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May 2023
Issue 389



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EDITOR

Brian Lee

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

CONTRIBUTORS

This month we thank: Jasmine Chandler, Lesley Durrent, Ann Harmer, Gayle Hilton, Leonard Lee, Robert Livingston, Bricin Lyons, Julie Marzolf and Shane McCune.

COVER

God may have dropped into Kleindale for a visit on April 2.

(Brian Lee photo)

ADVERTISING

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Paq Press
4748 Hotel Lake Rd. (by appt. only)
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V0N 1S1

(604) 883-0770

editor@harbourspiel.com

www.harbourspiel.com

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editorial

The squatter conundrum



Brian Lee

It's an interesting conundrum, that camp on the side of Garden Bay Road.

It stirs up a swarm of issues involving just about every facet of our social and emergency health services.

For most, the site brings feelings of disgust.

Disgust at the mess, and disgust at the perceived lack of accountability and enforcement that has allowed this problem to flourish.

Its presence risks encouraging more camps, creating a domino effect of disregard for public land.

If squatters can set up near Myers Creek, why not near Garden Bay Lake or Dan Bosch Park?

Seeing that corridor restored to what it was before will provide welcome relief for those of us who drive through it every day.

But it might not solve much.

Whether it's addiction, mental health issues or lack of affordable housing, the roots of the problem ensure that simply evicting the squatters means they will pop up elsewhere.

BC Housing and Vancouver Coastal Health have a program to provide a "stable, short-term place to live for individuals who are participating in a substance use recovery program."

But one of the many eligibility requirements is that candidates be off drugs and alcohol for 90 days.

I can only think of a handful of people I know who would qualify.

It's impossible for looky-loos in heated vehicles to understand how living in a damp trailer with little hope of escape, while suffering chronic illness and dental pain, must encourage the use of drugs like heroin or methamphetamine.

The federal government's 2018

"Report on addiction, substance use and homelessness" found that the proportion of those who reported addiction or substance use increases with time spent homeless — from 19 per cent for up to two months of homelessness to over 28 per cent for those reporting six months or more.

More than a quarter of survey respondents indicated that addiction or substance use was also the reason for their housing loss in the first place.

So housing is crucial and in many cases, impossible.

A 30-day trespass order gave the squatters until April 29 to clear out (see story, p. 5).

By the time you read this, the camp might already be cleaned up.

I would be very surprised if that's the case but if it does happen, where did they go?

Perhaps BC Hydro property near the Malaspina Substation?

Or forest service roads near McNeill Lake?

Despite the environmental and other hazards posed by the camp, at least it was visible and accessible to emergency services.

If driven further into the bush, are we just increasing the chances of a devastating forest fire this summer?

There's been a lot of chatter about the eyesore but very few genuine solutions to tackle the underlying issues that exist at this camp and hundreds like it across BC.

It's possible there aren't any.

Someone suggested the squatters make use of the derelict Garden Bay Pub property.

Its owners have left the charred building exactly as it was after it burned up on Nov. 26, 2020.

The Myers Creek crew might even improve the place.

PENDER HARBOUR CHOIR ‘SONGS OF SPRING:’ Friday, May 12, 7 p.m.

The Pender Harbour Choir is the longest-running choral group on the Sunshine Coast. Each spring and fall the choir, lead by music director Kenneth Johnson, performs two concerts. On May 12, the choir presents “Songs of Spring” at the Pender Harbour School of Music at 7 p.m. The following night, on May 13, they perform again at the Sunshine Coast Botanical Garden at 7 p.m. Concerts feature David Poon accompanying the choir on piano. Tickets (\$25) can be purchased from choir members, Earthfair Store and at the door.

P. H. READING CENTRE’S ‘BOOKS ’N BLOOMS:’ Saturday, May 13, 11 a.m. to 4 p.m.

Join this self-guided tour of six unique gardens in support of the Pender Harbour Reading Centre. Early bird tickets are \$30 (after April 30 they go up to \$35) at the Earthfair Store in Madeira Park or *PenderHarbourLibrary.ca*.

78th ANNUAL PENDER HARBOUR MAY DAY: Saturday, May 20, all day

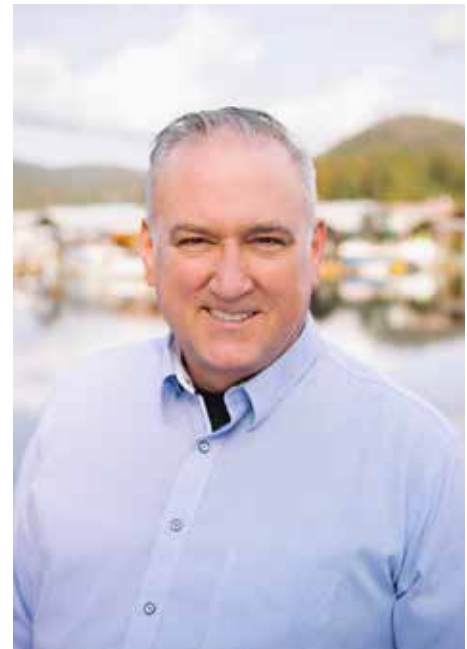
It doesn’t get any bigger than this (in our community) — with a five-kilometre fun run, fishing derby (for kids 12 and under), two bouncy castles, face-painting, cotton candy, food trucks, dunk tank, the P. H. Lions’ famous pancake breakfast, live music, petting zoo, plenty of food and vendors, a kids’ dance, adults’ dance, a beer garden and the kick-off event — the May Day parade at 11 a.m. Enter your float by May 15 and become part of history by taking part in the May Day parade. The theme for this year’s May Day is western.”

22ND ATTACK OF DANGER BAY DOWNHILL LONGBOARD RACE: Sunday, May 21, 8 a.m. start

COVID pushed the oldest downhill longboard race in the world underground during the past few years but ADB is back on the day after May Day. This year makes 22 years and a local boy, Dane Hanna, is two-time defending champion. Racing begins at 8 a.m. with final heats running sometime in the afternoon. There’s no parking at the race site on Beaver Island so catch a shuttle at the Oak Tree Market in Madeira Park.



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Myers Creek squatters told to be out by April 29

Those living on the Ministry of Transportation and Infrastructure right-of-way near Myers Creek on Garden Bay Road have until April 29 to vacate the controversial squatters' camp.

