

LOCALLY OWNED
& OPERATED

The Independent Voice of
Pender Harbour & Egmont
since 1990.

HARBOUR SPIEL

MARCH 2014
ISSUE 279

Saltery Bay to Nanaimo ferry
passing by Pender Harbour.



TOP SOIL!

GARDEN MIX - \$60 YRD*
 COMPOST - \$45 YRD*
 BARK MULCH - \$45 YRD*
 MUSHROOM MANURE - \$45 YRD*

(604)883-2747
 *GST/PST AND DELIVERY CHARGES APPLY
www.indianisleconstruction.ca

COAST EQUIPMENT RENTAL



Machines available with or without operators

➤ Excavators ➤ Track loaders ➤ Dump trailers

604-883-2747
coastequipmentrental@hotmail.ca
www.coastequipmentrental.ca

Something to squirrel away?



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

- Secure
- Heated
- Boats and RV storage

DOWNTOWN MADEIRA PARK
Squirrel Storage
 Larry & Linda Curtiss (604) 883-2040

ANDREW CURTISS CONTRACTING



SPECIALIZING IN EXCAVATION AND BOBCAT SERVICES

From land clearing to landscaping.
883-2221



*We stand apart from the rest
 by only selling the very best!*

Customer Appreciation Day

~ 1 day only ~
THURSDAY, MARCH 6
 Everything on sale storewide
 including 10% off all regular priced items
 (excluding lottery tickets and tobacco)

883-9100 Open until 8 pm Fridays.
OPEN DAILY • 8:30 am - 7 pm



Like us on Facebook
 @ Marketplace IGA Madeira Park

PENDER HARBOUR & DISTRICT
 CHAMBER OF COMMERCE
 Proud Member 2013 / 2014



The Independent Voice of Pender Harbour & Egmont since 1990.

The *Harbour Spiel* is 100 per cent locally owned and operated and published monthly by Paq Press © 2014. Any unauthorized reprint or use of this material is prohibited.

Editor

Brian Lee

Circulation (2,000)

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

- Coast Copy
- Copper Sky Gallery & Cafe
- Earth Fair Store
- Garden Bay Pub
- Gibsons Building Supplies
- Halfmoon Bay General Store
- IGA Madeira Park
- IGA Wilson Creek
- Oak Tree Market
- Painted Boat Resort
- Pearl's Bakery
- Pier 17
- Prudential Sussex Realty
- Roberts Creek General Store
- Sechelt Public Library

Contributors

This month we thank: Deb Cole, Theresa Kishkan, Susan Nattall, Frank Mauro, Shane McCune, Jim Rutherford and John Wade.

Cover photo: While the Westview and Comox ferry terminals underwent work, a new route from Saltery Bay to Nanaimo resulted in the odd ferry sighting from Francis Peninsula. (Brian Lee photo.)

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

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

Contact

Paq Press
4130 Francis Peninsula Rd. -- By appointment only.
Madeira Park, BC
V0N 2H1

editor@harbourspiel.com
www.harbourspiel.com
(604) 883-0770

NEXT ISSUE MAILS APRIL 3

editorial

Understanding the deadbeat

By Brian Lee



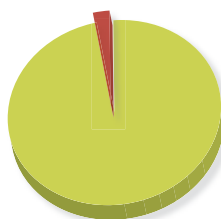
The other day I listened to yet another friend complain about a client dodging his bill.

He's just another guy who operates his own equipment for money who has the usual wheelbarrow of stories about jobs where the client didn't pay.

The client might have been happy enough with the work but when the time came, had a problem writing a cheque.

They are commonly referred to as "deadbeats" and, according to an article in *Canadian Contractor* magazine, they account for 2.5 per cent of customers.

And they're relatively easy to spot.



Percentage of locals who are deadbeats:

- Deadbeats
- Non-deadbeats

The article suggests being wary of the client who says, upfront, "Is that your best price?" or asks you "to sharpen your pencil."

The author says it will be those clients who demean your work, add picky extras to the job and, when handed the final bill, ask if you can "take off the tax."

Much of the residential work that takes place around here involves a handshake — an expectation that after a contractor delivers service X, they will be paid.

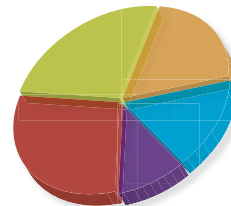
It's a simple system in which the contractor advances fuel, materials, equipment and time, trusting payment will arrive before his credit card bill.

When I first moved back here and started working on construction sites, I

recall being astounded at some of the stories I'd hear during coffee break.

Each tradesman would chip in with their own stories of money owed.

Favoured deadbeat excuses:



- I'm outta cheques.
- Money's tied up in stocks.
- Want this boat instead?
- Wife handles cash.
- Deadbeats owe me money.

I knew some of the scumbags and had a hard time accepting how common the practice was.

It seemed so foolish and short-sighted.

Most living in Pender Harbour understand the value of a reputation and how fragile it can be.

But it seems there's the odd newcomer who doesn't get it or doesn't care.

They might think they've stumbled upon a paradise of naive bumpkins who don't know enough to ask for payment up front.

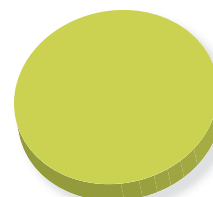
Taking advantage of the local honour system works for awhile but inevitably those burnt bridges start to pile up.

Within a few years they wander away, bitter and unsure why this place was so unfriendly to them.

They probably didn't even realize they'd been branded a deadbeat.

It's a small town and there are few secrets.

And if there's one subject folks like to gossip about more than who's cheating on whom, it's passing on who the crooks are.



Deadbeats welcome in Pender Harbour:

- Yes
- No

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

Did you know...

**The wearing of
wigs in court
was abolished
in BC in 1905?**



**Madreia Park
Law Office**
(604) 883-2029



**COMFORT
FOOD
CATERING**

Events
large or small.

Doug Davis
604.740.2077



We deliver
GRAVEL • SAND • TOPSOIL

12543 Warnock Rd.
Madeira Park BC, V0N 2H1



Dale Klassen
Phone: 604.883.9771
Cell: 604.741.2665

spiel picks

PHMS. PRESENTS THE CLOVER POINT DRIFTERS: March 8, 7 p.m.

The Pender Harbour Music Society presents The Clover Point Drifters, a bluegrass band from Victoria BC Canada. Their repertoire consists primarily of traditional bluegrass songs, with a sprinkling of country, folk, blues and pop melodies served up in the bluegrass style. Their songs feature close heartfelt duet and trio harmonies, backed by strong banjo, dobro and mandolin accompaniment. The band has been active since 2000, but the members each have a decades-long love affair with bluegrass music.

SoM COFFEE HOUSE: March 14, 7:30 p.m.

Though the lineup for this month's School of Music Coffeehouse isn't 100-per-cent set, organizers have enough to guarantee a good night of entertainment. Talented local singer/songwriter Katrina Bishop will perform, as will Roger Maidens of Gibsons, who sings and is an accomplished guitarist. Katrina will sing her new material, performing some guitar and some piano accompaniment. Roger will present a mix of cover songs and his own compositions.

RON BOUDREAU'S "CROONERS AND KINGS:" March 15, 7 p.m.

Hosted by the Royal Canadian Legion in Madeira Park, Crooners and Kings is billed as Ron Boudreau's tribute to Frank Sinatra, Elvis Presley, Dean Martin, Michael Buble and Buddy Holly. It will take you back and forth in time between the classic era of greats like Sinatra to the age of rockabilly with songs by Johnny Cash, Elvis Presley and Merle Haggard. Tickets are \$25 at the Legion and Harbour Insurance.

photojournal



Brian Lee photo

One of the more significant changes to the local landscape is a new building going up quickly at the entrance to Madeira Park. As reported in the January issue of the *Harbour Spiel*, the 10,000-square-foot building will house 11 potential commercial spaces and one residential suite.

South Pender water treatment construction moving ahead quickly

Construction is on track for south Pender Harbour's McNeill Lake water treatment system.

Buildings, berms and fencing have already been installed and the internal mechanisms are all that is needed.

"What's happening is the equipment has started arriving and it will be arriving as we speak for the next few months and being installed," says Area A director Frank Mauro.

When it might be up and running Mauro wouldn't say definitively but he offered that the completion date "is still sort of April-ish."

The SCRCD received \$4.06 million in funding to go towards the \$6.09 million required to complete the facility's design and construction.

That funding will also be used to implement a universal metering program, which is a condition of the grant to ensure that water is utilized in a responsible manner.

Once complete, the project will provide water users in south Pender Harbour with a multi-barrier water treatment system combining filtration components as well as UV and chlorine disinfection.



Brian Lee photo

The land for the South Pender Harbour water treatment plant was carved out of the bush near McNeill Lake. If you plan on taking a look, be aware that the road up is still pretty rough and only accessible by vehicles with good clearance.

RCMP news

Overnight on Feb. 16, a vehicle theft was reported in the 6000-block of Garden Bay Road, Kleindale.

The owner reported the keys had been left in the ignition and there was half a tank of gas.

Hours later, the owner called back to advise the vehicle had been returned undamaged.

The culprit turned out to be an intoxicated acquaintance who had walked by the vehicle the night before, noted the keys and decided to use the car to drive himself home.

March 2014

Pat Gaudet 604-741-8413	Bill Hunsche 604-740-1411	Teresa Sladey 604-740-7535	Dave Milligan 604-885-5414	Carol Reid 604-740-6188

Making your real estate dreams a reality.

12874 Madeira Park Rd., Madeira Park, BC | 604-883-9525

New year brings hope to local girl suffering rare disorder

Five years ago, Michelle Silvey noticed her seven-year-old daughter Isla was continually ill.

Though the symptoms were severe — vomiting spells that would last up to 10 days — she dismissed it as nothing more than influenza.

“We kept taking her to the ER and, for the first little while, they kept telling us she had the flu,” says Silvey.

“But then of course I was arguing with them and saying, ‘I have four kids and nobody else in the house was sick.’ If it was the flu somebody else would be getting sick too.”

During these frequent episodes Isla would suffer vomiting sessions that would repeat every five minutes.

This lasted for two years and despite her mom’s persistence, Isla’s doctors came up blank.

Finally, during one of these episodes, their family doctor suggested they drive to Vancouver and admit Isla into emergency at BC Children’s Hospital.

It was there Silvey first heard of a rare disease called Cyclic Vomiting Syndrome.

The doctors at BCCH didn’t know much about the disease so they scoured the Internet for scraps of information.

It was then that Silvey says the lightbulbs started going on.

After being presented with this research, Isla’s family doctor agreed the symptoms pointed to CVS and referred her back to a neurologist and gastroenterologist at BCCH.

They sat on a waiting list for two years during which Isla missed countless meals and days of school before the doctors at BC Children’s Hospital confirmed Isla had CVS.

But even then, Silvey says the doctors were able to provide little



Michelle Silvey photo

Twelve-year-old Isla Silvey waits at the Children’s Hospital of Wisconsin where she hopes to find relief from a disease that causes cyclic vomiting.

more than what she had already found online — there was no treatment plan or medications prescribed.

They left BCCH with only a diagnosis and a name — Dr. B.U.K. Li.

Silvey had already come across the name of the American pediatric gastroenterologist during her hours online.

Dr. Li heads up the Cyclic Vomiting Syndrome program at the Children’s Hospital of Wisconsin — the only CVS clinic in North America — and is actively researching the mysterious disease.

It’s thought that CVS is caused by a genetic defect in the mitochondria, the cellular “powerhouse” that generates fuel for cellular activity.

When a patient undergoes various types of stress, excitement or anxiety, it’s thought the mitochondria

get overwhelmed, triggering recurrent episodes of vomiting.

It’s estimated that the disease afflicts between one and two per cent of the world’s population and occurs mainly in children, though it is often outgrown by the teens.

Silvey called up Dr. Li to plead Isla’s case.

“That was when I found out that people have travelled from Asia and Europe and all over the place to come and see him,” says Silvey.

“So they sent us all of the information — there was a huge intake package with a 10-page questionnaire and we had to document all of her episodes that we could remember including when they started and how long they lasted.

