

don’t feel like talking, you also have the right to be silent.

3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey.

4. You have the right to be tolerant of your physical and emotional limits. Your feelings of loss and sadness will leave you fatigued. Respect what your body and mind are telling you. Get daily rest and eat balanced meals.

5. You have the right to experience “griefbursts.” Find someone who understands and will let you talk.

6. You have the right to make use of ritual. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you

with the support of caring people. More importantly, the funeral is a way for you to mourn.

7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you.

8. You have the right to search for meaning. Some of your questions may have answers, but some may not.

9. You have the right to treasure your memories. Memories are one of the best legacies that exist after the death of someone loved.

10. You have the right to move toward your grief and heal.

Reconciling grief doesn’t happen quickly — grief is a process, not an event. Neither you nor those around you must forget that the death of someone loved changes your life.



APRIL BIRTHDAYS

April 2 ~ **Marty Lowe, Walter Higgins, Elizabeth Buhlert and Desiree Leech.**

April 3 - **Jamison Warner and Sandi Whelan**

April 4 ~ **Frank Roosen Jr., Dooreen Lee, Mike Legge and Bev Thompson.**

April 5 ~ **Doug Silvey and Breanna Clay.**

April 6 ~ **Mike Bathgate and Ursula Dornbierer.**

April 8 ~ **Andrea Clerx and Gloria Fritz.**

April 10 ~ **April Charlton.**

April 11 ~ **Joe Adams.**

April 12 ~ **Matthew Phillips and Tilley Dougan.**

April 13 ~ **Bonnie Lindsay, Geoff Warner, Billy Petraschuk and Don Priest.**

April 14 ~ **Dan Leech and Ann Landry.**

April 15 ~ **Teresa Sladey and Cathy Collins.**

April 17 ~ **Sheila McCann and**

Carly Campbell.

April 18 ~ **Russ Foster, Talon Mclean, Howard White, David Brimacombe, Kalen Zayshley and Ron Calvert.**

April 19 ~ **John Field.**

April 20 ~ **Sue Kammerle and Katie Tenbroek.**

April 22 ~ **Dan Choquette and Lorrie Babcock.**

April 23 ~ **Kathy Morant, Sue Richardson, Heidi Vaughan and Jordan Kammerle.**

April 24 ~ **Len Silvey and Alex Dore.**

April 25 ~ **Samantha Stewart and Dietta Edwardson.**

April 26 ~ **Teyjah Xaveress and Blake Campbell.**

April 28 ~ **Jeanette Penson.**

April 29 ~ **Ruth Langton.**

April 30 ~ **Kasey & Kelly Smith, Marie Reid, Hazel Higgins, "Prawntrap Patty" Jackson, Bill Sutherland, Jeff Wilbee and . . . AVA YOUNG!**

APRIL ASTROLOGY

ARIES: MARCH 20 - APRIL 20

The sign of the ram gives Arians loyalty, generosity, high energy and courage. They love adventure and often fiercely defend the underdog. Greater involvement in an organization or group you believe in will lead you to people who can alter your life in the future. Avoid all pets during the week of the new moon (April 29).

TAURUS: APRIL 21 - MAY 21

Taureans are seekers of peace and stability. Although unambitious, they are happy to be the powerhouse behind the scenes. Often sensible and blessed with a healthy dose of cynicism, Taureans will resist all that this month and open their minds (and chakras) to the metaphysical when a friend speaks of the healing power of crystals. Habits of ridiculing dippy flakes will resume in earnest by May.

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

April 1 12:47 pm -XL, 7:03 pm +XL

April 2 1:21 pm -L

April 3 1:58 pm -XL

April 4 7:27 am +M, 2:38 pm -L

April 5 8:10 am +M, 3:22 pm -L

April 6 9:05 am +S, 4:10 pm -L

April 7 5:05 pm -L

April 8 5:52 pm -M

April 9 1:12 pm +S, 7:07 pm -M

April 10 8:48 am -M, 2:18 pm +M

April 11 9:25 am -L, 3:04 pm +M

April 12 9:58 am -L, 3:37 pm +L

April 13 10:27 am -L, 4:41 pm +L

April 14 10:45 am -L, 5:25 pm +XL

April 15 11:21 am -XL, 6:08 pm +XL

April 16 11:50 am -XL, 6:52 pm +XL

April 17 12:06 pm -XL, 7:38 +XL

April 18 12:46 pm -XL

April 19 7:15 am +L, 1:37 pm -XL

April 20 8:07 am +M, 2:39 pm -XL

April 21 9:11 am +M, 3:45 pm -L

April 22 10:36 am +S, 4:52 pm -L

April 23 12:08 pm +M, 5:59 pm -L

April 24 1:21 pm +M, 7:09 pm -L

April 25 8:55 am -L, 2:31 pm +L

April 26 9:41 am -M, 3:31 pm +L

April 27 10:23 am -XL, 4:26 pm +XL

April 28 11:01 am -XL, 5:18 pm +XL

April 29 11:36 am -XL, 6:07 pm +XL

April 30 12:16 pm -XL, 6:54 pm +XL

These are estimates only and not intended for navigation.