A 30-day trespass notice was dated March 27.

According to the notice, under BC's Trespass Act, "A peace officer may arrest without warrant any person found on the lands if the peace officer believes on reasonable and probable grounds that the person is committing an offence under s. 4 of the Trespass Act in relation to the land."

Also dated March 27, a 30-day "notice of unauthorized use and occupation" under the Transportation Act was delivered.



Brian Lee

The squatter camp on Garden Bay Road, April 21.

That order requires occupants and personal property be removed by April 29 or the minister will take "steps to have the occupants and their personal property removed at the expense of the occupants."

From an MOTI statement to the *Harbour Spiel*:

"Ministry staff continue to monitor the site as people vacate and is in discussions with multiple agencies on next steps.

"Once the 30 days is up, the ministry's next steps will depend on the situation at the site with various options possible."

S.C. Credit Union ATM still out of order

Normally, one of the longest line-ups to be expected at Pender Harbour May Day is at the automatic teller machine at the Sunshine Coast Credit Union.

That's because much of the attractions set up on and off the elementary school require cash.

This year, May Day organizers are telling people to bring cash with them because the SCCU's ATM is still out of operation since a December 2022 break-in attempt.

In an email, Jodi Fichtner, SCCU chief impact and marketing officer, told the *Harbour Spiel*:

"The credit union is seeking alternative options due to global supply chain uncertainty and will share updates when additional information becomes available."

Meanwhile, Fichtner said cash services are available during branch hours, and alternate ATMs are located at the Oak Tree Market, John Henry's Marina and Kleindale Petro-Canada.



The Pender Harbour Health Centre will be starting a renovation project in May to improve our public washrooms and make them wheelchair accessible.

We will also be replacing the carpeting in the building with new flooring.

We expect minimal inconvenience but will keep the community informed about our progress.

CORRECTION: A Feb. 2023

Harbour Spiel story, "Local groups continue to benefit from the late Pat and Wayne Jobb," incorrectly reported that the couple left the Pender Harbour and Chamber of Commerce \$31,365 as one of six local organizations who received a portion of their estate. Instead, that sum was left to the Pender Harbour Health Centre. ~ed.

May 2023

COMMERCIAL SPACE FOR LEASE

GARDEN BAY BUSINESS CENTER, 4905 HOTEL LAKE RD.
 #101 - 645 sq', #102 - 685 sq', #103 - 590 sq' (with bay door)
 Contact: Gary Saunders / email: gary@servicedrivec.com



Jasmine Chandler

These photos show lightning damage after a powerful thunderstorm rolled over Pender Harbour on April 16. The strike destroyed this tree near the parking area beside the Grasshopper Pub.

news

Organizations receive funds to protect people and the environment

The provincial government recently awarded \$676,200 to Powell River and Sunshine Coast organizations working to protect ecosystems and keep people safe.

Announced March 23, the funding comes from the province's community gaming grants program for environmental and public safety initiatives.

The following community organizations will receive funding for public safety work, "which can include

restorative justice, firefighting, search and rescue, emergency preparedness and community safety:"

- Pender Harbour and District Marine Rescue Society (\$26,000);
- Gibsons Marine Rescue Society (\$44,700);
- The B.C. Search Dog Association (\$123,000);
- Qathet Community Radio Society (\$4,000);
- The B.C. Search Dog Association (\$119,900);

- Powell River Search and Rescue Society (\$95,500);
- Sunshine Coast Marine Rescue Society (\$40,000);
- Restorative Justice Program of the Sunshine Coast (\$12,000), and
- Sunshine Coast Marine Rescue Society (\$33,000).

Other local organizations will receive funding for environmental initiatives, such as animal protection, conservation and environmental awareness programs:

- The Loon Foundation (\$80,100);
- Powell River Orphaned Wildlife Society (\$9,500);
- The Jellyfish Project (\$16,000);
- Sunshine Coast Salmonid Enhancement Society (\$40,000);
- Society for Atmosphere Solutions (\$7,500), and
- Sunshine Coast Conservation Association (\$25,000).

*Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program*



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Lesley Durrant/Gayle Hilton

Madeira Park has been plagued by serious, and mysterious, vehicle accidents recently. On March 24, a driver ended up damaging at least one other vehicle before plowing through heavy landscaping along the Madeira Park shopping centre side of the Bargain Barn (l). On April 3, a driver was apparently leaving the P. H. Community Church and lost control of their vehicle before damaging the building's exterior wall (r). Luckily, no serious injuries were reported from either of these incidents.



Ann Harmer

Waiting, like many, for warmer temperatures to arrive, this Pacific treefrog found shelter in an exterior electrical outlet cover last month. So far, meteorologists have called this April 'typical spring weather' with just slightly below average temperatures.

May 2023

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Pender dump's share shed reopens

The popular “share shed” at the Pender Harbour Transfer Station Share is open once again.

The dedicated space at the transfer station allows users to leave items that can be reused by other community members at no charge.

It has been closed since 2020 as part of the Sunshine Coast Regional District's response to the COVID-19 pandemic.

The share shed is being reintroduced as a six-month pilot program where items can be dropped off at no cost.

This will be reassessed and drop-off charges may be applied in the future.

The service will be open from 10 a.m. to 2 p.m. Wednesday to Saturday.

According to a SCRD press release:

“It's important for residents to note that the share shed is not there to bypass paying for waste brought to the transfer station.

“Pender Harbour and Egmont

residents are encouraged to contribute good quality items that are no longer wanted but could still be used by others in the community.

“Staff at the site will be providing quality control of the items going into the share shed and will have the final say on whether items can be added.”

The following items are permitted (must be clean and in good/working condition):

- Children's toys;
- Housewares;
- Furniture (as space permits);
- Small appliances;
- Large appliances (in neutral colours and as space permits);
- Sports equipment, and
- Tools.

The following items are not permitted:

- Baby/child safety items (including car seats);
- Clothing, fabric, textiles, bedding, curtains, towels;
- Construction materials;



SCRD

The Pender Harbour Transfer Station Share Shed on the left side of the entrance to the former landfill site has reopened.

• Household hazardous waste program (paint, cleaning products, or fuel);

- Mattresses;
- Liquids of any kind, and
- Sofa beds.