“They had Isla write a description about what she felt like when she

was having her episodes — it was quite intensive.”

All of Isla’s medical records were sent down including those documenting all 200-plus ER visits.

That was just to attend the clinic.

The next step was funding the costs of a visit which would likely run up to \$20,000 — just for the clinical costs alone.

When friends and community members learned of the Wisconsin clinic, a local fundraising effort kicked into high gear.

“The next thing I know people had organized a fundraiser at the Grasshopper and were doing bake sales,” says Silvey.

“We were overwhelmed by the amount of support we got.”

A fundraiser at the Grasshopper Pub in February 2013 raised over \$11,000 and with other donations and a pledge of family support, Isla and her mom were able to fly to Wisconsin on Dec. 9, 2013.

The excitement of travel kicked off another episode in the taxi on the way to the clinic and they spent part of that day in the emergency room, costing an unbudgeted \$4,000.

“She did her first day — five hours of testing — while she was throwing up every five minutes,” says Silvey.

Though Dr. Li described her daughter’s as the second worst case he’s seen, he prescribed a regimen of daily medication intended to prevent the episodes from occurring and another series of abortive medications intended to halt the onset of an episode once it begins.

On top of that, Isla must make some lifestyle changes such as getting plenty of sleep and drinking more than two litres of water daily.

In total, Isla takes 17 pills every day, but so far it seems to be working.

Since the program began on Jan. 1, she’s had only one episode and in that case, the abortive medication stopped it.

Since then, Isla has been episode-free and Silvey says they can feel a difference — Isla’s energy levels are

much better and she’s back playing soccer, something that was impossible before.

It’s been a long ordeal for both patient and family but as the weeks continue to pass without a CVS episode, the young girl’s future is looking, well, pretty much normal.

Are you happy with the way your teeth look or function?

If your teeth are crooked, crowded, stick out, or do not come together properly when you bite then you may be a good candidate for orthodontic treatment. This can include braces, retainers and behavior altering appliances.

The position of your teeth and jaws has an effect on your bite. When your top and bottom teeth do not fit together properly, it is called malocclusion. A malocclusion can make it hard to chew some foods and may cause some teeth to wear down. It can also cause neck and jaw muscle tension and pain. Teeth that stick out are more easily chipped or broken and are also more prone to cavities as they are more difficult to clean properly. Fixing a malocclusion not only improves your smile but also your health as it will allow you to chew your food more effectively thereby improving digestion.

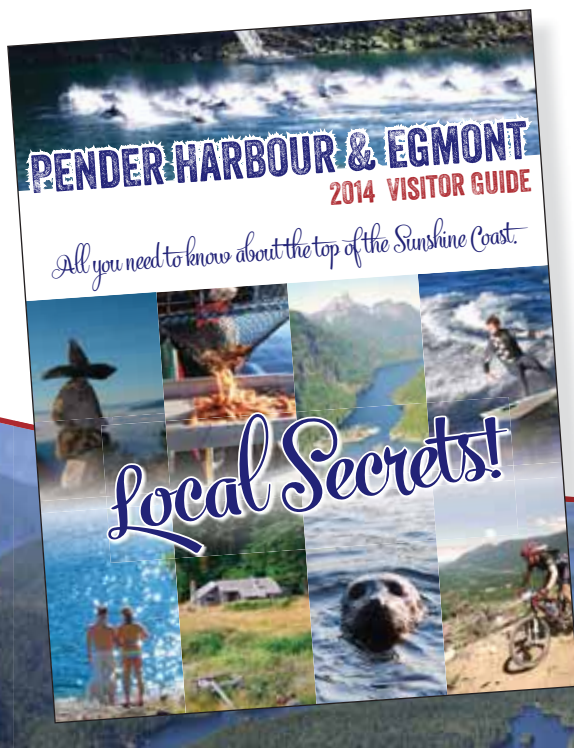
Dr. Virkela has extensive experience in orthodontics and would be happy to recommend the best treatment options for you or a family member. Please call our office for a consultation to learn if you are a candidate for orthodontic treatment.



PENDER HARBOUR DENTAL

Pender Harbour Health Centre
(604) 883-2997

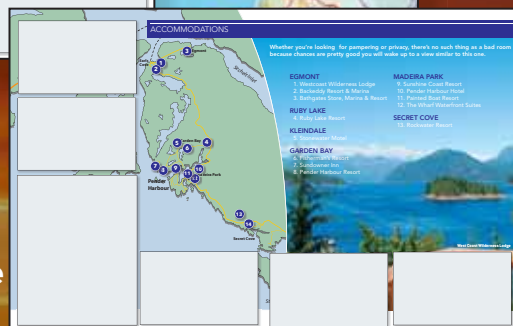
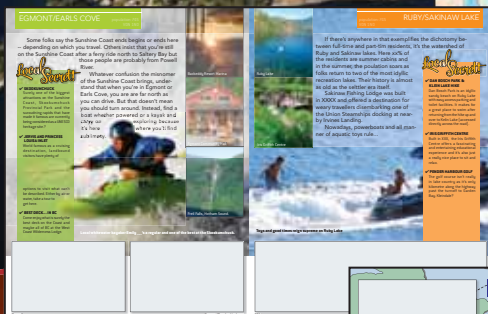
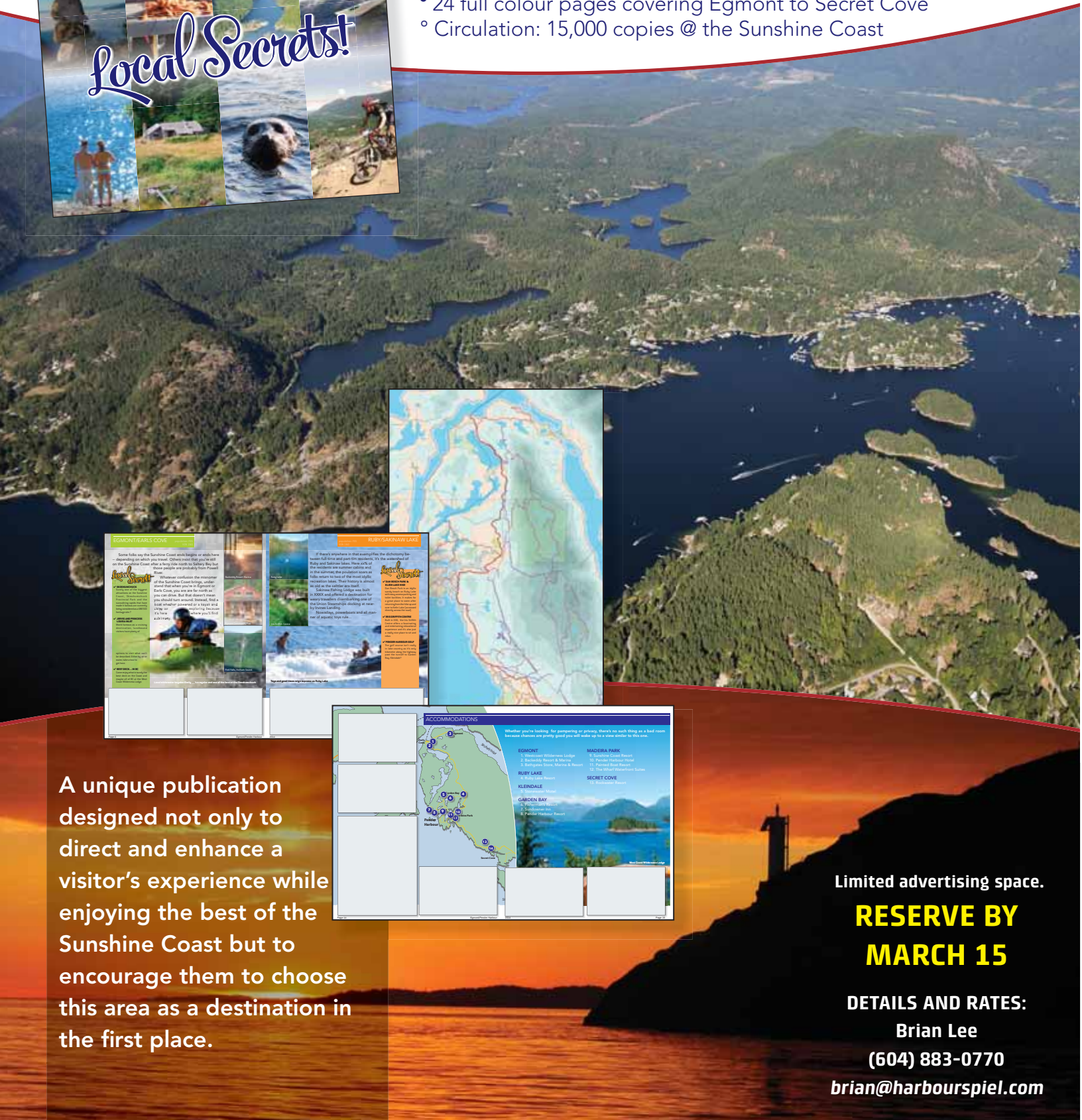
- ° Orthodontics
- ° Hygiene
- ° Implants
- ° Botox



The PENDER HARBOUR & EGMONT VISITOR GUIDE

.....Coming this May!

- ° Available on Langdale and Earls Cove ferries (May thru Sept.)
- ° 24 full colour pages covering Egmont to Secret Cove
- ° Circulation: 15,000 copies @ the Sunshine Coast



A unique publication designed not only to direct and enhance a visitor's experience while enjoying the best of the Sunshine Coast but to encourage them to choose this area as a destination in the first place.

Limited advertising space.

**RESERVE BY
MARCH 15**

DETAILS AND RATES:

Brian Lee

(604) 883-0770

brian@harbourspiel.com

Fibre optics coming to Pender Harbour

Anyone leaving their home in the past month has likely noticed the proliferation of flag crews and line technicians clustered around local hydro poles.

Telus is in the midst of extending its fibre optic network into the Pender Harbour area.

Once complete, the service promises to increase the bandwidth for Internet and TV services but SCRD Area A director Frank Mauro says it almost didn't happen.

"When it got down to Gibsons

and Sechelt, which was really the initial project, they really weren't contemplating Pender in the near future," says Mauro.

"But I had lots of calls and they were kind enough to meet with me and, as it turns out, it worked out that they were able to expedite it a bit."

According to Telus marketing material, fibre optic networks consist of flexible, transparent fibres of glass.

"Data is transmitted as particles of light, allowing huge volumes of information to be moved at near

light speed."

What that means is that 90 per cent of homes and businesses in the Pender Harbour area will soon be eligible for this upgrade.

Lisa Kabatoff, Telus community engagement manager for the Sunshine Coast project, says that the service will come online by the end of 2014.

Kabatoff wouldn't say how much Telus has budgeted for the costs of installing the technology locally but described it as "a significant investment."

PHSS senior girls basketball team qualify for provincials

After beating just about every team they've come up against on the Sunshine Coast and Powell River, the Pender Harbour Secondary senior girls basketball team took to the ferries in search of fresh meat.

The Lower Mainland Single A championships was held at Mulgrave School in West Vancouver.

On Feb. 18, the Pender squad walked into the tournament and walked over Pemberton in the quarter

finals, winning 51 to 45.

High scorer Dani Pazur scored 33 points and Nadine Jay-Reid chipped in 10.

On the next night, the team beat Richmond Christian 59-42 in a semi-final match with Pazur scoring 30 and Jay-Reid with 14.

That win automatically qualified the team for the provincial championship tournament in Vernon on March 5 and put them into the final against the

tournament host, Mulgrave School.

Nadine Jay-Reid scored 11 points and Dani Pazur 10 in a losing cause that saw Pender defeated 60-32.

"They were a very good team with a deep bench and good shooters," said coach Earl Antilla.

"They are ranked fourth in the province so it was a good game for the girls to see what the top teams at provincials will be like. And what to work on."

Win \$250
in hemp food products!

CANADA HEMP FOODS is thrilled to announce that we're going to be featured as a bonus pitch on the Dragons' Den website starting on April 3, 2014!



New winner chosen every Friday - so come back every week to enter!



Diana Rae, Pender Harbour, and her brother, Robert Rae, Gibsons (owner of Canada Hemp Foods), standing in front of the Dragons' Den website.