OF APRIL

APRIL IS NATIONAL POETRY MONTH

In recognition of Poetry Month, the following are three poems from three books in Nightwood Editions' spring 2014 collection of titles. Nightwood Editions is based out of Gibsons and published by Pender High grad Silas White.

Laisha Rosnau (from *Pluck*):

LUMBERJACK GIRL

Lumberjack girl, the forest is layered
in texture and sound, and there are more
shadows than you could cast yourself.
Close your eyes, pretend that there is some-
one
else here, out in the open, visible.
Keep what you carry behind your back—
no, lean it up behind the tree, then crawl
into that crack between rocks, show your
imagined audience shadow plays.
Wordless, you can damn philosophy
and slippery words that harden into forms,
sharp as blades or blunt as verse.
Lumberjack girl, this is just a story
you tell yourself. The forest is full
of trees. Your swing is strong and sure.

Andrea Bennett (from *Canoodlers*):

IF YOU DID SOMETHING EVIL,

it would burn red and hot, like cranking the
wrong element all the way
to max. A pot of water would watch, cold,
beside the wrong coiled red
spring. The wrong element wanting the com-
fort of the weight of the
pot. One thing needlessly hot while every-
thing else stayed cold. A
hand hovering, a face blistering in even, semi-
circular lines.

Rob Winger (from *Old Hat*):

YOUR FATHER'S TEMPER

Your father's temper is a woolly iron,
an expected black kettle,
the bite of a barb in a worn-out worm.
Your father's temple is a well-struck cutter,
a full-hewn timber,
an open office for Champlain's astrolabe.
Your father's timer is a fractured fist,
cocked against Gyprock or collar,
blows and bruises and busted seams.
Your father's timbre is a one-two punchline;
if you write it, okay – he'll still
plough the corn into diamonds.

APRIL WEATHER

TEMPERATURES, MERRY ISLAND

Our average daily high temperature in April is 11.8 C and our average daily low is 6.2 C, giving us a mean daily temperature of 9 C. The highest April temperature recorded is 20.7 C (April 27, 1972); the lowest is -1.1 C (April 3, 1975).

PRECIPITATION, MERRY ISLAND

April has an average of 190.8 hours of bright sunshine and 13 days with measurable rainfall. April averages a total monthly rainfall of 60.4 mm and a total monthly snowfall of 0.3 cm. The highest April daily rainfall on record is 31.8 mm (April 27, 1962); the highest April daily snowfall on record is 5.1 cm (April 3, 1975).

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PENDER HARBOUR MUSIC SOCIETY presents:

Terence Tam & Lorraine Min

**Sunday,
April 13
2 pm, \$25**



Violinist Tam and pianist Min have impressed audiences worldwide with their artistic brilliance and virtuosity.

SPONSORED IN PART BY: Elaine & Gary Park

RESCHEDULED:

Clover Point Drifters

This concert (originally scheduled for March 8) has been rescheduled for:

Sunday, May 4 at 2pm

Ticket from the earlier concert will be honoured at the door.

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David Campbell photo

Photographer David Campbell made use of what little colour he could find after a March snowfall in Madeira Park.

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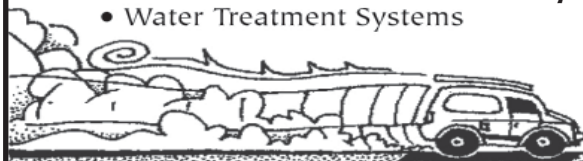
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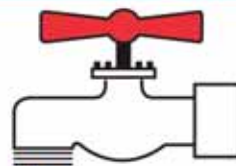
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THE SUNSHINE COAST HOSPICE SOCIETY: Compassionate, respectful end-of-life and bereavement care. Whether you want to talk with one person or to join a bereavement group in the fall, trained volunteers are available. Call Kathy Bergman at (604) 883-2764.