For more information, visit www.scrd.ca/transfer-station.

photojournal



submitted

The Rotary Club of Pender Harbour recently donated \$30,000 to go towards a new Pender Harbour Community School building. Seen here is Rotarian Bill Charlton presenting two cheques to Cheyenne Howitt, P. H. Learning Centre administrator. One cheque is from a Rotary International district grant for \$10,000, while the other is for \$20,000 donated directly from our local Rotary club. The \$30,000 will aid in the completion of the new building which is hoped to be completed this fall.



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Are organics smelly?



*Leonard Lee
Area A director, SCRD*

Many of us separate our organics (food waste) from regular garbage, with no unpleasant odours.

Some even keep it to create valuable, nutrient-rich soil amendments.

Countertop collection pails can hold several days' worth of organics, and some feature air-tight lids with charcoal filters to trap odours, but once it's in the pail, what's next?

Transfer organics to a food-waste bag for disposal at our transfer station, freeze smaller amounts to consolidate later, or compost them.

Outdoor composters use "friendly" bacteria and worms to create

compost, while indoor systems create compost tea or thicker products.

- A traditional compost bin or compost heap is the cheapest system to set up and requires minimal attention;
- An in-ground (semi-submerged) system produces compost faster but harvesting is an effort;
- A rotating or tumbling system makes mixing or turning and harvesting easier;
- A stacked system produces compost faster but requires added soil and worms;
- An indoor vermi-composter uses worms to quickly break down organics;
- Fermentation units like Bokashi quickly convert food waste into a soil amendment, and

- Electric recycler units process all foods including meat, fish, eggs, dairy, and bones in two to four hours and use carbon filters to reduce odours.

With the SCRD starting its home composter rebate program this month, now is the time to start helping yourself and the environment.

Visit www.scrd.ca for details.

ARE WE A VANCOUVER ISLAND AND COASTAL COMMUNITY?

As an active member of the Association of Vancouver Island and Coastal Communities, we are considered a "Vancouver Island and Coastal Community."

At the annual general meeting portion of the April 14-16 convention, our SCRD vice-chair, Donna McMa-



PENDER HARBOUR TRANSFER STATION

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May 1 to September 30
Monday 9:00 a.m. to 5:00 p.m.
Tuesday CLOSED
Wednesday to Sunday
9:00 a.m. to 5:00 p.m.

No loads accepted after 4:50 p.m.

www.scrd.ca/transfer-station

Area A Director:
Leonard Lee
leonard.lee@scrd.ca
604-212-0406



www.scrd.ca



604-885-6800
info@scrd.ca

UPCOMING MEETINGS

**Special Electoral Area
Services Committee
(Grants-in-Aid)**
May 4 at 9:30 a.m.

Committee of the Whole
May 11 at 9:30 a.m.

Regular Board
May 11 at 1:30 p.m.

**Electoral Area Services
Committee**
May 18 at 9:30 a.m.

Regular Board
May 25 at 4:00 p.m.

Agendas available at
www.scrd.ca/agendas

Plastics DO NOT belong with food waste

Please remember that plastic containers do not belong in the food waste drop off bin at the Pender Harbour Transfer Station. They are not compostable and should not be mixed with food waste. You can take plastic containers to GRIPS, the recycling depot in Pender Harbour.

To learn about what can be recycled and where visit
<https://rcbc.ca/recyclepedia/>

hon, was elected AVICC electoral area representative.

Besides attending presentations and workshops, we heard addresses by Union of British Columbia Municipalities president Jen Ford, Minister of Municipal Affairs Anne Kang, and Sheila Malcolmson, Minister of Social Development and Poverty Reduction.

A highlight of the convention is the provincial advocacy opportunity offered by way of pre-submitted resolutions, which, if the majority of delegates approve, are forwarded to the UBCM with a chance to eventually be presented to the province as a call to action.

Six SCRD and Sechelt resolutions were approved for UBCM submission including provincial water licensing approval improvements, local government parcel tax and utility fee deferments, local government property transfer tax sharing, provincial archeological requirement support, and local government act modernization.

Several resolutions of interest to the Sunshine Coast passed:

- Demand immediate minister of housing and BC Housing action on the homeless crisis and related community impact;
- Urge the Ministry of Health to, with local governments and BC Emergency Health Services, increase funding and staff to avoid overburdening local fire departments;
- Request the province increase regional health authority budgets to attract and retain nurses and physicians, and include opportunities for other healthcare providers;
- Work with the province to control Scotch broom, and
- Request the province to increase resources to process water

licence applications with a priority on health and safety.

Two highly controversial resolutions passed:

- Lobby the province to review the Residential Homeowner Protection Act to allow building contractors to maintain their licences without annual continuing education units, and
- Lobby the province to engage and consult with local governments in the old growth review implementation.

These heavily debated resolutions were defeated:

- Urge the province to protect all remaining old growth forests from logging;
- Request the province to partner with FortisBC to supply natural gas to commercial agriculture in AVICC areas;
- Request the province to annually adjust homeowner grants to offset inflation, and
- Request the Agriculture Land Commission to permit more new farm worker housing to only be occupied by farmers working the land.

CUT THE BLOOMIN' BROOM

Scotch broom, designated the "top worst offender" in a 2021 study of BC invasive species, is a toxic, invasive shrub.

It increases wildfire risk, compromises forest regrowth, impedes growth of agricultural crops and crowds out native species to degrade wetlands and wildlife habitats.

Scotch broom is highly flammable with a high oil content which makes a volatile fuel.

This is especially dangerous with our increasing temperatures and prolonged droughts caused by climate change.

Cut off blooming Scotch broom at ground level in mid-April through May while disturbing the soil as little as possible to discourage seed germination.

When cutting on roadsides, contact Broombusters at (250) 752-4816 for Ministry of Transportation and Infrastructure rules.

Dispose of broom from your property at the dump, compost it, or burn it in fall.

It is accepted as garbage (tipping fees apply) but must be in clear bags and free of flowers and seed pods.

CONTACT ME

The Lee Side helps me effectively represent you by informing you of local issues and inviting you to contact me with questions and comments about what matters to you within the scope of the SCRD.

Email leonard.lee@scrd.ca or call/text (604) 212-0406.

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1. In commercial fishing parlance, what is “ragpicking?”