To celebrate, we're giving away \$50 worth of hemp food products every week. And on April 4th we'll announce our Grand Prize winner, who will receive \$250 of hemp food and apparel!

So if you're a hemp lover or simply "hemp curious," sign up for the contest at:

canadahempfoods.com/dragons-den-contest



Kevin O'Leary, inspecting our product.



CANADA HEMP FOODS

Canada Hemp Foods is based in Gibsons, BC, on the Sunshine Coast!

Madeira Park Elementary host 'Olympic' games

Before the start of the Sochi Olympics, a sporting event took place in Madeira Park that mirrored the Olympic athlete's pursuit of "Faster, Higher, Stronger."

The Madeira Park Elementary School's Olympic week leading up to Sochi's opening ceremonies wasn't only about athletic competition but also offered a chance to learn about some of the background politics behind the games.

Principal Barry Krangle says that leading up to the day of competition on Feb. 6, students learned about many of the non-athletic issues surrounding the games including concerns over terrorism and human rights abuses by the host country Russia.

Then, with a firm grasp of the games' geopolitical complexities in hand, the students divided into various teams representing countries from around the world.

Each student competed for their country in sports ranging from hockey to biathlon in which students shot paintballs at a target before "skiing" around a set course.

As in Sochi, there wasn't a lot of snow and without Vladimir Putin's snowmaking budget, principal Krangle was forced to hold many of the events on the grass surface.

The athletes didn't seem to mind.

Even the school's hallway stepped up to perform double duty as a bobsled track (sleds were mobile equipment boxes).

The curling was held in the gym with "rocks" sliding on the wood floor.

By the time the closing ceremonies were held in the gym, the athletes had forgotten which country won or even how the straps on the biathlon "skis" kept breaking.



Brian Lee photo

The bobsled event held in the school hallway was really popular and may prove to be a regular event at the school if the athletes have their way.



Brian Lee photo

The shuttle ski race was one of the more difficult events of the games resulting in many competitors receiving not a medal but grass-stained pants for their efforts.

Ron and Marita!

Dear Editor,

Our sincere and heartfelt appreciation for the amazing way Ron and Marita at the Garden Bay Hotel have contributed their time and energy in making our community the special place it is.

For all the endless hours organizing so many fund raising events, year after year, which have benefited everyone in Pender Harbour.

For the musical talent they brought in to play at the Garden Bay Pub keeping us all entertained.

Whatever we have asked of them, they have found a way to accommodate us and become part of.

I know I speak for the whole community as well as the Pender Harbour Paddling society when I say they will be sorely missed.

Your legacy Ron and Marita, is a generosity of heart and spirit.

Without your help, our club may never have existed.

We have been the envy of all the other dragon boat teams from Sechelt, Powell River and Vancouver when they have come for the annual Final Fling event in the fall.

To have our dragon boats moored at such a venue well, what more could any paddler want?

Thank you so much for making it all possible.

Jean Pate

(on behalf of team Dragontini)



photo submitted

GRIPS.

GARBAGE RECYCLING IN PENDER SOCIETY

On May 19, a BC Government-sponsored industry group of grocery firms and producers known as Multi-Materials BC will begin collecting \$110 million every year when we buy packages in paper, plastic, cardboard, Styrofoam, glass or metal containers.

Sounds like a good idea to encourage producers to use less packaging? Critics say it lets industry off the hook.

Sadly, \$110 million will cover only about 15% of BC recycling costs. Small business, consumers and the environment will be stuck for 85%.

Even worse, BC intends to burn mixed paper and plastic to make electricity that we will buy back at an inflated price. Never mind climate change and pollution.

Starting May 19, if you choose not to sort, compost and recycle your garbage at GRIPS, you will pay five times for packaging:

- 1. At the store**
- 2. At the transfer station**
- 3. On property taxes**
- 4. On hydro bills**
- 5. When you breathe.**

Have a drink and recycle at GRIPS — you will feel better! GRIPS pays you for beer, booze, and drink containers.

DO YOUR SHARE. YOUR NEIGHBOURS EXPECT IT.
RECYCLE AT GRIPS

Budget 2014: Round two and counting



By Frank Mauro,
Area A Director

BUDGET 2014

Round two of budget discussions for the regional district ended Feb. 18.

Round three, scheduled for two days during the week of March 9, will finalize the process.

The recently adopted Parks and Recreational Master Plan presented a few relatively straightforward and low-cost items including training and outreach, which will set the direction mandated in the plan — that is, that the SCRD place greater emphasis on filling the role of community builder and facilitator rather than just the supplier of recreation services.

We are fortunate in this area in

that the SCRD staff at the Pender Harbour Fitness and Aquatic Centre staff have already been very active and doing a great job in filling this role.

In other ways it has been a difficult budget this year.

With forecast increases of up to 28 per cent over the next few years in the cost of fuel and hydro, the SCRD must consider upgrading facilities to be more energy efficient.

Deciding which projects go forward requires careful scrutiny to ensure correct decisions are made by weighing real cost versus payback.

As I have previously mentioned, solid waste, including changes in green waste handling and the implementation of Multi Materials BC, provides significant challenges and final decisions in this function have been referred to round three.

Other budget challenges include putting money in reserve for business software upgrades, operating equipment replacement, facility structure/cosmetic upgrades and vehicle replacement.

In consultation with the transportation committee of the Pender Harbour Advisory Council, a decision was made to delay an SCRD/BC Transit feasibility study of a transit route in Pender Harbour until next year.

This will give us time to evaluate which community transit needs are met by the recently transferred community bus that is soon to be operated by the Ruby Lake Lagoon Society.

At this time the projected overall increase in taxation for the regional district is 6.5 per cent.

Our area does not participate in two functions that have relatively

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

Policing Committee
March 3 at 9:00 a.m.

Transportation Committee
March 3 at 10:15 a.m.

Regional Hospital District
March 6 at 9:30 a.m.

Infrastructure Services Committee
March 6 at 1:30 p.m.

Special Corporate and Administrative Services Committee - Round 3 Budget Review
March 10, 11, 12 at 9:00 a.m.

Community Services Committee
March 13 at 1:30 p.m.

Regular Board
March 13 at 7:30 p.m.

Planning and Development Services Committee
March 20 at 9:00 a.m.

Corporate and Administrative Services Committee
March 27 at 1:30 p.m.

Regular Board
March 27 at 7:30 p.m.

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@scrd.ca

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

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



large increases, namely the recreational facilities in the lower Coast and transit, so the overall increase for Area A is considerably lower at 2.4 per cent.

This translates to a residential property tax increase of just under 1 per cent.

This number can be expected to increase by approximately one percentage point once the solid waste function and a few others are finalized in round 3.

There will be public presentations on the regional district's plans and projects for 2014.

Also, the information is available on the SCRD website where there are agendas for upcoming board and committee meetings, budget meetings and information about the functions available in each area.

FIBRE OPTIC NETWORK INSTALLATION

I was approached by many resi-

dents of the Pender Harbour area and, particularly, residents of Middlepoint interested in this technology.

I approached Telus to encourage them to expedite installation in our area.

Fortunately they found an opportunity in their schedule to be able to do that and are working in the area as I write this.

Unfortunately, at this time they are not planning installation outside the Pender Harbour neighborhoods due to the unit cost of servicing low housing densities.

As I previously reported, I have had conversations with Network BC and have since had discussions with MP John Weston to work toward getting both broadband and cellular coverage in the Egmont and Middlepoint areas.

The federal government recently announced in its budget presentation that it has established a program to improve communications in rural and

remote areas.

I am hopeful that continuing to press for funding and looking for opportunities will result in success in solving this problem.

OPEN DISCUSSION

I will be available between 8 a.m. and 10 a.m. on Friday, March 7 at the Copper Sky in Madeira Park to answer questions and to listen to your concerns.

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

The Residential & Commercial
Brighterside
CARPET CLEANING

Call Merv...
(604) 883-2060



**The Pender Harbour Golf Club
would like to thank all those
who expressed interest in
leasing our restaurant.**

**We are very pleased to
announce the restaurant has
been leased to the Backeddy
Resort and Marina which plans
on opening sometime in April.**

ALL WELCOME:

Carpet bowling

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

Walking Club

Will be returning back outside by popular demand. Fridays at 10am. Meet in front of P. H. Community Hall.

Lunch Club

March 25: Sima Sushi (Trail Bay Centre) at 11:30 am.

Call Marlene for rides or more information:
604 883-9900.



**PENDER HARBOUR
SENIORS INITIATIVE**

Saturday, March 15
Ron Boudreau
CROONERS & KINGS
A Tribute to: Frank Sinatra
Dean Martin
Michael Buble
Elvis Presley

DOORS: 7pm
TICKETS: \$25,
@ The Legion &
Harbour Insurance
Appetizers available for sale.



(604) 883-2235
**Royal Canadian
Legion #112**
NON-MEMBERS ALWAYS WELCOME



Brian Lee photos

What was left of the Pender Harbour Hotel after a fire on Sept. 30 is now gone. An excavator hammered rock and concrete from the foundation's footprint in preparation for the construction of a new building. In the meantime, it's hard not to stare at the empty sky beyond as you pass by what used to be the silhouette of the familiar landmark.

Pender Harbour Music Society presents:

Clover Point Drifters



Saturday, March 8
7 pm, \$25

Honest old-time bluegrass music!

SPONSORED IN PART BY:
Barbara & John Storer and Gwen & Ed Hawkins

Guy Few & Nadina Mackie Jackson Duo

Sunday, March 30
3 pm, \$25

Internationally-known soloists,
chamber musicians and fashionistas.

SPONSORED IN PART BY:
Jennifer Love & David Pritchard



PENDER HARBOUR SCHOOL OF MUSIC
Tickets @ Harbour Insurance, John Henry's Marina
Sechelt Visitor Centre, Gaia's Fair Trade



VITAMIN SALE FEATURING:

webber naturals

Wide selection of Webber products on sale!



Visit our webpage:
www.marinapharmacy.ca

Guardian
604.883.2888

Flying with a dog



By John Wade

Dear John,

Having a hard time deciding if flying with a dog in a carrier

going in front of the seat is a good idea.

She has never flown before. It's only a 2.5-hour flight to Florida. Is getting a sedative or no eating or drinking before flying a good idea?

Need some straight answers about taking the small dog with me on the flight.

How does flying affect the dog?

Yours,
Charlene

Hi Charlene,

Good question. Not sure I have a straight answer although a few people that I know who ship various livestock by plane tell me they fast the animals but just food as opposed to water.

Some world travellers I know tell me that if they fast before a long flight they don't have anywhere near the problems with jet lag.

As a rule I avoid recommending sedatives particularly if your dog hasn't had prior exposure.

You probably have a pretty good idea as to how your dog reacts to new experiences already.

If it has been overly stressful in the past than you might consider talking to the vet about a sedative or experimenting with some of the naturopathic remedies in advance.

Either way, the morning of the flight I'd schedule a play date or an



extremely long brisk walk or run.

Not only will it encourage sleep afterwards but I think it better balances the dog's brain chemistry for the balance of the day.

If your dog hasn't had experience staying in a crate, I'd do a little experimenting with that while driving around in a car.

What I also recommend is a trip to the airport in advance to see how the dog reacts.

I'm always telling puppy owners to take their pups to airports to get them used to the sounds.

Pawsitively yours,
John Wade

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

IN TOUCH
THERAPEUTICS



YOGA STUDIO

Yoga classes are still on at the Studio until March 28 — check website for schedule.

Registered Massage Therapist BRIGIT GARRETT will be available Mon-Fri at In Touch Therapeutics Yoga Studio until March 28.

In April, her practice will move to Pender Harbour Health Clinic.

new phone #:
604.741.1202



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	883-2022
• 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

PENDER HARBOUR WOMEN'S CONNECTION

At the March 11 gathering, life coach Helga Grout will introduce you to the fun and reflective "Joy of Creative Journaling." If you'd like, bring along a notepad, or other type of paper, something to write or draw with, and a little spirit of adventure. Be the storycatcher of your life at 10 a.m. at the P. H. School of Music in Madeira Park.