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

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

Hand hygiene saves lives

By Sandra McLean RN, BScN

Imagine it's Vienna in 1847 and a young woman has given birth.

She knows a strange disease, "child bed fever," has produced a mortality rate for childbearing of 10 to 18 per cent.

But a doctor by the name of Ignaz Semmelweis instructs birth attendants to use chlorine/lime hand-wash in between cadaver exams and deliveries.

The mortality rate drops to zero within just a few months.

Medicine has come far from the late 19th century when Louis Pasteur espoused his germ theory.

In 2014 an estimated two million people will die from infectious diseases like diarrhea, norovirus, influenza, dysentery, cholera and salmonella, to name but a few.

If infectious disease is a warring opponent, the most lethal weapon to combat it is hand-washing.

According to the Centers for Disease Control, it is estimated that about 80 per cent of infectious disease is spread from hand to hand contact.

WHEN TO WASH YOUR HANDS

Washing hands regularly before and after key activities will reduce chances of contracting and spreading disease.

Here is a reminder of the most critical times to wash your hands:

- Before and after eating, preparing or serving food;
- After using the restroom;
- After coming in contact with public places;
- Blowing your nose or sneezing;
- Shaking hands, and
- Social gatherings.



HAND WASHING BASICS

To effectively wash your hands it is important to use soap and water, rubbing suds all over for about 20 seconds (or the time it takes to sing "Happy Birthday" twice).

Don't forget to scrub in between fingers as well as your finger-tips, under nails and then thumbs, your palms and around your wrists.

Rinse well under running water and don't touch the tap with your clean hands.

Dry hands thoroughly with a clean towel or air dryer and repeat often.

When there is no access to running water, use alcohol-based hand sanitizer, rubbing all over hands until dried.

Regardless of a person's theory on flu shots, immunizations or modern medicine versus alternative health practices, there is one illness prevention tactic that has withstood the test of time and is here to stay — hand hygiene saves lives.

HARBOURSIDE FRIENDSHIPS

Harbourside Friendships group meets every Thursday at the Pender Harbour Community Hall at 10:30 a.m. followed by the programs listed below.

A hot lunch will be served at noon for \$10 and everyone is welcome. For information, please call Cathy at (604) 883-9760.

April 3: Show and Tell (held over from March). Bring something interesting to share in a group setting.

April 10: Games Galore. Come out for a morning of fun to play your favorite game. Bingo, Scrabble, cards or dice games.

April 17: Celebrate Easter with a get-together of the Pender Harbour Elementary children to paint Easter eggs and enjoy a special Easter lunch.

April 24: Authors' Corner and Storytelling. This is a chance to share your own writings, poetry or favorite poetry.



The web is a fad. Buy and sell it here.

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harbour seals



Note your approval or disapproval.

Send to: editor@harbourspiel.com. Include full name and telephone number for confirmation.

(Editor reserves the right to edit for length.)

A big Harbour Seal of Approval to **Dennis Cotter** for caring enough about our community to repair the vandalism to the Rotary signs and Porta-Potty shelter at Garden Bay Lake. Neighbours like you make Pender Harbour a good place to live.

Rick Smalley

Rotary Club of Pender Harbour

A Seal of Disapproval to the **person who knocked down all the signs north of Kleindale** — you should put your energy into something constructive instead of destructive.

You're an idiot.

Wendy Haddock

Huge Harbour Seals to **Leonard Lee, GRIPS, Troy** at the IGA and **all who came out** to the BC Ferries rally in Madeira Park on March 15.

Bill Howitt

photojournal



photo submitted

Madeira Park Elementary students worked with Keith and Natalie Wilson to tie-dye shirts for the annual Pink Shirt Day recognizing bullying awareness. Students wore their shirts to an assembly with skits highlighting anti-bullying advice and a culture of caring.

April Tools Wooden Boat Challenge lands on April 26

Submitted

It's back and this time it's lucky 13.

On April 26, folks will once again crowd Millennium Park for the 13th annual April Tools Wooden Boat Challenge.

As always, the teams of boat builders arrive early, look over the building materials they've been given and wait anxiously for the 10 a.m. announcement that will tell them what crazy twist the organizers have come up with this time.

Then they set up their saw horses, grab their hand tools and battery-powered screw guns and get to work on the vessel that will transport them around the Harbour race course and (hopefully) into the winner's circle.

In addition to the cash prizes, there is an award for the "best looking" boat.

Spectators get to vote for this one and it's called the Spiffy Skiffy award.

The Broken Paddle trophy is awarded by the race marshals to the team that "perseveres in the face of adversity" (which usually means they spent considerable time in the water).