- ☐ a. trolling
- ☐ b. seining
- ☐ c. longlining
- ☐ d. gillnetting

2. Who is the principal of the Pender Harbour Secondary School?

- ☐ a. Martin Wilson
- ☐ b. Chris Lekakis
- ☐ c. April McKnight
- ☐ d. Mark Heidebrecht

3. Where was Fisherman’s Resort?

- ☐ a. Garden Bay
- ☐ b. Egmont
- ☐ c. Madeira Park
- ☐ d. Secret Cove

4. Which local band was founded in 1973 and performed for three decades in Pender Harbour?

- ☐ a. Les Fowler Orchestra
- ☐ b. Cool Grooves Big Band
- ☐ c. Harbour Lights Dance Band
- ☐ d. Pender Harbour Music Makers

5. What year did the shìshàlh Nation become self-governing?

- ☐ a. 1947
- ☐ b. 1964
- ☐ c. 1972
- ☐ d. 1986

6. Where is Sabine Channel?

- ☐ a. Sechelt Inlet
- ☐ b. Texada Island
- ☐ c. Howe Sound
- ☐ d. Lund

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Attack of Danger Bay turns 22 on May 21

Bricin Lyons

Attack of Danger Bay is back for its 22nd year on the May long weekend and we are inviting the world back to Pender Harbour for the world's longest running downhill skateboard race.

After stripping the event down to bare bones in order to keep it alive during three very tricky years of running small tight races in October, we're ecstatic to open it up to the world again.

Pender Harbour is an epicentre of the sport and we settle for nothing less than world champions here.

How about locals Danger Dane Hanna and Team Irene?

Hanna went from sucking his thumb in a stroller on the side-lines of the race track to racing world wide blowing away the best racers in the world for years now.

He won the world championships in Barcelona in 2021 and again in Argentina in 2022 making him a two-time defending world champion.

And, it should be noted, he's also a two-time defending Danger Bay champion.

So, our local boy is the obvious one to watch.

For those who don't know Danger Bay, in total it is a seven-day event.

We shut down two world famous roads and build two racetracks to race and freeride during the week.

We also host a slide competition and an eight-team skate hockey tournament.

After the May Queen is crowned, we meet on the field for a huge game of rough skateboard hockey.

Next is a nine-kilometre push race through Egmont's dense and

refreshing rainforest.

The finish line is off a launch pad into the Skookumchuck where competitors are judged by height and distance before they hit the water.

There is still nothing like it in the world.

The big race day is on Sunday, May 21.

Danger Dane has a huge target on his back but to get to him, racers will need to claw their way through Pender Harbour locals Team Irene and Team Green.

This year we are closing off our racer camp and keeping it private so the racers have a safe place to relax and focus on racing.

Thank you all for understanding.

Most important, none of this has been possible without the local residents up and down the race hill who have been so generous for the past two decades.

We are all thankful for a safe place to demonstrate our sport.

Out of respect for residents in the neighbourhood of the race hill, there is absolutely no driving to or parking at the race.

Please take the shuttle that leaves from the Oak Tree Market in Madeira Park starting at 8 a.m.

For more information, contact Bricin Lyons at coastlongboarding@shaw.ca.



Bricin Lyons

The 2023 poster for Dane Hanna's and Coast Longboarding's Asian community.

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BC commercial spot prawn fishery opens May 15

When buying live BC spot prawns, look for lively, almost translucent prawns. The tail should be straight in line with the head. The head should be firm with no black colour.

- If the prawn is pink in colour, with the tail curled under the head, it is not freshly harvested.
- If the head is showing a black colour the meat has started to deteriorate already.
- If the prawn head is soft or mushy when touched, the meat will also be mushy.

After buying your prawns, immediately get them into a cooler or on ice. This will help prevent the prawn meat from deteriorating.

BC spot prawns harvested "live" should be cooked immediately or have their heads removed as soon as possible.

After the heads are removed the tails should be thoroughly rinsed. Spot prawns have an enzyme that begins to permeate through the tail and turns the meat mushy. The head of the prawn can be removed from the tail by swiftly turning it and pulling it away from the tail.

Preparing live wild BC spot prawns

- Remove heads immediately.
- Pack into a bowl or container of your choosing.
- Cover with ice and refrigerate to ensure prawns maintain their structure for up to three days.
- Pour off melted ice each day and replace.

Freezing live wild BC spot prawns

Remove the head and pack prawn tails loosely into a plastic container. Completely cover tails with saline solution (1 tsp salt to 1.5 cup water) remembering that water expands as it freezes.

Preparing frozen wild BC spot prawns

- Thaw in refrigerator overnight or cool water bath an hour before use.

Removing the shell

Prawns are often cooked shell on, but the shells are easily peeled off. Begin by tearing the legs away from the meat in a circular motion. To remove the fanned tail, gently squeeze the meat out of the bottom of the shell.

Cooking your wild BC spot prawns

Prawns can be prepared in any number of ways but the trick is to make sure they do not get overcooked. Cook only one to two minutes or until the prawns just turn pink. This is applicable for whole or tails, live, fresh or frozen.



Where to buy prawns locally

A number of local fishermen fish prawns nearby throughout the season and return to local docks each evening.

Many are happy to take dockside orders.

~ www.wildbcspotprawn.com

Taking orders for commercially caught BC Spot Prawns!



F.V. Captain's Dream
10 lb min.

Text or email order before noon to pick up at Garden Bay wharf:

younggunfish@gmail.com
604.885.8113

photojournal



The classic view from Pender Hill, April 7.

Kelso's Climate Action coming to town

submitted

In their third year, Kelsos Climate Action is coming to Pender Harbour — this time to help out the Loon Foundation.

In 2021, the mother (Megan) and son (Cody) team took on a 115 kilometre walk from Gibsons to Powell River to raise funds for solar panels for the SPCA in Sechelt.

In 2022 they took on “Elevate for the Environment” which found them spending 100 hours in a scissor lift to raise funds for a heat pump for the Heritage Playhouse in Gibsons and supporting the Nature Trust of BC.

Now, they are coming here.

The Kelso's “Plant, Paddle and Pulverize for the Planet” is raising money to help the Loon Foundation purchase solar panels for the Earthfair Store in Madeira Park.