On March 25, come for a field trip to Swish, a little bit of New York in Gibsons. Car pool from Crossroads and the Health Centre at 9:45 a.m. Get a group together and go out for lunch afterwards. Lyn will lead a seminar on wardrobe planning and putting outfits together.

PENDER HARBOUR LIVING HERITAGE SOCIETY

The 13th annual April Tools Wooden Boat Challenge lands on April 26 at 10 a.m. at Millennium Park (gov't dock) in Madeira Park. Teams of up to four people build a boat from materials provided and race around the harbour for cash prizes. Youth races and mini-boat building for the kids as well. Entry fee \$160 (early bird fee of \$140, if before April 1). Entry form downloadable from: www.april-tools.ca. Contact Jackie Ordroneau or Richard Haschke at (604) 883-0539 for details.

PENDER HARBOUR WILDLIFE SOCIETY

The P. H. Wildlife Society is pleased to announce a return visit from birder Peter Ward, who will present a slide show and talk about the successful ongoing tree swallow, owl and waterfowl nesting box program in parks around the Lower Mainland and Big Bar Lake in the Cariboo. This is encouraging news for local bird enthusiasts and those interested in taking part in the owl nesting box program currently sponsored by the Sunshine Coast Wildlife Project. Peter has also co-produced several recordings of BC bird sounds and will lead a bird walk the following morning, weather permitting. Details TBA at the meeting or call (604) 883-0284.

Meeting time is 7:30 p.m. on March 18 at the Community Church in Madeira Park. There is no charge, everyone is welcome and refreshments will be served.

PENDER HARBOUR GARDEN CLUB

The P. H. Garden Club will meet on March 10 at 10 a.m. at the Pender Harbour School of Music. On tap is an introduction to Green Tara Garden Centre, opening in Madeira Park this spring, by proprietor Karyl Kivari. There will also be a short session on roses by Barb Nield. An AGM is also included in the meeting agenda. Visitors are welcome by donation.



SWANSON'S
READY-MIX LTD.

WE'RE BACK IN BUSINESS!
at our gravel pit in Kleindale/Madeira Park

PIT RUN • PIT SAND • DRAIN ROCK

47 years serving Pender Harbour and the Sunshine Coast

(604) 883-1322

John Johnson (Jack) Crabb

SEPTEMBER 6, 1925 — FEBRUARY 8, 2014



Jack passed away peacefully at home in Madeira Park.

He is survived by his wife Helen, his children Jacqueline, Jeri (Harry), Jocelyn (Vas), Jake (Rita), John (Lynn), 12 grandchildren and 10 great-grandchildren.

He was predeceased by daughter

Jennifer and one granddaughter.

Jack went to school in Calgary and after serving in the navy during the war, he attended the University of British Columbia, graduating in 1951. Jack lectured at McMaster University for four years, and worked in Fernie for 24 years at Crow's Nest Industries.

After retiring Jack was involved in several gold mining ventures in western U.S.A. and South America.

He will be remembered for his involvement in the creation of the Fernie Ski Hill and the Pender Harbour Golf Course.

Jack's hobbies included carving in marble, wood and bronze and his work decorates many buildings in Madeira Park as well as his garden and home in Madeira Park.

He was a "jack of all trades" and master of many — professional engineer, architect, musician, sculptor, outdoorsman and entrepreneur.

He was an explorer, innovator and educator. He did not golf.

A gathering will be held at his home in Madeira Park in July. In lieu of flowers, a donation to the P. H. Health Centre Society is appreciated.

William (Bill) Pieper

JULY 10, 1942 — FEBRUARY 17, 2014



William (Bill) Pieper of Surrey passed away peacefully with his family by his side on Monday, Feb. 17 at Royal Inland Hospital in Kamloops.

Bill was born in Vancouver on July 10, 1942 and raised in Irvines Landing.

Bill (Billy as he was known in those days) was the son of Bill Sr. and Vivian Pieper from Irvines Landing and grandson of Frank and Gertrude Mitchell from Garden Bay.

Bill spent the last 20 years of his life in Kamloops and Barriere BC.

Bill was a man with a wealth of knowledge, wisdom and sarcastic but funny sense of humour.

There was nothing he did not know about. He was a lover of sports, music, science fiction, crossword puzzles, trivial pursuit that he finished in one round, his pet English mastiffs, Great Danes and cats.

Bill served in the Canadian

Armed Forces in the Honourable Black Watch Regiment.

He opened one of BC's first private mortgage companies and was a professional bowler. He owned Thunderbird Lanes in North Vancouver and was a businessman for many years.

Bill leaves behind his fiancée Eileen Reilly, two daughters Bianca Myddleton (Craig Crawford), Diana Walker and their mother and his friend Waltie Pieper, his beautiful granddaughters Melissa Wood, Kristina Walker, Taryn Myddleton and great-grandson Jaxon.

Bill's family will be holding a celebration of life for Bill on March 2. Please call (604) 535-6683 for details.

Bill loved Pender Harbour.



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

March 1	11:00 am -L, 4:23 pm +XL
March 2	11:47 am -L, 5:18 pm +XL
March 3	12:30 pm -XL
March 4	1:11 pm -XL
March 5	1:52 pm -XL
March 6	7:14 am +L, 2:25 pm -XL
March 7	7:49 am +M, 3:18 pm -L
March 8	8:49 am +M, 4:07 pm -L
March 9	11:06 am +S, 6:04 pm -L
March 10	12:38 pm +S
March 11	8:47 am -M, 1:40 pm +S
March 12	9:35 am -M, 2:32 pm +M
March 13	10:13 am -M, 3:17 pm +M
March 14	10:45 am -M, 3:59 pm +L
March 15	11:15 am -L, 4:50 pm +L
March 16	11:43 am -L, 5:33 pm +L
March 17	12:09 pm -L, 6:16 +L
March 18	12:35 pm -L, 7:01 +XL
March 19	1:03 pm -XL
March 20	1:35 pm -XL
March 21	2:13 pm -XL
March 22	8:22 am +L, 2:53 pm -XL
March 23	9:20 am +M, 3:59 pm -XL
March 24	10:38 am +M, 5:10 pm -XL
March 25	12:09 pm +M, 6:20 pm -L
March 26	8:26 am -M, 1:24 pm +M
March 27	9:22 am -L, 2:25 pm +L
March 28	10:10 am -L, 3:30 pm +L
March 29	10:53 am -L, 4:26 pm +XL
March 30	11:39 am -L, 5:20 pm +XL
March 31	12:14 pm -XL, 6:12 pm +XL

These are estimates only and not intended for navigation.

harbour almanac

THE DAYS

MARCH BIRTHDAYS

March 1 ~ **John Ellis, Bob Hubbard** and **Linda Dunaway**.
 March 2 ~ **Sandra Bosch** and **Marcus Delaney**.
 March 3 ~ **Ernie Carswell, Lana Ross, Terry Bosner** and **Jim Reid**.
 March 4 ~ **Brian Lee**.
 March 5 ~ **Mackenzie Stewart, Kirk Mackie, Brigit Garrett, Sylvia Heiliger, Alicia McDonald** and **Valerie Reid**.
 March 6 ~ **Freda McDermott** and **Ron Minch**.
 March 7 ~ **Mitch Higgins, Cassidy Craig-Watters** and **Bob McDonald**.
 March 8 ~ **Jeremy Morin**.
 March 9 ~ **Mary Cain, Bobbie Wendland, Eldor Dougan** and **Denise Cymbalist**.
 March 10 ~ **Stuart McLean**.
 March 11 ~ **Tannis Campbell** and **Gayle Adams**.
 March 12 ~ **Alicia Whittaker, Sunny Charboneau** and **Gord Wenman**.
 March 13 ~ **Ian McDonald** and **Paul McDonald**.
 March 14 ~ **Peter Hunsche** and **Heather Smith**.
 March 15 ~ **Bev Higgins, Arlen Howitt, Carissa Gilkes** and **Justin McKimm**.
 March 16 ~ **Steve Hanna** and **Brad Zayshley**.

March 17 ~ **Bill Bradshaw, Jim Weir, Michelle Cymbalist** and **Chris Cavielier**.
 March 18 ~ **Mike Reid, John Struthers, Tayler Metcalfe, Blair Landry, Janie Arduini** and **Michelle Bernier**.
 March 19 ~ **Megan Knock**.
 March 20 ~ **Larry Curtiss, Patrick White, Kim Smail** and **Tammy Collins**.
 March 21 ~ **Melissah Charboneau** and **David Massullo**.
 March 22 ~ **Eric Graham, Margaret Hartley, Ross Palmer** and **Dennis Cotter**.
 March 23 ~ **Mary Ann Haase** and **Barb Cowan**.
 March 24 ~ **Jane Reid, Heather Fearn**.
 March 25 ~ **Hailley Schroeder, Lexine Scoular, John Seabrook** and **Shirley Norish**.
 March 26 ~ **Motoko Baum** and **Halle Bosch**.
 March 27 ~ **Maureen Lee, Donna Edwardson, Cole Edwardson, Doris White** and **Rick Wagner Jr.**
 March 28 ~ **Joka Roosen** and **Jill Bennett**.
 March 29 ~ **Melanie LeBlanc, Rod Webb** and **Terry Jacks**.
 March 30 ~ **Del Deguire**.
 March 31 ~ **Merv Charboneau**.

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



**Consider making a donation to support this program.
 Tax receipts will be issued.**

Call Linda: 604.883.2819 or Anky: 604.883.0033.

OF MARCH

BEWARE OF MARCH 15

The Ides of March (Latin: *Idus Martii* or *Idus Martiae*) is a day on the Roman calendar that corresponds to March 15. It was marked by several religious observances, and became notorious as the date of the assassination of Julius Caesar in 44 BC. The death of Caesar made the Ides of March a turning point in Roman history, as one of the events that marked the transition from the historical period known as the Roman Republic to the Roman Empire.

Although March (Martius) was the third month of the Julian calendar, in the oldest Roman calendar it was the first month of the year. The holidays observed by the Romans from the first through the Ides often reflect their origin as new year celebrations.

The Romans did not number days of a month sequentially from the first through the last day. Instead, they counted back from three fixed points of the month: the Nones (5th or 7th, depending on the length of the month), the Ides (13th or 15th), and the Kalends (1st) of the following month. The Ides occurred near the midpoint, on the 13th for most months, but on the 15th for March, May, July, and October. The Ides were supposed to be determined by the full moon, reflecting the lunar origin of the Roman calendar. On the earliest calendar, the Ides of March would have been the first full moon of the new year.

~SOURCE: Wikipedia

MARCH ASTROLOGY

PISCES: FEB. 19 - MAR. 19

Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Pisceans are often religious or mystical. It's important this month to apply pressure on anyone not meeting your standards and rid yourself of responsibility for the failures of others. That may include siblings, children or even pets.

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 working toward a goal you believe in will lead you to people who can alter your life in the future. Opportunities for romance are at an all-time high.

MARCH WEATHER

TEMPERATURE

Our average March daily high is 9.2 C, our average daily low 4.3 C, giving us a mean daily temperature of 6.7 C. The highest March temperature recorded is 15.6 C (March 11, 1965); the lowest, -3.3 C (March 3, 1976).

PRECIPITATION

March has an average of 127.7 hours of bright sunshine and 15 days with rainfall. The monthly total rainfall averages 78.6 mm; monthly total snowfall averages 1.5 cm. The highest March daily rainfall recorded is 44.7 mm (March 4, 1968). The lowest March daily snowfall recorded is 8.9 cm (March 2, 1962).



PAQ PRESS

Printing & Design

Publisher of the Harbour Spiel

604.883.0770

- advertising•
- business cards•
- brochures•
- editing•
- menus•
- photography•
- printing•
- signage•



SWANSON'S
READY-MIX LTD.

CONCRETE — IT'S OUR BUSINESS!

47 years serving Pender Harbour
and the Sunshine Coast

(604) 883-1322

Sand, gravel and concrete products also available.



FOR ALL YOUR INSURANCE NEEDS.