April Tools is a family affair in which youth teams build their boats before the big day and bring them (often crazily decorated) to the dock for their races which take place in the early afternoon before the adults.

They have a "serious" trophy race and also a fun race, which often involves sabotage and getting wet.

Thanks to local businesses, there are lots of prizes for the brave teens.

Add to that food and mini-boat-building and lots of other activities for the kids, and you have a recipe for a fantastic day.

Even a little rain cannot dampen



Brian Lee photo

A eclectic mix of boat designs started each race at last year's April Tools event but not all would finish.

the high spirits.

April Tools is presented by the Pender Harbour Living Heritage Society with the support of local businesses, community organizations, and generous sponsors.

To sign up your team of up to

four builders, call Richard or Jackie at (604) 883-0539 or go to www.april-tools.ca.

The entry fee is \$160/team (early bird price of \$140 if registered by April 1).

We're also on Facebook.

Saturday, May 17

Kenny Shaw & Brian Temple

The hilarious music and comedy duo are back!

DOORS: 6pm DINNER: 7pm

TICKETS: \$25 @ The Legion & Harbour Insurance

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APRIL 2014

April Promotion!

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Includes pool, gym and all drop-in fitness.**

New change in Daytime Facility Hours

**Effective April 1, both gym and pool will be
open from 7:30am-1pm Monday-Friday.
(Evening and Weekend hours will remain the same.)**

Youth Night

Friday April 4, 6-9pm

Kayaking Pool Rescue Session

Saturday April 12
Ages 12-18 years, 2-4pm
Ages 19+, 4-6pm
Instructor: Alpha Adventures
Registration required by April 4

Scavenger Hunt and Easter Swim

Clues will be on our Facebook
Page, April 14-19. "Like" Pender
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tre. Come find the clue, enter your
name to win. Attend the Easter
Swim on Sunday April 20, 1-4pm
Special Family admission, \$5

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Latin inspired fitness program.
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Registration is required.

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recreation

PHSS benefits from community's

By Paul Bishop

*Paul Bishop is principal at
Pender Harbour Secondary School.*

When it comes to excellence in athletics, Pender Harbour Secondary has a long tradition of benefiting from dedicated staff and volunteers who make it happen. This begins with opportunities unique to the school that encourage active lifestyles every day.

The school's partnership with the Pender Harbour Aquatic and Fitness Centre provides regular access to a first-class pool and weight room along with their trained staff. The school uses the pool in a variety of ways. Before school you'll often find the girls from Robin Millar's soccer team doing aquafit classes to prepare them for the upcoming season.

Our PHSS Grade 7 students also have the opportunity to complete their Bronze Star during physical education classes while the outdoor education class uses the pool to practise water safety and first aid. Few schools have a pool attached and we consider ours very lucky.

Anyone who has visited the facility knows what a modern, professional weight room we have available. Students use the space during the school day on a regular basis, both during their study blocks and at lunchtime. PE teacher Pascal Carrara works with students to develop a comprehensive fitness program tailored to individual needs. Students injured during sports are also guided in their rehabilitation programs.

Intramural sports are also alive and well at the high school. Students and staff are part of a well-organized league overseen by student Cam Anderson who, with a committee of students, organizes well-balanced teams playing sports like floor hockey, soccer and dodge ball. It is impressive to see how all students from Grades 7 to 12 are able to compete together at a very high level of play each lunch hour.

Perhaps one of the most important traditions at the school is the Sports Day that happens every May. Students and staff organize a whole day of activities including track and field sports, gym sports and fun activities like the obstacle course. It usually finishes off with relay races and a whole school game of "Earth Ball," in which teams must encourage an enormous six-foot soft ball to the opposite side of the grass field in order to win.

Even though the school has fewer than 100 students, it is huge on pride and team spirit. School staff are joined

healthy resources



Brian Lee photo

Opposing PHSS teams Nootka and Haida square off during sports day's ultimate challenge — Earth Ball.

by community coaches like Michael Cyr, Dave Mackay and Earl Antilla to encourage an active, healthy lifestyle for students. With the support of Deb Cole at the SCRD and Francine Clohosey of the P. H. Community School, students have active opportunities from 8 a.m. until 8 p.m.

April 2014

PENDER HARBOUR COMMUNITY SCHOOL

APRIL 2014

Truffles for Easter!

Monday, Apr 14, 6-9pm at the Community School, \$25. All Ages. Instructor: Joi Phillips. Make and take home assorted delicious chocolate truffles for Easter.