This three-part fundraiser has already seen pumpkins “pulverized” from the roof of the Roberts Creek fire training facility after Halloween.



submitted

Megan and Cody Kelso.

Phase two involved planting trees donated by the Sunshine Coast Community Forest to raise funds for the Loon Foundation.

Their final phase is “paddle.”

On May Day, the Kelsos will join the parade before paddling from Welbourn Cove, to Irvines Landing, to Garden Bay and back to Welbourn Cove.

They believe that if you are going to ask for money for a cause you

need to work for it.

The Kelsos will also be supporting the Ocean Ambassadors, a registered charity that aims to “turn the tide on marine pollution.”

Their goal is to raise \$20,000 for the Loon Foundation and \$10,000 for the Ocean Ambassadors.

These lofty goals will rely on community support — tax deductible donations can be made at www.kelso-sclimateaction.ca.



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78TH ANNUAL

MAY DAY

SATURDAY - MAY 20

Join your community in welcoming
MAY QUEEN BELLA McCORMICK
and share in a favourite community tradition.
THIS YEAR'S THEME IS "WESTERN"



@MayDayMadeiraPark1



Come out to a community BBQ in Madeira Park on Friday evening. Hosted by the PHSS grads, it will be cash only. Stick around after to help volunteers set up for the next day.

Bring cash for field events and food as the Sunshine Coast Credit Union bank machine will not be operable on May Day.

8am Kids (12 & under) Fishing Derby
Free admission. Trophies: largest fish/most fish.

5K Fun Run

Registration opens at 7am & race at 8am.
Entry fee is by donation to the Food Bank.

Lions' Pancake Breakfast

P. H. Community Hall (8 to 11 a.m.)

9:30am May Day shuttle service begins
Every 15 minutes from the P. H. Health Centre.
Please carpool as much as possible!

10am Vendors/Tickets/Face painting
Will close from 11am to noon for parade
and crowning of May Queen

10:50am Fly over

11am May Day Parade

Parade forms can be downloaded from
Pender Harbour Community Club website
and dropped off at Harbour insurance.

Beer garden (until 3:30 p.m.)

Featuring Batch 44 and Banditry Cider from
Gibsons.

11:30am Crowning of 78th May Queen

The May Queen will receive a traditional
welcome by the shìshàh Nation.

12-4pm Petting zoo & pony rides

BBQ and Fisherman's Feast

Food trucks

Live music w/ Blue Western

Field events & children's games

Dunk tank, classic cars, longboard hockey,
kids' games & prizes, vendors & artisans,
float plane tours, popcorn, cotton candy,
two bouncy castles, XL 3 person inflatable
obstacle course for all ages, and more!

50/50 tickets ~ Draw at 4 p.m.

Colouring contest

Designed by Denise Cymbalist. Must be
dropped off at Ground Waves by May 18.

3:30pm Kid's dance ~ free

P. H. Community Hall until 5:30 p.m.

Kids under 12 are free

8:30pm Adult dance w/ Zonolite ~ \$35

P. H. Community Hall. Band at 9pm. Doors
close at 1am. Includes ride home (by donation).
ONLY 150 tickets available — at Madeira Marina
or Kleindale Petro Can.

To volunteer or help sponsor:
maydaymadeirapark@gmail.com

For more information, to sign up
as a vendor or register for the
parade (WESTERN theme!) visit:
www.penderharbourcommunity.club/may-day-2022

We are grateful to gather on
the unceded, ancestral lands of
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This event is made possible
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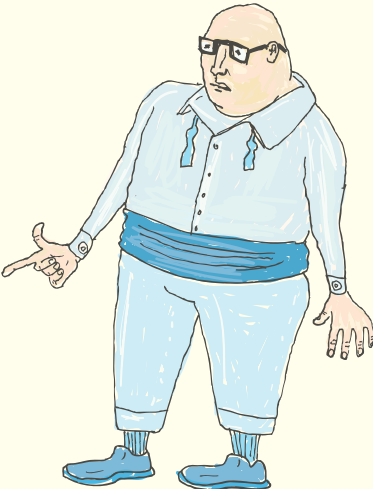
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pender harbour tides ~ may 2023

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

Canoe Pass:



May		1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Mon	01	11.5	12.9	13.9	14.2	13.7	12.7	11.3	9.8	8.6	8.0	8.1	8.7	9.7	10.8	11.7	12.0	11.7	10.9	9.7	8.6	7.8	7.6	8.1	9.2
Tue	02	10.8	12.3	13.5	14.1	13.9	12.9	11.4	9.6	8.1	7.0	6.7	7.2	8.3	9.8	11.3	12.3	12.7	12.3	11.4	10.2	9.0	8.3	8.2	8.9
Wed	03	10.2	11.8	13.1	14.0	14.1	13.2	11.7	9.7	7.8	6.3	5.5	5.7	6.7	8.3	10.2	12.0	13.1	13.4	12.9	11.9	10.6	9.5	8.9	9.0
Thu	04	9.9	11.2	12.6	13.7	14.1	13.6	12.2	10.1	7.9	5.9	4.6	4.2	4.9	6.5	8.6	10.9	12.8	13.9	14.1	13.5	12.3	11.0	10.0	9.5
Fri	05	9.9	10.8	12.2	13.3	14.0	13.9	12.7	10.7	8.3	5.9	4.1	3.2	3.4	4.6	6.7	9.2	11.7	13.7	14.7	14.7	13.9	12.7	11.4	10.5
Sat	06	10.2	10.7	11.7	12.9	13.8	14.0	13.2	11.5	9.1	6.5	4.3	2.8	2.3	2.9	4.6	7.1	9.9	12.5	14.4	15.3	15.1	14.3	13.0	11.8
Sun	07	11.0	10.9	11.5	12.4	13.4	13.9	13.6	12.3	10.2	7.6	5.1	3.0	1.9	1.8	2.8	4.9	7.6	10.5	13.1	14.9	15.6	15.4	14.5	13.2
Mon	08	12.1	11.5	11.5	12.1	13.0	13.6	13.8	13.0	11.3	9.0	6.4	4.1	2.3	1.5	1.7	3.1	5.4	8.2	11.0	13.5	15.2	15.8	15.4	14.6
Tue	09	13.4	12.4	11.9	11.9	12.5	13.2	13.6	13.4	12.3	10.4	8.1	5.7	3.6	2.2	1.6	2.1	3.6	5.9	8.6	11.4	13.7	15.2	15.7	15.4
Wed	10	14.6	13.5	12.6	12.1	12.1	12.5	13.0	13.2	12.8	11.6	9.8	7.7	5.5	3.7	2.6	2.2	2.7	4.3	6.5	9.1	11.6	13.8	15.2	15.6
Thu	11	15.3	14.5	13.5	12.6	12.0	11.9	12.1	12.5	12.6	12.2	11.1	9.5	7.7	5.8	4.3	3.3	3.0	3.6	5.1	7.2	9.6	12.0	13.9	15.2
Fri	12	15.6	15.2	14.4	13.3	12.3	11.5	11.2	11.3	11.6	11.8	11.8	11.1	9.8	8.3	6.7	5.3	4.4	4.1	4.7	6.0	8.0	10.3	12.5	14.2
Sat	13	15.3	15.5	15.0	14.1	12.8	11.5	10.5	10.1	10.2	10.5	11.0	11.3	11.2	10.4	9.2	7.9	6.6	5.7	5.4	5.8	7.1	9.0	11.1	13.1
Sun	14	14.7	15.5	15.4	14.7	13.3	11.7	10.2	9.1	8.6	8.8	9.4	10.3	11.0	11.4	11.1	10.3	9.1	7.9	7.0	6.6	7.0	8.2	10.0	12.0
Mon	15	13.8	15.1	15.6	15.2	14.0	12.2	10.2	8.5	7.3	6.9	7.4	8.4	9.7	11.0	11.8	11.9	11.4	10.4	9.2	8.3	7.9	8.2	9.4	11.1
Tue	16	12.9	14.5	15.4	15.5	14.5	12.8	10.6	8.4	6.6	5.5	5.4	6.2	7.7	9.5	11.2	12.4	12.8	12.5	11.5	10.4	9.4	9.0	9.4	10.5
Wed	17	12.1	13.7	14.9	15.4	15.0	13.5	11.3	8.8	6.5	4.8	4.0	4.3	5.6	7.5	9.7	11.8	13.2	13.8	13.4	12.5	11.3	10.4	10.0	10.4
Thu	18	11.4	12.9	14.2	15.0	15.1	14.1	12.1	9.6	6.9	4.7	3.3	3.0	3.8	5.5	7.8	10.3	12.6	14.1	14.6	14.2	13.2	12.0	11.1	10.8
Fri	19	11.2	12.2	13.4	14.4	14.8	14.3	12.8	10.5	7.8	5.3	3.3	2.3	2.5	3.8	5.9	8.5	11.2	13.5	14.9	15.2	14.7	13.6	12.5	11.6
Sat	20	11.3	11.7	12.6	13.6	14.2	14.2	13.2	11.3	8.9	6.3	4.0	2.5	2.0	2.6	4.3	6.7	9.5	12.2	14.3	15.4	15.5	14.9	13.8	12.7
Sun	21	11.9	11.7	12.1	12.8	13.5	13.8	13.4	12.0	9.9	7.5	5.1	3.2	2.2	2.1	3.1	5.1	7.7	10.5	13.0	14.9	15.7	15.6	14.9	13.8
Mon	22	12.7	12.0	11.9	12.2	12.8	13.2	13.2	12.4	10.8	8.7	6.4	4.4	2.9	2.3	2.6	4.0	6.1	8.7	11.4	13.6	15.2	15.7	15.4	14.6
Tue	23	13.6	12.6	12.0	11.9	12.2	12.6	12.8	12.5	11.5	9.8	7.8	5.8	4.2	3.1	2.8	3.5	5.0	7.2	9.7	12.1	14.0	15.3	15.5	15.1
Wed	24	14.3	13.3	12.4	11.9	11.8	12.0	12.3	12.3	11.8	10.6	9.1	7.3	5.7	4.4	3.7	3.6	4.5	6.0	8.2	10.5	12.6	14.3	15.2	15.2
Thu	25	14.8	14.0	13.0	12.2	11.6	11.5	11.6	11.8	11.7	11.2	10.1	8.7	7.2	5.9	4.9	4.4	4.6	5.5	7.1	9.1	11.2	13.0	14.4	15.0
Fri	26	14.9	14.4	13.6	12.6	11.7	11.1	11.0	11.1	11.2	11.2	10.8	10.0	8.9	7.6	6.5	5.7	5.4	5.6	6.6	8.1	10.0	11.8	13.4	14.5
Sat	27	14.8	14.6	13.9	12.9	11.9	10.9	10.4	10.2	10.3	10.6	10.8	10.7	10.2	9.3	8.3	7.3	6.6	6.4	6.7	7.7	9.2	10.9	12.5	13.8
Sun	28	14.6	14.6	14.1	13.2	12.0	10.8	9.8	9.3	9.2	9.6	10.1	10.5	10.7	10.5	9.9	9.1	8.3	7.6	7.4	7.8	8.8	10.2	11.7	13.1
Mon	29	14.2	14.5	14.3	13.4	12.1	10.6	9.3	8.4	8.0	8.2	8.8	9.7	10.5	11.0	11.1	10.7	10.0	9.2	8.6	8.4	8.8	9.8	11.1	12.5
Tue	30	13.7	14.3	14.4	13.7	12.3	10.7	9.0	7.6	6.8	6.7	7.3	8.3	9.6	10.8	11.7	11.9	11.6	10.9	10.2	9.5	9.4	9.7	10.7	11.9
Wed	31	13.2	14.0	14.4	13.9	12.7	10.9	8.9	7.1	5.8	5.3	5.6	6.6	8.1	9.9	11.4	12.5	12.9	12.6	11.9	11.0	10.4	10.2	10.6	11.5

Valerie Verrall

JUNE 11, 1956 — JANUARY 19, 2023



Valerie Verrall was born to Martha (Marty) and Edwin (Ted) Verrall in Hamilton, Ontario.

They moved to Burlington where she grew up with her sister Vanessa and brother Bradley.

Verrall attended Mohawk College before going on to work in broadcasting for various television productions.

A close friend, Ken Fobak, contacted her and told her to come to BC.

He knew she would love the area and he was right.

She travelled across Canada and fell in love with the West Coast — her home for the rest of her life.