- ✓ automotive
- ✓ boat/marine
- ✓ household
- ✓ business
- ✓ travel

Call
today for a
quote:

883-2794

HARBOUR INSURANCE AGENCIES

Kim's Painting and Decorating

Residential • Commercial
Interior • Exterior
free estimates

Box 1625
Sechelt, BC
V0N 3A0

Kim McFadden
cell: 604.740.6177
tel: 604.883.0213

K•E•R
ENTERPRISES
Trucking & Excavating

KERRY RAND 883-2154



EXCAVATION • PROPERTY DEVELOPMENT • SEPTIC FIELDS • GRAVEL & TOPSOIL

business directory

A.....

ACCOUNTING & BOOKKEEPING

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

AUTO REPAIRS & SERVICE

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

B.....

BACKHOE

- Glenn's Backhoe Services883-2840

BEAUTY SALONS

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

BUILDING SUPPLIES

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

C.....

CARPET CLEANERS

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

COMPUTER SALES & SERVICE

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

CELL PHONE BOOSTERS

- W.G. Sutherland Sales & Service Ltd.740-7869



**RECYCLING &
BOTTLEDEPOT**
883-1165

ONE-STOP CONVENIENCE

Closed Wednesdays and
statutory holidays.

Refunds: 8:30 am to 3:30 pm
Recycling: 8:30 am to 4 pm

Sundays: 10 a.m. to 2 p.m.

Multi-material Recycling
Beverage Container
Refund Centre

Hwy. 101 and
Menacher Rd.

CONCRETE

- Pender Harbour Concrete.....740-2498
- Swanson's Ready-Mix Ltd.....883-1322

D.....

DINING

- Harbour Pizza883-2543
- Triple B's Burger Stand883-9655

DOCK & RAMP CONSTRUCTION

- Garden Bay Marine Services883-2722

E.....

ELECTRICIANS

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

F.....

FINANCIAL INSTITUTIONS

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

G.....

GENERAL CONTRACTOR

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

GENERAL STORE

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

H.....

HAIR

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

HARDWARE

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

I.....

INTERNET

- W.G. Sutherland Sales & Service Ltd.740-7869

L.....

LANDSCAPING & GARDENING

- Alligator Landscaping740-6733

LAWYER

- Dawson & Associates.....(778) 487-2074
- Madeira Park Law Office883-2029

LOGGING

- Sladey Timber883-2435

REID ELECTRIC

Residential and
Renovation Specialist

BILL REID

reg. #7598

Telephone 883-9309
Cell phone 885-8200



- Surveillance Cameras
- Security Alarms
- Satellite TV & Internet
- Home Audio & Networking
- Computer Sales & Service

Licence # 202407

OFFICE: 604.883.0785 MOBILE: 604.740.7869

M.....

MARINE SERVICES

- Wakefield Hanson Marine Services740-6720

MOBILE HOMES

- Glenbrook Homes883-0234

P.....

PAINTING

- Kim's Painting and Decorating740-6177

PHYSIOTHERAPY

- Paul Cuppen740-6728

PLUMBING

- Road Runner Plumbing.....740-2103

POWER POLE & LINE SERVICE

- Midway Power Line Services885-8822

PRINTING

- Coast Copy Centre (Sechelt)885-5212

PROPANE

- Superior Propane.....877-873-7467
- Tyee Propane.....399-8688

PUBS

- Garden Bay Pub.....883-2674

R.....

REAL ESTATE

- Dave Milligan, Sunshine Coast Homes.....883-9212
- GreenThompson.com, Re/Max Oceanview883-9090
- Prudential Sussex Pender Harbour.....883-9525

S.....

SATELLITE TELEVISION

- W.G. Sutherland Sales & Service Ltd.740-7869

SEPTIC SERVICES

- AAA Peninsula Septic Tank Pumping Service.....885-7710
- SunCoast Waterworks.....885-6127

STORAGE

- Squirrel Storage883-2040

T.....

TOPSOIL

- Alligator Landscaping740-6733

TRAVEL

- Travel Masters - Anar Kanji741-6994

TREE SERVICE

- Proteus Tree Service.....885-8894

TRUCKING SERVICES

- Double D Trucking.....883-9771
- Johnny's Crane & Trucking.....883-2766



Susanne Jorgensen
SunshineCoastHomes.com
 buying... selling... sold.
Dave Milligan
Prudential Sussex Realty, Madeira Park - 604-883-9212



Pender Harbour
CONCRETE
PLACING & FINISHING
Serving The Sunshine Coast
Scott Patton
604.740.2498 www.penderharbourconcrete.ca

V.....

VETERINARIAN

- Madeira Park Veterinary Hospital Ltd.....883-2488

W.....

WELDING

- Jim's Welding883-1337

WELLS AND WATER PURIFICATION

- AJ Pumps & Water Management885-7867
- SunCoast Waterworks.....885-6127

WINDOW COVERINGS

- Coastal Draperies883-9450

WINE

- Village Vintner865-0640

photojournal



Ron Minch photo

You gotta laugh to keep yourself from crying. Garden Bay residents are having some fun pointing out the absurdity of a flooded section of road near Hotel Lake that the Ministry of Transportation has allowed to remain for at least two years.

AAA PENINSULA SEPTIC TANK SERVICE

Serving the Entire Sunshine Coast For over 45 Years!

Pat Leech.....885-7710

www.aaapeninsula.com

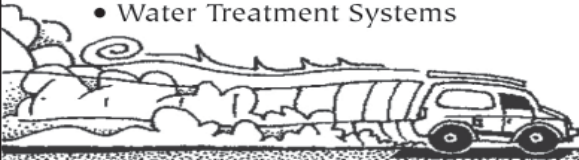


9835 Mackenzie Road
Halfmoon Bay, BC
V0N 1Y2

ROADRUNNER PLUMBING SERVICE

- All kinds of plumbing repair
- Halfmoon Bay to Earl's Cove
- Water Treatment Systems

PHONE: 740-2103



Fred

SunCoast Waterworks

WELLS • PUMPS • WATER PURIFICATION
SUMP AND SEWAGE PUMPS

Unit #2 - 5824 Sechelt Inlet Road
suncoastwaterworks@dccnet.com (604) 885-6127



Madeira Park Veterinary Hospital

Dr. Rick Smalley, DVM

604-883-2488

DAY AND EMERGENCY

MONDAY-FRIDAY
9 a.m. - 5 p.m.

SATURDAY
9 a.m. - Noon

Full service veterinary medicine in Pender Harbour
Medicine • Dentistry • Surgery • Laboratory • X-ray

Madeira Landing #101 - 12890 Madeira Park Road
www.madeiraparkvethospital.com

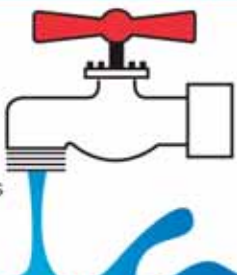
AJ PUMPS & WATER MANAGEMENT

Rainwater Harvesting

Jet Pumps • Submersibles • Pressure Tanks
Sewage Systems • Water Treatment & Filtration Systems

Water is life... treat it right

Unit D - 5588 Inlet Ave., Sechelt, BC
604.885.PUMP (7867)
Will Van Esch • www.ajpumps.com





PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – 883-2764

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

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

DENTISTRY – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

PUBLIC HEALTH NURSE – 883-2764

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

FAMILY NURSE PRACTITIONER – 883-2764

Kimberley Musclove BA, MSN NP(F) SANE

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Mary Lang – Drug and alcohol counsellor – 885-8678

Karl Enright – Psychiatrist – 883-2764

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell & Robinson.

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

HARBOUR PHYSIOTHERAPY – 740-6728

Paul Cuppen, RPT, BSc

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

CHIROPRACTORS – 883-2764

Dr. Blake Alderson, DC

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

Dr. Terry Dickson, DC, BSc, ART provider

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

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT:

CHILD AND YOUTH MENTAL HEALTH

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

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



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

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

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

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

March is National colorectal cancer awareness month

By Susan Nattall, RN

If you are between the ages of 50 and 74, you should be screened for colorectal cancer.

This type of cancer is preventable, treatable and beatable.

The majority of colorectal cancers begin as benign (non-cancerous) growths in the lining of the large bowel and are asymptomatic.

If left, many of these growths will become cancerous.

Screening saves lives; it is the best line of defence when it comes to protecting oneself from this deadly disease.

Screening for colorectal cancer is simple and accessible to all people.

It begins with an annual checkup and fecal immunochemical and fecal occult blood tests.

These tests detect the presence of blood in the stool.

If they produce a positive result, a colonoscopy is required to investigate further.

A colonoscopy is a test that allows the doctor to view the rectum and the entire colon.

During a scope, polyps and abnormal tissue may be removed or tested (biopsy) for cancer.

This screening tool is considered to be the gold standard test by most as more than 95 per cent of colorectal cancers are diagnosed by it.

When determining individuals' risk factors, the following key factors are considered:

- Age. As one ages the risk increases.
- Heredity. One is more likely to develop this cancer if a first-degree relative has it.
- Diet. The more red meat consumed, the greater the risk.

- Weight. Obesity and lack of physical activity increase risk.
- Alcohol. May increase risk level, especially beer.
- Smoking. Increases risk.

Changes in bowel habits, digestion, and abdominal discomfort are some of the early signs and symptoms reported.

Late symptoms can be liver enlargement, jaundice (yellowing of the skin) and ascites.

When fluid builds up inside the abdomen, it is known as ascites.

Ascites usually occurs when the liver stops working properly.

Fluid fills the space between the lining of the abdomen and the organs.

Statistics from Canadian Cancer Society suggest that on average, 65 Canadians will be diagnosed everyday with colorectal cancer and 25 Canadians will die daily from this disease.

Do yourself a favour and get screened.

It could save your life.

The Canadian Cancer Society offers more detailed information at www.cancer.ca/en/cancer-information/cancer-type/colorectal.



HARBOURSIDE FRIENDSHIPS MARCH 2014

Harbourside Friendship group meets at the Pender Harbour Community Hall every Thursday morning. Join us for coffee starting at 10:30 a.m. followed by the programs listed below.

March 6: Show and Tell.

Bring something to share with the group — a special memento or a mystery item that people will have to identify.

March 13: St. Patrick's Day.

We'll celebrate St. Patrick's Day with a special visit from Joc and Evans Hermon. Joc will share his collection of limericks and play his mandolin. If you have a favorite limerick bring it along.

March 20: Games Galore.

Join a fun morning of games. Come out and play your favorite game of crib, Scrabble or bingo.

March 27: Lawyer Lisa Rae.

Lisa Rae from the Madeira Park Law Office will be on hand to speak about wills and estate planning.



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

Classified advertising must be prepaid. Cost: \$20 for 25 words maximum, second month free (space permitting) for non-commercial ads only. By mail or e-mail: editor@harbourspiel.com.

FOR SALE

- **A Hammond.** Good bed Chesterfield. (604) 883-9262

WORK WANTED

- **Knees ripped** in your favourite jeans? For repairs, alterations, re-fashioning and custom sewing, call Billy. (604) 865-0640.

WORK WANTED

- **Free scrap car removal.** Hiab crane service. Reasonable rates for large/heavy items brought from Lower Mainland. Curt (604) 740-7287.



Re-opening
Friday, March 14

LaVerne's Grill

BREAKFAST • LUNCH • DINNER

Serving Pender Harbour for 13 years
and loving every minute of it!

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.)

I want to give my heartfelt thanks to my neighbours: **Fay and Bruce Thompson, Dianne and Bob Fielding, Dorothy and Bruce Faulkner, Elaine and Gary Park**, for all the things they have done for me to make my bout with cancer easier. Thank you, dear friends. Love you.

Britta Sjogren

Huge Seals of Approval to **GRIPS and the kind people who made donations** to our January bottle drive. With your help we raised over \$1,100.

Marisa Alps
(on behalf of PHSS 2014 grads)

A million Seals to all **my friends and family** for their phone calls, visits, gifts, baking, flowers and especially for all the good wishes extended to me for a speedy recovery. I am coming along really well. Thanks again!

Maureen Lee

A special thank you for all the **Pender Harbour folks** who faithfully remember to collect IGA tapes and give generously monetarily and in foodstuffs to the underprivileged folks in our community. You are so appreciated. Thanks for being a great village.