Family Music Night

April is Easter, so we'll be back again in May for this night of singing.

Pickleball

Drop-in Wednesday's 6:30-8:30pm, Pender High School gym, \$2 drop-in.

Computer Café

We are looking for volunteers with computer skills to assist as computer tutors for our new Computer Café. We envision 2-hour daytime sessions working with computer novices in a relaxed environment. Call 604.883.2826 or drop by.

Ed Hill book launch of *Busted*

Wed, April 23, 2pm
PH School of Music.
Presented in partnership with PH Reading Centre.

KinderSports

Mondays until Jun 2, 3-4pm at Madeira Park Gym & Field. Ages 4-6. \$60. Instructor: Brianna Milligan. Try out Hockey, T-Ball, Soccer and more!

Kids Art Class

Mondays until June 2. 3-4:30pm at MPES. Grades 4-6. \$75. Instructor: Patti Soos & Guests! Continue to explore different artists and mediums and learn from local guest artists!

Kids Fishing Club

Friday's, 2:45-4pm, meet at MPES. Grades K-6. \$2. Come have fun and do some fishing! Parents welcome to join!

SPECIAL EVENT:

Mindfulness presentation with Ron Skene

Monday, Apr 28, 7-9pm at the School of Music
All parents, caregivers and adults are welcome to this free event. Learn practical techniques to help you handle stress and anxieties. Find out about some of the new discoveries in the ways our brains respond to stress and ease and learn how to use simple, daily practices to create a more harmonious life.

Open Tuesday, Wednesday and
Friday, 9am-4pm



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Spring cuttings on the Coast!

by Jim Rutherford

(This article originally appeared in the April 2008 issue of the *Harbour Spiel*.)

As soon as forsythia shows a bit of colour, it's ready for cutting to bring indoors.

Nothing says "spring" like blossoming branches arranged in a tall clear glass vase on your table.

Forsythia, curly willow, aucuba, Kerria and even Elaeagnus react about the same when cut into water for an indoor design.

Longish branches — say twice the height of your vase — is a good place to start.

To stabilize the branches around the rim of the vase, place cut salad or dagger fern at crisscross angles in the vase to give a mesh to support your longer branches.

A good rule of thumb for any cut material in a vase is to avoid allowing any foliage in the water or it will foul and smell quickly with indoor heat.

With aucuba and Elaeagnus, you'll see that a lot of foliage will

need to be removed.

Once your support foliage is in place cut the intended branches to height, removing any side branches that will be below the waterline.

To expose as much conductive tissue in the branch as possible, smash the cut end with a hammer.

It is really necessary to use a rooting hormone to stimulate root production.

These root hormone powders come in three strengths: No. 1 for softwood, No. 2 for semi-hardwood and in this case No.3 for hardwood.

Don't bother with any of this if you're using cherry, plum or prunes as they will not produce roots just in water, but smash the stems for more water to get to the blossoms.

Shake off the excess rooting powder after dipping the smashed stem in the bottle and arrange the branches in your vase, using room-temperature water.

Use room-temperatures to tepid water for all cut flowers and foliage.

The flower preservative in those

little packets you get when purchasing cut flowers is to preserve materials, not for root growth as we're trying to do here.

Instead, a clear non-diet pop works best.

The sugars feed the plant materials and the acidic pH inhibits algae growth.

Preservatives kill algae and at the same time prevent root formation.

Changing the water every couple of days is essential so the water looks clear at all times.

To save time and so as not to rearrange the whole vase again, grab the whole bunch out of the vase with one hand and rinse the stems with lukewarm water under the tap.

Dip the stems you want to root in hormone again and add the pop (half a can should do).

As the flowering branches bloom and fade, trim them and the dominant grow tips off all the branches.

After several weeks little rootlets should appear.

If the whole experiment seems a little unsightly, place your branches in a very clean, water-filled bucket outside in a protected place for the roots to develop a little more.

When you see about three-quarter-inch root growth, pot in a one-gallon plastic landscape pot using a good loam and cut with up to one-third sand.

Use about five branches per pot, as not every one will survive.

You'll be surprised how easy it is to propagate these spring shrubs.

It's Spring cleaning time!

And time to protect your most valuable asset with P.S.I. Property Services

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Winter wrap-up



By Jan Watson

The snowbirds are slowly returning and the season is getting underway.

The annual Christmas Scramble was cancelled due to inclement weather but a group of members enjoyed a pot luck dinner anyway.

The Valentine Scramble on Feb. 15 also fell victim to the weather as the wind and rain started an hour before tee-off time.