After meeting Gary Saunders, her partner of many years, Verrall, Saunders and daughter Mary lived in Mission.

A second daughter Nichole was

born and they decided to move up to the Sunshine Coast, where her son Steven was born.

Verrall was active in her children's education and volunteered for class field trips and taught Mary's class how to make paper.

She became close friends with Dee Macaulay and the two went on many adventures.

Verrall was instrumental in creating GRIPS (Garbage Recycling in Pender Society) and was a valued member of the local SCRCD area planning commission.

Verrall worked very hard and instilled a strong work ethic in her children.

She worked in various positions at different fish plants that once operated on the Sunshine Coast.

At one point she had a long walk in the morning to meet up with a group carpooling to work.

They gave her a First Nations name that she treasured, "Walks Far Women."

She also worked as a housekeeper and landscaper.

Verrall had a fourth child, David, when she was 44.

Verrall loved making crafts.

She used natural materials, putting together beautiful keepsakes.

She was also very passionate

about music and sang a vast variety of different songs.

Some days, she would start her day singing and end it with a few more songs before bed.

Verrall was very creative and had written a number of songs in the past few years.

She cared deeply about the well-being of her family and friends and helped others in any way she could.

She was lighthearted, was silly at times and loved to make people laugh.

Verrall was spiritual, had a connection with her creator and would pray for others.

Valerie loved her children, family and community very much who will keep her spirit and memories close to their hearts forever.

On March 29, her family was blessed by the birth of Valerie's first grandchild, River Valerie Anne Karahkwenhá:wi Verrall, born to Tewentenhawitha, Lee, Cooper and Steven Verrall.

Her family thanks the community for the support and kind words they have received following her passing.

A celebration of Verrall's life is planned for July 15 at the Pender Harbour Lions' Park.

The ceremony will begin midday, followed by food, music, dancing and sharing stories of Val and her life.

OBITUARIES: The *Harbour Spiel* publishes obituaries without charge as a longstanding effort to recognize and record the lives of those who lived in Pender Harbour and Egmont. Submissions must be timely, include the dates of birth and death and be submitted in a digital format. Submissions will be edited for length and to remove first-person and personal messages as required to maintain editorial consistency.



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SKOOKUMCHUCK VIEWING TIMES

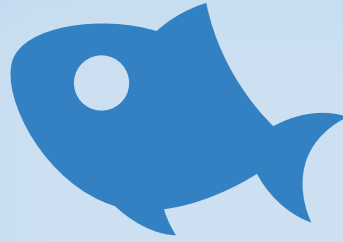
MAY



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

1. 9:12 AM -L, 2:53 PM +M
2. 9:40 AM -L, 3:39 PM +L
3. 10:05 AM -L, 4:33 PM +L
4. **10:28 AM -XL, 5:20 PM +XL**
5. **10:21 AM -XL, 6:06 PM +XL**
6. **10:43 AM -XL, 6:54 PM +XL**
7. **11:12 AM -XL, 7:43 PM +XL**
8. **11:53 AM -XL**
9. 6:46 AM +M, **12:58 PM -XL**
10. 7:38 AM +S, **2:17 PM -XL**
11. 8:41 AM +S, **3:28 PM -XL**
12. 10:10 AM +S, 4:35 PM -L
13. 11:57 AM +S, 5:40 PM -L
14. 1:14 PM +M, 6:45 PM -L
15. 8:50 AM -L, 2:16 PM +L
16. 9:31 AM -L, 3:25 PM +L
17. **10:07 AM -XL, 4:23 PM +XL**
18. **11:36 AM -XL, 5:17 PM +XL**
19. **12:07 PM -XL, 6:08 PM +XL**
20. **12:13 PM -XL, 6:55 PM +XL**
21. **12:25 PM -XL, 7:40 PM +XL**
22. 12:51 PM -L, **8:24 PM +XL**
23. 6:26 AM +S, 1:24 PM -L
24. 7:07 AM +S, 2:03 PM -L
25. 2:50 PM -L
26. 9:03 AM -S, 3:41 PM -L
27. 4:37 PM -M
28. 12:51 PM +S, 5:38 PM -M
29. 1:45 PM +S, 6:46 PM -M
30. 8:11 AM -L, 2:35 PM +M
31. 8:39 AM -L, 3:35 PM +L

These are estimates only and not intended for navigation.



SPORTS FISHING

\$498 million

Amount spent annually by BC's freshwater anglers in 2019.

3,500

Number of people employed by BC's freshwater anglers.

21%

The percentage of female freshwater anglers in BC during the 2018/19 season.

8.8 million

The number of fish freshwater anglers reported catching in BC in 2015.

47 million

The number of days recreational anglers fished in Canada in 2015.

91%

Of the above, the percentage of those days that were fished by Canadians in their home jurisdictions.

152,042

The number of adult saltwater fishing licences issued last year (2021/22) in BC.

41,685

The number of juvenile (under 16) saltwater fishing licences issued last year (2021/22) in BC.

50%

The percentage of all BC freshwater fish caught in 2015 that were rainbow trout.

24

The number of different species of freshwater sport fish in BC.

~ DFO, Freshwater Fisheries Society of BC, StatsCan

MAY WEATHER

TEMPERATURE

Our average daily high temperature in May is 15.8 C and our average daily low is 9.6 C, giving us a daily mean temperature of 12.7 C for the month. Our record high temperature in May is 28.4 C (May 29, 1983) and our record low is 3.3 C (May 1, 1970).

PRECIPITATION

May has an average of 12 days with rainfall and an average total for the month of 61 mm. Our record daily rainfall in May is 28.7 mm (May 2, 1963) and our record daily snowfall in May is 1 cm (May 10, 1985).

MAY ASTROLOGY



TAURUS: APRIL 19 - MAY 20

Taureans are seekers of peace and stability. Although unambitious, they are happy to be the powerhouse behind the scenes. They are usually sensible and blessed with a healthy dose of cynicism. People born under this sign are passionate in nature and they like beauty very much. They are often nudists and especially so when the weather starts to warm. This month, the presence of Jupiter in your 12th house will cause anxiety and sleep problems. As usual, this may be overcome with alcohol.