Wendy Phillips and Joke, Fred,
Sheila, Doris, Mary and Gloria

For a healthy Spring:

Massage/Ortho-Bionomy Therapy

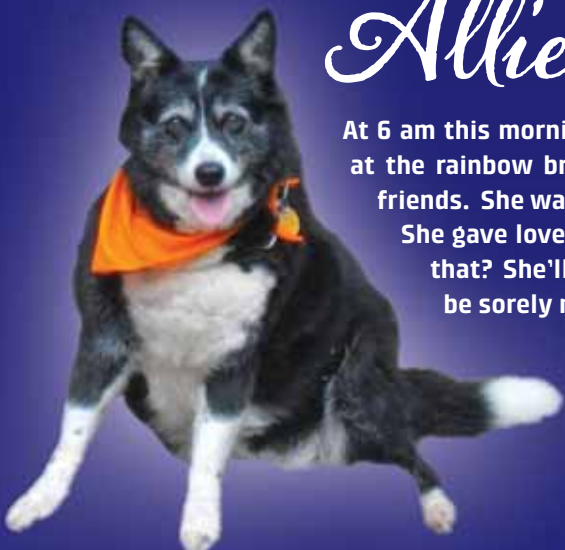
To help heal:

- Neck and Back Pain
- Acute and Chronic Pain
- TMJ Dysfunction
- Frozen Shoulder
- Knee Injuries
- Headaches
- Sciatica
- Tennis Elbow

Consultation/Herbal Remedies

- Cold/Flu Remedies
- Weight Loss Programs
- Hormone Balancing
- Stress Management
- Herbal Cleansing Kits
- Body/Bath Care Products
- Gift Baskets/Certificates

Wendie Milner: 604-883-9361



Allie

At 6 am this morning our lovely girl went to hang out at the rainbow bridge to meet up with many of her friends. She was almost 13, but she lived a lifetime. She gave love, she got love – what's better than that? She'll be greeted with open arms, but will be sorely missed down here. Because she had blue heeler in her, we called her a "border-line collie," but there was nothing borderline about her heart.

God speed, truest of friends.

Lee and Ken

PENDER HARBOUR SENIORS INITIATIVE: PAST, PRESENT AND FUTURE

WHERE DID IT COME FROM?

In 2011 the Vancouver Health Authority's SMART Fund invited applications for a program on the Sunshine Coast. The SMART Fund supports 72 programs in non-profit agencies throughout the VCH region that have developed projects geared towards helping people stay healthy in their communities. The PHSI advisory committee was the successful applicant. That led to a needs assessment, followed by the development of the initiative's vision, mission and the engagement of a facilitator.

VISION

A community in which seniors support each other and feel supported by others, have easy access to transportation, and can participate in a variety of ongoing programs and services which allow them to live in their own homes or other accommodations of their choice without feeling isolated.

MISSION

Improve the quality of life of seniors from Middlepoint to Egmont, many of whom are living in social isolation, by creating easily accessible programs and resources and building better connections within the community.

In 2012 Marlene Cymbalist was hired as program facilitator. She has provided significant support for the Harbourside Friendships group, particularly by encouraging greater participation by the folks from Egmont and Earls Cove. She has organized a number of programs, supported by volunteers who have benefited from specialized training. The majority of those volunteers are also seniors. She has liaised with other organizations on the Sunshine Coast, always seeking new opportunities to work together for the benefit of our seniors.

And talk about excursions! The PHSI has facilitated trips to the RCMP Musical Ride, the Sunshine Coast Botanical Gardens, Lund, Mary Poppins performance in Vancouver and the Polar Bear Express bus tour of the Christmas lights of Pender Harbour.

WHAT'S HAPPENING THESE DAYS?

- The PHSI continues to support the **Harbourside Friendships program**, while recognizing that the 2 programs have separate organizers and funding restrictions. Developing a pool of volunteer drivers has been a great help.
- **Carpet bowling** happens every Wednesday at the Community Hall, and is enjoyed by persons with various physical abilities. Most are amazed by the enthusiasm, energy and mutual support to be found there.

- The Games Café has evolved into the **Lunch Club**. It gives participants an opportunity to explore various restaurants and socialize with old and new friends.
- For the winter, the **Walking Club** has moved indoors for light exercise but enjoys exploring our area (at a leisurely pace) during the finer weather.
- A **Celebration of Seniors** was held at the Legion in June 2013. It was so well received that another one is being planned for this year.
- The PHSI and the new **Better at Homes program** are seeking ways to complement each other.

WHAT'S NEXT?

Transportation is the leading challenge for residents of Pender Harbour. The PHSI is pleased to support the **Ruby Lake Lagoon Nature Reserve Society** in bringing the Area A bus back into service. Both organizations are looking forward to a relationship which maximizes opportunities for our seniors to get out and about. Members of the PHSI Advisory Committee are also active on the transportation committees of the **Pender Harbour Advisory Council** with the purpose of bringing regular bus service and other transportation options to Pender Harbour.

We are presently working on a recording of **"Long and Past Songs & Short Stories."** Stay tuned for the finished product.

The PHSI is always looking for ways to expand its' connections within the community and develop new programs for the benefit of our seniors. This is where your feedback is being solicited. If you would like to get involved, have comments or suggestions, please call Rose at the health centre at (604) 883-2764.

PENDER HARBOUR AQUATIC & FITNESS CENTRE

SPRING PROGRAM REGISTRATION IS OPEN!

Session dates: March 24-May 30

Bright Nights

Saturday March 8, 6-9pm
A party at the pool to celebrate
longer, brighter days!
\$5 family night

Spring Break March Madness Soaker & Skate Pass

What a deal! 10 days for \$20
Children and youth ages 7-18 yrs.
Swim, skate and splash during
Spring break at any SCRD facility.
March 14 – March 23

Zumba Fitness/ Zumba Core

March 26-April 16, \$40.
Latin-inspired fitness dance
program!

Holistic Health Workshop

New Date: Saturday March 22,
10:30 -12:30pm
A look at ways to bring more joy,
peace and harmony into your life.
Pre-registration required, \$25
There are 8 each week!

Aqua Rehab

March 25-May 27, Tuesdays
11-11:45am Pre-registration is
required, \$75
This water-based program
provides gentle instruction and
exercise to those who have not
been active due to health issues.

Mom & Baby Aquafit

March 27-May 29
Thursdays, 11:15-12:00pm
Pre-registration required, \$60.75

Coming in April:

April Promo Pass!

\$25 for the whole month!
Includes drop-in fitness classes,
pool and gym use.

Kayaking Pool Rescue Session

Saturday April 12,
Ages 12-18 (2-4pm),
Ages 19+ (4-6pm)
Pre-registration required, \$86

Interested in becoming a Lifeguard? Fitness Instructor? Give us a
call for more info on training opportunities here on the Coast.



604.885.6866

phaquatic@scred.ca

www.scred.ca/Recreation

recreation

Just add water...

By Deb Cole

Who benefits from Aquafit?

Everyone.

From the beginner fitness participant to the elite athlete and everyone in between, exercising in the water provides a great way to get fit and keep fit. The unique properties of water provide an environment that is both challenging and fun.

AQUAFIT MYTHS AND FACTS

Myth: I don't feel the "burn" of my muscles so it's not as good an exercise choice for strength training.

Fact: Water provides multidirectional resistance (the density of water is approximately 1,000 times greater than air) resulting in toning and strengthening of muscles with greater balance and efficiency. In water, we primarily experience double concentric action due to the resistance in both phases of an exercise. Example: In the water a bicep curl not only contracts the bicep in the upward phase but also contracts the triceps on the downward phase. Both muscles are worked in balance because we are not working against gravity but against drag and the upward thrust of buoyancy. Each movement requires you to push the water. You won't hurt the same after the class due to this balance of work.

Resistance options can be modified to increase the difficulty of an exercise by adjusting other factors such as the speed of motion (tempo changes), the range of motion (full), as well as the surface area (slice, fist or flat hand, short or long lever). Buoyancy options can be modified to perform moves with a light bounce, anchored, suspended or propulsive. This allows for adaptability for any level of fitness participant. Water is the "liquid weight room" as all exercises are performed under the water.

As participant Lisa Borden says, "It looks easier than it is!"

Myth: My heart rate doesn't get as high and, I don't sweat so it's not an effective cardiovascular workout.

Fact: Due to hydrostatic pressure, the force the water exerts on your body is similar to wearing full body support hosiery while exercising which greatly enhances the return of blood from the feet and legs to the heart. Along with HP, the upward thrust or buoyancy assists venous return. This allows for the heart to pump more efficiently (more blood volume per stroke) and less frequently (resulting in fewer beats per minute). Your heart rate may be



10-15 beats per minute slower when working in water as compared to on land but this does not imply that the training effect is lower. As noted, manipulating resistance and buoyancy options also increase cardiovascular output.

Water conducts heat approximately 25 times faster than air. This thermal conductivity helps cool the body. Blood does not need to be shunted to the skin and less perspiration is required, leaving more blood available for working muscles. This also allows for less strain on the circulatory system. You still do sweat and you do need to keep hydrated during the class.

Myth: Training of the abdominals (core training and strengthening) just doesn't happen in Aquafit. I want to work on my abs.

Fact: Core stability and strength are constantly being challenged in the water environment due to turbulence (water is constantly moving), buoyancy and resistance. Power posture and proper alignment are practised throughout a class. With the water constantly in motion around you, buoyancy torque and how you manipulate the resistance, you are constantly challenged to maintain proper alignment. Activation and strength of the transverse abdominals, rectus abdominus and oblique abdominals are critical to core stability/strength which makes water an excellent medium for training the core and abs.

Myth: I can't exercise because of health issues.

Fact: Aquafit is suitable for any level of fitness and ability. Those with arthritis, joint replacements, diabetes, fibromyalgia, stroke, heart disease, MS can all enjoy the benefits of exercise in the water environment.

The buoyancy factor contributes to diminished joint loading, greater ease of movement leading to greater range of motion which enhances joint health. Less impact equals happier joints.

PENDER HARBOUR COMMUNITY SCHOOL

MARCH 2014

Red Cross Babysitters Course

Saturday, Mar 1, 9am-5pm at PH Aquatic Centre, \$65, ages 10 + Responsibilities and safety skills needed to babysit. Instructor: Gwen Walwyn

Canadian Firearms Safety Course

Friday & Saturday, Mar 7 & 8 at PH Community School, \$130 Training to achieve your firearms licence. Instructor: Andy Ross

NEW! Business of Music

Sunday, Mar 2, 10:30am-4:30pm at PH School of Music, \$60 / \$40 for students Learn from a music industry professional, Glenn Serynk. Music publishing, copyright, royalties, distribution and more.

NEW! Fishing Club

Fridays starting March 7, 2:45pm-4pm at the Madeira dock, for ages 5 to 12, \$2 drop-in.

Conservation and Outdoor Recreation Education (CORE)

Fri/Sat/Sun Mar 28, 29 & 30 at PH Community School, \$160 Instructor: Andy Ross

Ladies Night at the Shooting Range

Tuesdays, Mar 4 & 11, 7pm-9pm at the Sechelt Rod and Gun Club, \$25 per night, ages 16-plus Car pool or meet in Sechelt for a fun evening with friends. Facilitator: Andy Ross

Family Music Night

Fri, March 21 at PH School of Music, all ages welcome (12 & under bring a singing adult) Bringing multi-generations and families together for a fun evening of singing.

Intro to MS Word

Two Wednesdays, Mar 5 & 12, 9:30am-11:30am PH Community School, \$45 Learn the basics of Microsoft Word. Instructor: Billy Long

Sewing for Moms

Four Weds, Mar 26, Apr 2, 9, 16, 12:30-2:30pm, PH Community School, \$60 Instructor: Nancy Enns.

Thinking about getting your Class 4 drivers licence?

We're putting a study group together – give us a call if you're interested:

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



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

Fertilizing 101: What do all the numbers mean?

by Jim Rutherford

(This article originally appeared in the March 2009 issue of the *Harbour Spiel*.)

What do all the numbers mean?

The three numbers on a container of commercial fertilizer stand for nitrogen, phosphorus and potassium (NPK).