Thirty people attended a lovely dinner prepared by the chef from the Backeddy Pub.

The St. Paddy's Day scramble on March 15 was also affected by rain and wind, however one team of diehards — Lorne Campbell, Merv Oleksyn, Jamie Tufford, Scott and Kelly Patton — made it around the course and were declared the winners.

Once again, Backeddy chef

Gordon prepared a lovely menu for St. Patrick's Day, which was enjoyed by over 30 people.

LADIES

Ladies' Day started on March 13 with coffee and muffins followed by a nine-hole scramble.

The winning team were Kryss Parranto, Lori Wilson and Sandra Pylipiuk with 40.

CLINIC AND COACHING

The P. H. Golf club is pleased to announce that we are once again offering coaching and clinics for beginners and rusty golfers, starting Wednesday, April 9 at 4 p.m.

There will be four sessions and class sizes will be limited.

Equipment will be provided if required.

Register before April 3.

Please contact Cathy at cathm@telus.net or (604) 883-2990 for more info.



stock photo

photojournal



David Campbell photo

Madeira Park Elementary students made good use of a heavy snowfall in late February by dotting the field with snowwomen.

April 2014

**P. H. LIONS
ANNUAL
PANCAKE BREAKFAST
& EASTER EGG HUNT
Sunday, April 20**

**BREAKFAST:
9am to Noon
EASTER EGG HUNT:
Starts at 12 noon**

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~ Please, no dogs. ~**

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Please thank them!

An eclectic list of books to help wait out spring's damp days



Keith Shaw photo

By Theresa Kishkan

The unexpected snow in early March resulted in extra reading time so I have a number of

titles to share with you this month.

In late January, I spent an afternoon at the Vancouver Art Gallery looking at the Charles Edenshaw exhibition. It was beautifully organized, taking the viewer through rooms devoted to the traditions of Haida art and history, the narrative structures of the works, the forms and styles, and then exploring Edenshaw's legacy in its various contemporary expressions. It was so well-curated, with fascinating recordings to accompany some of the displays. A group of argillite platters was displayed in one case, each platter telling a version of a single story. I listened to Terri-Lynn Williams-Davidson's funny and complex recounting of how Raven brought women their tsaw (vaginas). It was interesting to trace the progress of both Edenshaw's artistic skill as well as his growing understanding of that story.

I came home with *Charles*

Edenshaw (Vancouver Art Gallery and Black Dog Publishing), edited by Robin K. Wright, Daina Augaitis, with Robert Davidson and James Hart. It is an impressive production, much more than simply a catalogue of the exhibition.

Essays, interviews, commentaries and written versions

of the oral stories I listened to at the VAG are gathered together with extensive illustrations.

I was delighted to learn that the book has been shortlisted for the 2014 Roderick Haig-Brown Prize, winner to be announced at this year's

B.C. Book Prizes gala in May.

Alice Waters has been one of the world's most influential chefs and food writers since the early 1970s. Her Berkeley, Calif., restaurant, Chez Panisse pioneered the organic farm-to-table movement in California and remains highly popular after more than 40 years in business. When I visited my son in Berkeley in November, I wanted to have a meal at Chez Panisse but it was impossible to get a reservation. No matter. Alice Waters' influence is such that every block had a restaurant inspired by her philosophy.

Waters has published at least a dozen books and her latest, *The Art of Simple Food II: Recipes, Flavor, and Inspiration from the New Kitchen*

Garden (Clarkson Potter), is a perfect book to read at this time of year. If you like to cook and you like to garden, you will enjoy opening at any page to discover unexpected combinations —

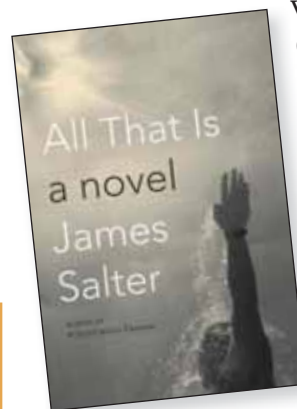
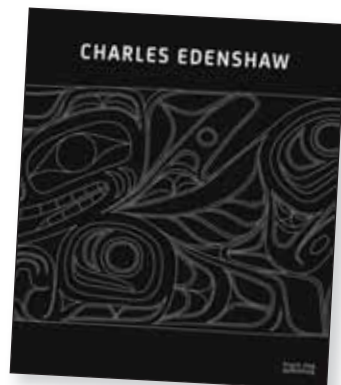
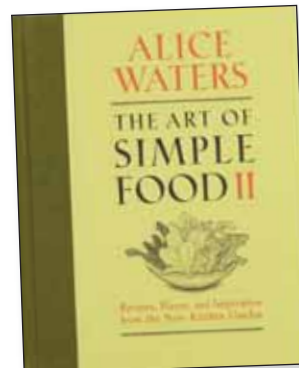
“Broccoli Rabe and Ricotta Pancakes with Lemon-Coriander Butter” or “Bing Cherries Roasted with Lemon Verbena” — and good advice:

“...grow what you love to eat, what is hard to find, or what tastes best just picked from the garden — tiny peas, young lettuces, fresh raspberries, alpine strawberries, lacy red mustards, chervil, Fino Verde basil...”

You might not have heard of the American fiction writer James Salter, but if you enjoy stories that celebrate valour and delineate the difficult ecologies of marriage and friendship, then you should look for his most recent novel, *All That Is* (Random House), his first in more than 30 years

(though he published several collections of short stories and a memoir, *Burning the Days*, in the interval).

All That Is explores the life of Philip Bowman after his return to New York in 1945 from Okinawa,



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over a period of 40 years. There's a career in publishing, a marriage, many affairs, an endless search for passion, and the novel is told from multiple viewpoints, in an elegant style. It's an elegiac novel — a longing for a lost America.

There's a lot to admire in James Salter's work. Such care and attention to language, to craft, to the nuances of character. That grave sonorous tone. And there's a lot to question as well. It's hard not to conflate the sexist and racist attitudes of Bowman with those (possibly) held by the author. Yet the novel has a chilly and beautiful dignity; it's part of a tradition of American fiction I'd be sorry to see disappear.

Julie Fowler's *The Grande Dames of the Cariboo* (Caitlin) is a lively introduction to Vivien Cowan and her daughter Sonia Cornwall, accomplished painters who enjoyed friendships with many important Canadian artists — A.Y. Jackson, Joe Plaskett, Takao Tanabe among others.

The book attempts to explore the lives of both women through their work, the memories of those who knew them, and the material record they themselves left — letters, inter-

views held in the provincial archives, etc. The author also — unsuccessfully to my mind — imagines herself in conversation with Vivien Cowan, a woman who died in 1990.

Vivien Cowan and her husband owned the Onward Ranch, near 150

Mile House. She attended the Banff School of Fine Art in the 1940s and was instrumental in forming the Cariboo Art Society. The Art Society sponsored many workshops at Cowan's ranch over the years, drawing well-known painters and print-makers to the Cariboo to teach and to make art themselves. Some of these images — Joe Plaskett's watercolour, "The Onward Barn," and A.Y. Jackson's oil, "The Onward Ranch" — are reproduced in the book.

Sonia, whose memorial service in 2006 was Fowler's introduction to her and her work, painted the world around her — horses, cattle in the draws, the camps at Stampede time, that glorious red Onward barn. Her work is wonderful and this book makes me want to seek out more of it.

BC Bestsellers:

(For the week of March 16, 2014)

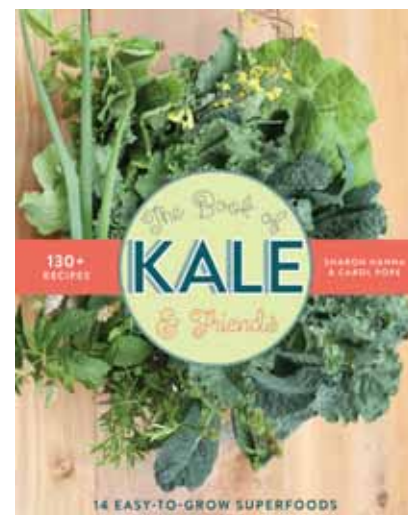
1. **The Girl With No Name** by Marina Chapman with Lynne Barrett- Lee
2. **Cadillac Cathedral** by Jack Hodgins
3. **Somewhere In-Between** by Donna Milner
4. **Haunting Vancouver** by Mike McCardell
5. **Raven Brings the Light** by Roy Henry Vickers and Robert Budd
6. **The New B.C. Roadside Naturalist** by Sydney Cannings and Richard Cannings
7. **They Called Me Number One** by Bev Sellars
8. **The Market Gardener** by Jean-Martin Fortier
9. **Burgoo** by Justin Joyce and Stephan MacIntyre
10. **The War on Science** by Chris Turner

~ Assn. of Book Publishers of BC

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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.