These are the three major chemicals that plants need.

This column is going straight to the basics — we won't get into trace elements.

Firstly, nitrogen feeds leaves and stem growth.

It's the most quickly depleted element.

One sign of nitrogen deficiency is yellowing leaves (e.g. fatsia).

Phosphorus stimulates root growth and seed formation.

A high count of this middle number is helpful in the fall when major root growth takes place for the next season.

Potassium promotes flowering, fruiting and disease resistance.

We find a time-release fertilizer the best, if we use any.

The little pellets dissolve over a period of six months, so only one application is needed when potting up your annuals and it's easy to work in 20-20-20 — the old standby works great.

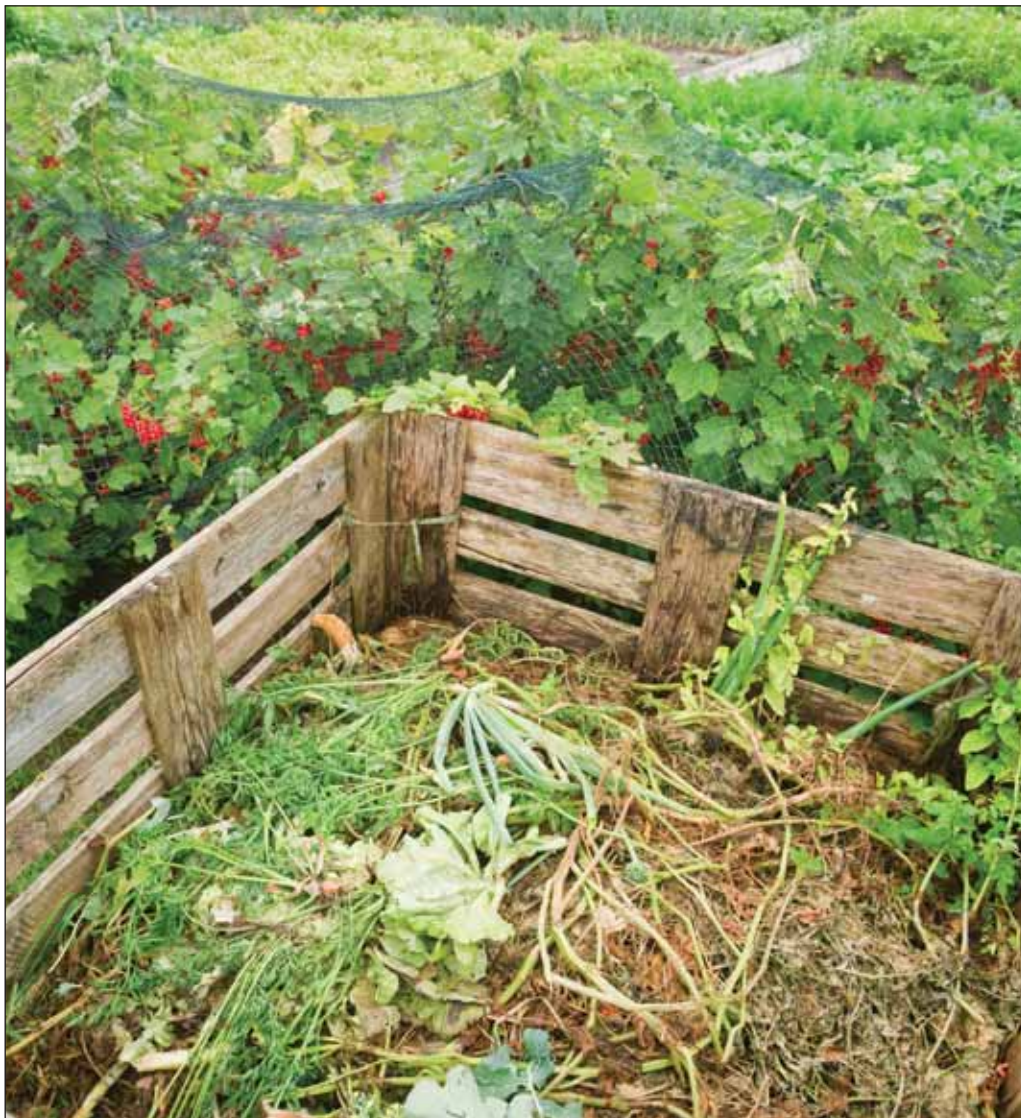
Watch the dilutions listed on the instructions.

We only use half the recommended strength, if at all.

Those huge hanging baskets you see didn't get that way without regular and powerful fertilizing.

Perhaps keep a bucket of dilute fertilizer handy to add once in a while when you're watering.

But there's a lot of dirty work that goes into making, processing and



packaging commercial fertilizers.

Leaching is a major concern of powerful fertilizers synthesized in a laboratory and getting washed away from their intended target.

Those in natural or organic products are released by the activity of micro-organisms that live in the soil and, through natural synthesis, convert nutrients into a form that plant root needs.

Organic fertilizers are a mixture of a wide variety of materials that supply the same NPK that plants need.

COMPOSTING

But wait a minute, we have so many natural products around the

house and yard to make our own fertilizer.

You can buy all the fancy composters you like, but the bottom line is to produce a humus-rich (almost black) mulch.

The simplest one we've seen is just made of two tarps.

For the bottom fold the tarp to a dimension that you can tuck out of sight in your yard and use another one folded a little larger for the top.

The purpose is to trap the runoff and trap heat to hasten decomposition.

Large woody weeds and seeds are hard to compost so perhaps avoid them, but ordinary weeds are great.

Start at one end and dump your

stuff on the bottom tarp.

Grass and plant clippings are great to get started and to produce heat.

If the heap is steaming be a little careful adding dry leaves or damp them down.

Be a little selective with kitchen scraps (spoiled foods and meat products) because they attract rats, bears and the like.

Avoid kitty litter as it may contain chemicals and disease-causing organisms.

Also, avoid wood and BBQ charcoal ash, as the trace elements like sulphur, boron and magnesium are now concentrated to what could be harmful levels.

Only the carbon burns off.

When you're offered fowl droppings be very careful.

They have to be well composted.

The raw uremic acid will burn your plants.

Not so much with cow manure, but still compost it first.

Llama manure is ready to go.

If you have too many deciduous leaves, just bag 'em and leave 'em to start the decomposition process.

The resulting compost will be a little basic (pH +7), suitable for your perennials and shrubs like lilac but completely balanced in NPK and trace elements.

Because of the evergreen needles, gutter cleanings around here will be acidic (pH -7).

The grit from a duroid roof is neutral, as are tea bags and coffee grounds.

To lower the pH, "salt" a separate pile with aluminum sulphate for acid-loving shrubs and broadleaf evergreens (rhodos).

Now on your tarp, rake the older

WHAT TO COMPOST

MATERIAL	CARBON/NITROGEN	INFO
table scraps	Nitrogen	add with dry carbon items
fruit/vegetable scraps	Nitrogen	add with dry carbon items
eggshells	neutral	best when crushed
leaves	Carbon	shredded leaves compost faster
grass clippings	Nitrogen	add in thin layers so they don't clump
garden plants	--	use disease-free plants only
lawn & garden weeds	Nitrogen	only weeds which have not gone to seed
shrub prunings	Carbon	woody prunings are slow to break down
straw or hay	Carbon	straw is best; hay (w/seeds) is less ideal
green comfrey leaves	Nitrogen	excellent compost 'activator'
pine needles	Carbon	acidic; use in moderate amounts
flowers, cuttings	Nitrogen	chop up any long woody stems
seaweed and kelp	Nitrogen	apply in thin layers
wood ash	Carbon	only from clean materials; sprinkle lightly
chicken manure	Nitrogen	excellent compost 'activator'
coffee grounds	Nitrogen	filters may also be included
tea leaves	Nitrogen	loose or in bags
newspaper	Carbon	avoid glossy paper and coloured inks
shredded paper	Carbon	avoid glossy paper and coloured inks
cardboard	Carbon	shred material to avoid matting
corn cobs, stalks	Carbon	slow to decompose; best if chopped up
dryer lint	Carbon	best if from natural fibers
sawdust pellets	Carbon	add in layers to avoid clumping
wood chips / pellets	Carbon	high carbon levels; use sparingly

source: eartheasy.com

material over the new and repeat.

Weigh down the edges of the tarp with whatever you've got.

Unless you dig in synthetic fertilizers, you won't get the great benefits of soil aeration by using your own compost.

Also, a lot of naturally occurring disease-fighting organisms (nematodes and the like) will flourish in the compost.

Many organisms "fix" nitrogen — they bond with atmospheric nitrogen to create a soluble form that is readily available to plant roots.

Pamper Yourself!

All the latest hair styles and trends
Manicure, Pedicure, Massage, Facial
Book your experience today!

604.883.0511

Steph's
the beauty boutique

12374 Sunshine Coast Hwy.
Rona Centre
stephsbeautyboutique.com

Coming of age in *A Story Lately Told*



By Theresa Kishkan

I don't watch many movies. I make exceptions for the ones I know I'll love because otherwise,

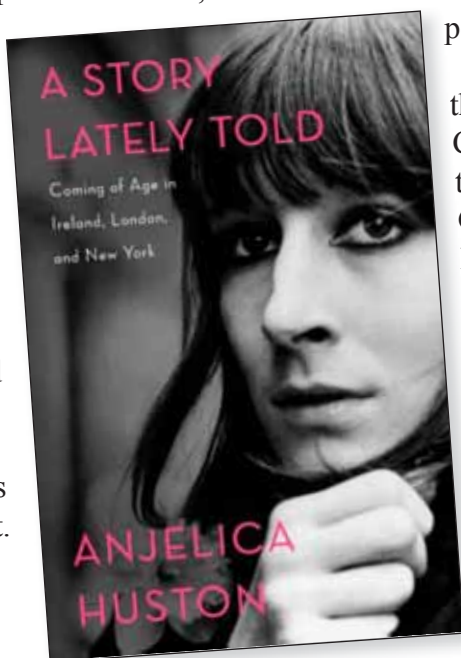
quite frankly, the prospect of sitting in front of a television (or big) screen for two hours, watching explosions or absurd shoot-em-ups or car chases, when I could be reading — well, it's a no-brainer.

I did enjoy John Huston's last film, his take on James Joyce's sublime novella, *The Dead*. It's a story of muted marital discord during an Epiphany party; the main characters share memories of lost love and regret. One of the pleasures of watching the film was the performance of Huston's daughter

Anjelica in the role of Gretta Conroy. Just as the set is a study in chiaroscuro, the shadows playing against walls dimly lit by gaslight, so is Huston a study in muted sadness. And during a wonderful scene between Gretta and her husband Gabriel, she reveals the

reason for this sadness. In a lesser actress, the revelation would be maudlin. But Huston's dignified telling sends concentric echoes of impending mortality into the room and into the world at large.

When I learned that Anjelica Huston had written a memoir — *A Story Lately Told: Coming of Age in Ireland, London, and New York* (Scribner) — I was eager to read it. And it did not disappoint.



The Ireland of the subtitle was St. Clerans, John Huston's estate in County Galway, a grand house with stables, its own trout stream, and a vast cast of characters in residence or else arriving for festivities associated with Christmas or fox-hunts or winter balls. Huston's memories of St. Clerans and the years she spent

there with her mother Enrica Soma, John Huston's fourth wife, are described in rich prose. The kitchen staff who made butter and bread and who greeted gathered members of the local Galway Blazers with "Mrs. Creagh's hunting breakfast on old Sheffield

platters — scrambled eggs on toast, fried mushrooms, black sausage, rashers, the ubiquitous Limerick ham. The air was always crisp, the ground was hard, and the holly, thick with red berries, twinkled with frost..."

A holiday to Achill Island and "...the beach near the harbour, where the black currachs came in off the Atlantic with their catches of silver mackerel like lost souls on the end of catgut lines of coloured feathers."

London was where Soma took Anjelica and her brother Tony after the marriage broke up. And this is just as vivid, just as colourfully recounted, though it was a troubling time for Huston:

"I don't remember being formally told that we would be leaving Ireland to go to school in England, but it was a time of few explanations. I didn't ask questions, because I was afraid of the answers." It wasn't easy to be the daughter of a gifted film director who was also an alcoholic, a philanderer, a gambler, and a very charismatic, though remote, father.