APRIL

Sat. April 5.....Ham and Turkey meat draw & pie sale - P. H. Legion
 Sun. April 6.....Sunday Jam: Russell Marsland and Mark Vance - Garden Bay Pub, 2 p.m.
 Mon. April 7.....P. H. Food Bank pickup - P. H. Community Church, noon
 Mon. April 7.....Area A Director Frank Mauro available to discuss issues - Copper Sky, 8-10 a.m.
 Tues. April 8.....P. H. Women's Connection presents Joan Martin - P. H. School of Music, 10 a.m.
 Friday, April 11.....SoM Coffee House - P. H. School of Music, music 7:30 p.m.
 Sat. April 12.....S. C. Clean Air Society wine tasting - Sechelt Seaside Centre, 7 p.m.
 Sun. April 13.....Sunday Jam: Joe Stanton - Garden Bay Pub, 2 p.m.
 Mon. April 14.....P. H. Garden Club presents Diane Brown - P. H. School of Music, 10 a.m.
 Tues. April 15.....P. H. Wildlife Society presents Alan Cobbin - PHSS, 7:30 p.m.
 Fri. April 18.....Ruby Lake Trattoria opens for the season - Ruby Lake, 4 p.m.
 Sat. April 19.....Spring Sizzle with Brickhouse - P. H. Community Hall, doors at 8 p.m.
 Sun. April 20.....Lions Pancake breakfast & Easter egg hunt - P. H. Lions Hall, breakfast @ 9 a.m., hunt @ noon
 Sun. April 20.....Sunday Jam: Gary Comeau and Simon Paradis - Garden Bay Pub, 2 p.m.
 Mon. April 21.....P. H. Food Bank pickup - P. H. Community Church, noon
 Tues. April 22.....P. H. Women's Connection presents Adrienne Fox - P. H. School of Music, 10 a.m.
 Fri. April 25.....In Touch Therapeutics Open House - Madeira Park, 4:30-7 p.m.
 Sat. April 26.....13th annual April Tools Wooden Boat Challenge - Madeira Park, 10 a.m.
 Sun. April 27.....Sunday Jam: Peter B3 and Steve Hinton - Garden Bay Pub, 2 p.m.
 Mon. April 28.....P. H. Health Centre Auxiliary monthly meeting - P. H. School of Music, 1 p.m.
 Thurs. May 1.....May issue Harbour Spiel hits the mail
 Fri. May 2.....Garden Bay Classic Fishing Derby starts - Garden Bay Pub, 5 p.m.



FERRY DEPARTURES

~ Effective to May 14, 2014 ~

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

HORSESHOE BAY

7:20 a.m.
 9:20 a.m.
 11:20 a.m.
 1:20 p.m.
 3:30 p.m.
 4:00 p.m. - April 17 only
 5:30 p.m.
 7:25 p.m.
 9:15 p.m.

LANGDALE

6:20 a.m.
 8:20 a.m.
 10:20 a.m.
 12:20 p.m.
 2:30 p.m.
 4:30 p.m.
 4:00 p.m. - April 17 only
 6:30 p.m.
 8:20 p.m.

EARL'S COVE SALTERY BAY

*6:30 a.m. *5:35 a.m.
 8:25 a.m. 7:25 a.m.
 10:25 a.m. 9:25 a.m.
 12:20 p.m. 11:20 a.m.
 4:25 p.m. 3:20 p.m.
 6:25 p.m. 5:25 p.m.
 8:20 p.m. 7:20 p.m.
 10:05 p.m. 9:15 p.m.

* Daily except Sunday

See alternate schedule for April 18 & 21.

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 It's jolted by every pebble on the road."

~ Henry Ward Beecher

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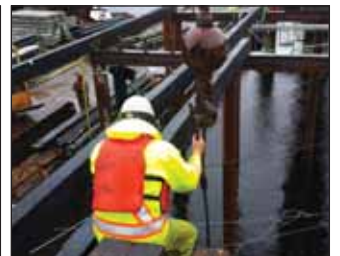
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APRIL 13: Sunday Jam w/ Joe Stanton

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FRIDAY, MAY 2: Derby Registration and Calcutta Draw, 5 p.m.

Anyone can take part in the live auction (Calcutta) to bid on whose boat will catch the biggest fish. If your skipper wins, you take the pot.

SATURDAY, MAY 3: Derby and Dinner

Fishing all day with dinner at 6 p.m. (included)

SUNDAY, MAY 4: Weigh In - 1 p.m.

Awards and prizes: \$1,000 reverse draw, Calcutta draw and \$1,000 for biggest salmon