A Story Lately Told takes the reader through Anjelica's teens and early twenties when she was a successful fashion model in New York, an aspiring actress, and traveller. The title comes from the nursery rhyme:

One for sorrow

Two for joy...

...Six for gold

Seven for a story lately told.

These elements are part of Anjelica Huston's memoir, in abundance, and I look forward to its sequel, *Watch Me*, due out next fall.

Now to Labrador, 1905, through the eyes of Mina Hubbard, a fascinating woman who canoed, with Native guides, from the North West River,

Full range of new books, cards and journals.



Customer orders welcome!

NOW OPEN 10-4, WED-SAT



LOCAL CHARITY OWNED ~ NO GST!

DOWNTOWN MADEIRA PARK PLAZA



883-9006

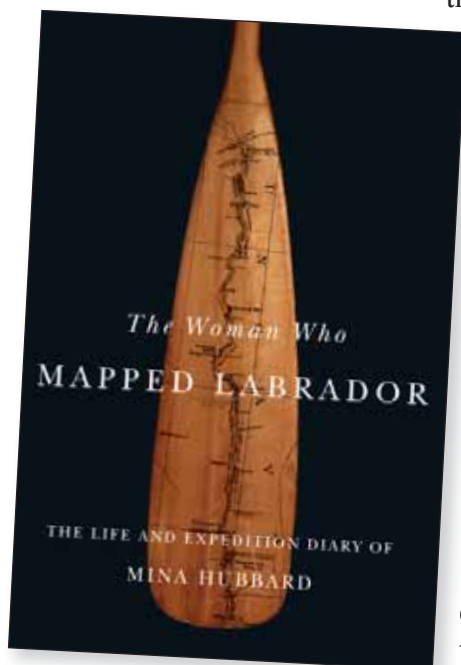
through Lake Michikamau, along George River to where it empties into Ungava Bay. *The Woman Who Mapped Labrador* (McGill-Queen's University Press), edited by Roberta Buchanan, Anne Hart, and Bryan Greene, consists of Mina Hubbard's expedition diaries, the map she created, and excellent support materials.

Mina Hubbard was an unlikely adventuress but came to Labrador to finish the journey begun by her husband, Leonidas Hubbard, in 1903. That expedition had a tragic ending: Leonidas starved to death in a tent in intense winter conditions. Hers was a race against Dillon Wallace, a man who'd accompanied her husband and who had his own reasons for wanting to complete the work begun in 1903. He did not hold Leonidas in quite the same esteem as did Mina.

What's remarkable about Mina is that she undertook the challenge as a testament to her husband, believing him to be superior in every way – in courage, in intelligence, in ability. She learned to determine latitude using a sextant and artificial horizon and her maps are quite accurate. Years ago I read *Great Heart: The History of a Labrador Adventure*, which examined the three expeditions and it's clear that Mina's was the most successful. The other two were plagued not just by bad luck but also by poor judgment. Mina Hubbard chose her guides well, did

her homework, and her diary reveals that she enjoyed every minute. She loved the land, the nights in her tent, the meals of ptarmigan and bannock, and her ecstatic descriptions of watching the George River caribou herd in their thousands are particularly poignant when one remembers that this was what Leonidas Hubbard hoped to see.

Highly recommended for the armchair explorer for whom the clouds of mosquitoes and black flies will only be a virtual discomfort.



BC Bestsellers:

(For the week of Feb. 16, 2014)

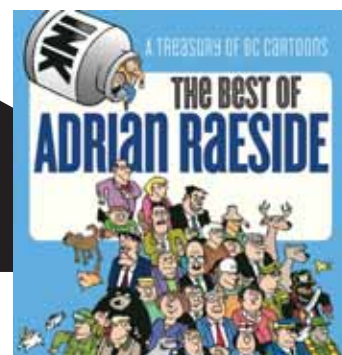
1. **Burgoo** by Justin Joyce and Stephan MacIntyre
2. **Cadillac Cathedral** by Jack Hodgins
3. **Raven Brings the Light** by Roy Henry Vickers and Robert Budd
4. **They Called Me Number One** by Bev Sellars
5. **The War on Science** by Chris Turner
6. **The Girl With No Name** by Marina Chapman with Lynne Barrett- Lee
7. **Raincoast Chronicles 22** edited by David R. Conn
8. **Milk Spills and One-Log Loads** by Frank White
9. **Arthur Erickson** by David Stouck
10. **Tails Don't Lie** by Adrian Raeside

~ Assn. of Book Publishers of BC

**ADRIAN
RAESIDE**

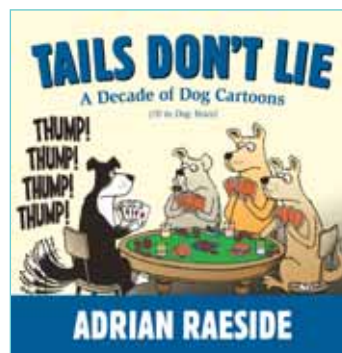


books from
Harbour Publishing
www.harbourpublishing.com

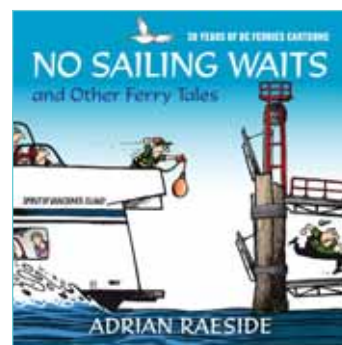


**THE BEST OF
ADRIAN RAESIDE**
A Treasury of BC Cartoons
\$12.95

AVAILABLE THIS MARCH



TAILS DON'T LIE
A Decade of Dog Cartoons
(70 in Dog Years)
\$12.95



NO SAILING WAITS
and Other Ferry Tales
\$9.95

**AVAILABLE AT YOUR
LOCAL BOOKSTORE**

MARCH

- Sun. March 2.....Sunday Jam: Russell Marsland & Mark Vance - Garden Bay Pub, 2 p.m.
- Sat. March 8.....P. H. Music Society presents Clover Point Drifters - P. H. School of Music, 7 p.m.
- Sun. March 9.....Daylight savings time begins
- Sun. March 9.....Sunday Jam: Joe Stanton - Garden Bay Pub, 2 p.m.
- Mon. March 10.....P. H. Food Bank pickup - P. H. Community Church, noon
- Fri. March 14.....LaVerne's Grill opens for the season - Garden Bay
- Friday, Mar. 14.....SoM Coffee House - P. H. School of Music, 7:30 p.m.
- Sat. March 15.....St. Paddy's Nine Hole Scramble (with dinner to follow) - P. H. Golf Course, 2 p.m.
- Sat. March 15.....Ron Boudreau's "Crooners and Kings" - P. H. Legion, 7 p.m.
- Sun. March 16.....Sunday Jam: Gary Comeau & Simon Paradis - Garden Bay Pub, 2 p.m.
- Mon. March 17.....St. Patrick's Day
- Thurs. March 20.....First day of spring
- Sun. March 23.....Sunday Jam: Peter B3 w/ Special Guests - Garden Bay Pub, 2 p.m.
- Mon. March 24.....P. H. Food Bank pickup - P. H. Community Church, noon
- Sun. March 30.....Sunday Jam: Burning Sensationz - Garden Bay Pub, 2 p.m.
- Sun. March 30.....Guy Few and Nadina Mackie Jackson Duo - P. H. School of Music, 3 p.m.
- Mon. March 31.....P.H. Health Centre Auxiliary AGM - P. H. School of Music, 1 p.m.
- Thurs. April 3.....April *Harbour Spiel* hits the mail



FERRY DEPARTURES

~ Effective to March 31, 2014 ~

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

Horseshoe Bay

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

Langdale

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

Earl's Cove

*5:55 a.m.
8:10 a.m.
10:35 a.m.
12:50 p.m.
3:55 p.m.
6:10 p.m.
8:25 p.m.
10:30 p.m.

Saltery Bay

*4:50a.m.
7:05 a.m.
9:25 a.m.
11:40 a.m.
2:40 p.m.
5:05 p.m.
7:15 p.m.
9:25 p.m.

*Daily except Jan. 1

*Daily except Sunday and Jan. 1

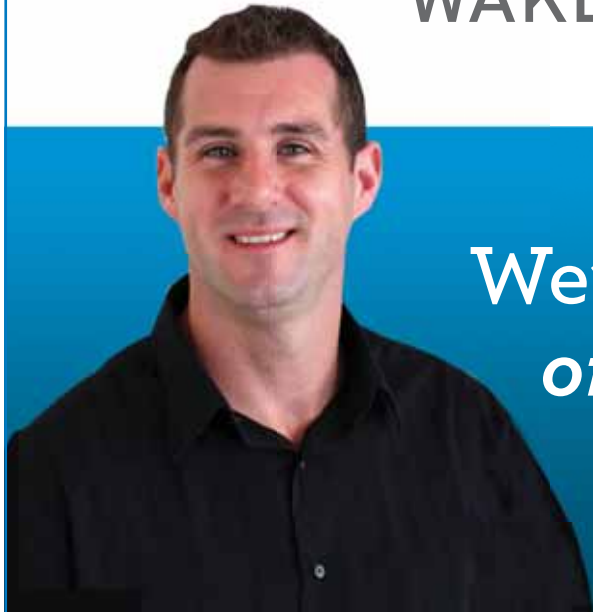
"You can cut all the flowers but you cannot keep spring from coming."

~ Pablo Neruda

Harbour Spiel

WAKEFIELD HANSON

MARINE SERVICES



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



Some of Wakefield Hanson Marine Services

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

 **DEEP BLUE**™
MARINE PRACTICES

Call Ryan Daley today at 604.740.6720 to
arrange a free consultation or email him
at ryan@wakefieldinc.ca

www.wakefieldinc.ca

Canucks Game? Pizza.



DATE	TEAM	TIME
Sun, March 2	Senators at Canucks	1 pm, CBC, RDS, NBCSN
Tue, March 4	Canucks at Coyotes	6 pm, SNET-P
Thu, March 6	Canucks at Stars	5:30 pm, SNET-P
Sat, March 8	Flames at Canucks	7 pm, CBC
Mon, March 10	Islanders at Canucks	7 pm, SNET-P
Wed, March 12	Canucks at Jets	4:30 pm, TSN
Fri, March 14	Canucks at Capitals	4 pm, RDS, SNET-P
Sun, March 16	Canucks at Panthers	12 pm, SNET-P
Mon, March 17	Canucks at Lightning	4:30 pm, RDS2, SNET-P
Wed, March 19	Predators at Canucks	7 pm, SNET-P
Sun, March 23	Sabres at Canucks	5 pm, SNET-P
Wed, March 26	Canucks at Wild	4:30 pm, SNET-P
Thu, March 27	Canucks at Avalanche	6 pm, SNET-P
Sat, March 29	Ducks at Canucks	7 pm, CBC

Harbour Pizza
883-2543

Oak Tree Market
883-2411

Winter driving takes a toll on your car...

Now's the time
to come in for
spring tune ups
and
seasonal tire
change overs.

Beside Pender Harbour Diesel.

**Pender Harbour
Automotive & Tire**
604 883 3646

13544 Sunshine Coast Hwy.
Open Monday to Friday, 8 am - 5 pm

604.883.3646

GOODYEAR MICHELIN YOKOHAMA BF Goodrich BRIDGESTONE Continental TSC DUNLOP UNIRIAL

The home of local live music!

FRIDAYS:

Meat Draw (5 p.m.) & \$13 pasta special

SATURDAYS:

\$19.95 Prime Rib (while quantities last)

SUNDAYS:

Eggs Benny (until 2 p.m.)

**LIVE MUSIC
SUNDAYS @ 2 PM**

MARCH 2:

Russell Marsland w/ Mark Vance

MARCH 9:

Joe Stanton

MARCH 16:

Gary Comeau w/ Simon Paradis

MARCH 23:

Peter B3 w/ Special Guests

MARCH 30:

Burning Sensationz

GARDEN BAY PUB

Open daily at noon 604.883.2674