GEMINI: MAY 21 – JUNE 21

Geminis are butterflies by nature, flitting from one attraction to the next. They're easily bored but have lively, stimulating minds and can be witty and charming. This month tread carefully around your significant other. Your relationship will start to cool by the 15th of the month and unless you are very careful, a long-term romantic partnership will fail. That said, the stars have created powerful momentum in your favour at work. Now is the time to stay and work late as the payoff will be exponential.

BC BESTSELLERS

For the week ending April 15, 2023

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

1. **To Track a Traitor: A Lane Winslow Mystery** by Iona Wishaw (TouchWood Editions)
2. **Snorkelling Adventures Around Vancouver Island and the Gulf Islands** by Sara Ellison (Harbour Publishing)
3. **Cold Case BC** by Eve Lazarus (Arsenal Pulp Press)
4. **Be a Good Ancestor** by Leona Prince & Gabrielle Prince, illustrated by Carla Joseph (Orca Book Publishers)
5. **Sunset and Jericho: A Wakeland Novel** by Sam Wiebe (Harbour Publishing)
6. **Oolichan Moon** by Samantha Beynon, illus. by Lucy Trimble (Harbour Publishing)
7. **Still This Love Goes On** by Buffy Sainte-Marie, illustrated by Julie Flett (Greystone Books)
8. **Return to Solitude: More Desolation Sound Adventures** by Grant Lawrence (Harbour Publishing)
9. **The Secret Pocket** by Peggy Janicki, illustrated by Carrielynn Victor (Orca Book Publishers)
10. **The Morning Bell Brings the Broken Hearted** by Jennifer Manuel (Douglas & McIntyre)

~ Association of Book Publishers of BC

MAY BIRTHDAYS

- May 1 ~ **Allison Scoular** and **Kim Struthers**.
 May 3 ~ **Victor Enns** and **Tyra Phillips**.
 May 4 ~ **Andrew Sutherland**.
 May 5 ~ **Barb Ellison, Rob Ellison, Baylee Higgins** and **Robyn Leech**.
 May 6 ~ **Lori Pratt**.
 May 7 ~ **Stephanie Warner, Tricia Fisher** and **Kristen White**.
 May 8 ~ **Linda Reid, Francis Belisle, Ryan Schroeder** and **Vicki Honeybourne**.
 May 9 ~ **Steve Devaney, Bruce Silvey, Rick Dougan, Leanna Mackie, Karen McKeeman, Jackson Taylor, Vanessa Stephens, Debbie Hayden** and **Jim Greenlaw**.
 May 11 ~ **Deena Lowings, Shelley Wharton** and **Candace Sharp**.
 May 12 ~ **TJ Campbell** and **Rob McMann**.
 May 13 ~ **Mel Likes** and **Reynald Bernier**.
 May 14 ~ **Jan Smalley** and **Lhonna Dougan**.
 May 15 ~ **Michael Pazur**.
 May 16 ~ **Dave Sullivan**.
 May 17 ~ **Linda Curtiss, Jack Dennis, Dan Jinks, Helen Krantz, Roland Schmidt** and **Amy Curtiss**.
 May 18 ~ **Haida Bolton, Ron Collett, Wendy Haddock** and **Sharon Halford**.
 May 19 ~ **Earl Stewart**.
 May 20 ~ **Rylan English, twins Carrie & Stirling Fowler, Yasmeena Kennedy, Jacalyn Vincent** and **Brenna Young**.
 May 21 ~ **Shannon Fowler**.
 May 23 ~ **Mary Milner** and **Tom Patterson**.
 May 24 ~ **Vicki Kobus, Dick Milner, Treenah Dougan** and **Margo Hunsche**.
 May 25 ~ **Christina Stoutenburg**.
 May 27 ~ **Cindy Schroeder** and **Charlotte Gray**.
 May 28 ~ **Mikey Thompson, Lyn Vaughan, Kevin Graham** and **Myrtle Winchester**.
 May 29 ~ **Cliff Silvey, Tyler Forsyth** and **Amber LaFrance**.
 May 30 ~ **Marten Mees, Kathy Mills** and **Mike Phillips**.



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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela, Dr. Endre Sinkovics

Darlene Fowlie – Hygienist

Monika Miller – Hygienist

Rosa Seda – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 984-5070

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

(604) 885-6101 ext. 4422

PHYSICIANS – (604) 883-2764

Dr. Colin Sutton

- By appointment only

CHIROPRACTORS – (604) 886-3622

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

- Wednesdays, call (604) 886-3622 or visit coastlinehealth.janeapp.com to book appointment

HEARING CLINIC – (604) 885-0155

Hear on the Coast

Terra Dannes – Registered Hearing Instrument Practitioner

- Full diagnostic hearing evaluations
- Fitting, cleaning, & maintenance of hearing instruments

BETTER AT HOME PROGRAM (UNITED WAY)

(604) 212-2232

Haida Bolton – Program Coordinator

Helping Seniors Remain Independent

- Email: betterathome@penderharbourhealth.com



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

ALCOHOLICS ANONYMOUS: Meets Wednesdays at 7 p.m. – everyone welcome.

TEENS' DROP IN CLINIC: Offered every Tuesday between 3 and 5 p.m.

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

DIABETES & DIETICIAN MANAGEMENT PROGRAM: Weekly on Thursdays ~ call to book an appointment

CHRONIC DISEASE MANAGEMENT PROGRAM: Weekly on Wednesdays ~ call to book an appointment.

ADULT DAY PROGRAM: Dementia Care-Giver Support Group. Call (604) 883-2764.

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

Is it time for your cervical screening?

*Compiled by Pender Harbour Health
Centre nursing staff*

Cervical screening (or Pap test) is a systematic search for risks and early manifestations of disease in asymptomatic women.

Current BC Cancer Agency screening recommendations are that anyone with a cervix, including women and transgender people, age 25 to 69 should be screened every three years.

An estimated 1,450 Canadian women will be diagnosed with cervical cancer in 2022.

An estimated 380 will die from it.

PAP TEST

Not many women know that 50 per cent of invasive cervical carcinomas diagnosed are on patients who did not have the Pap test done in at least seven years.

On the other hand, carcinoma in situ (which is a pre-malignant lesion on the cervix) has a cure rate of 100 per cent.

Stage 1 cancers have a cure rate from 80 per cent to 90 per cent.

Many women are not entirely comfortable with the actual procedure.

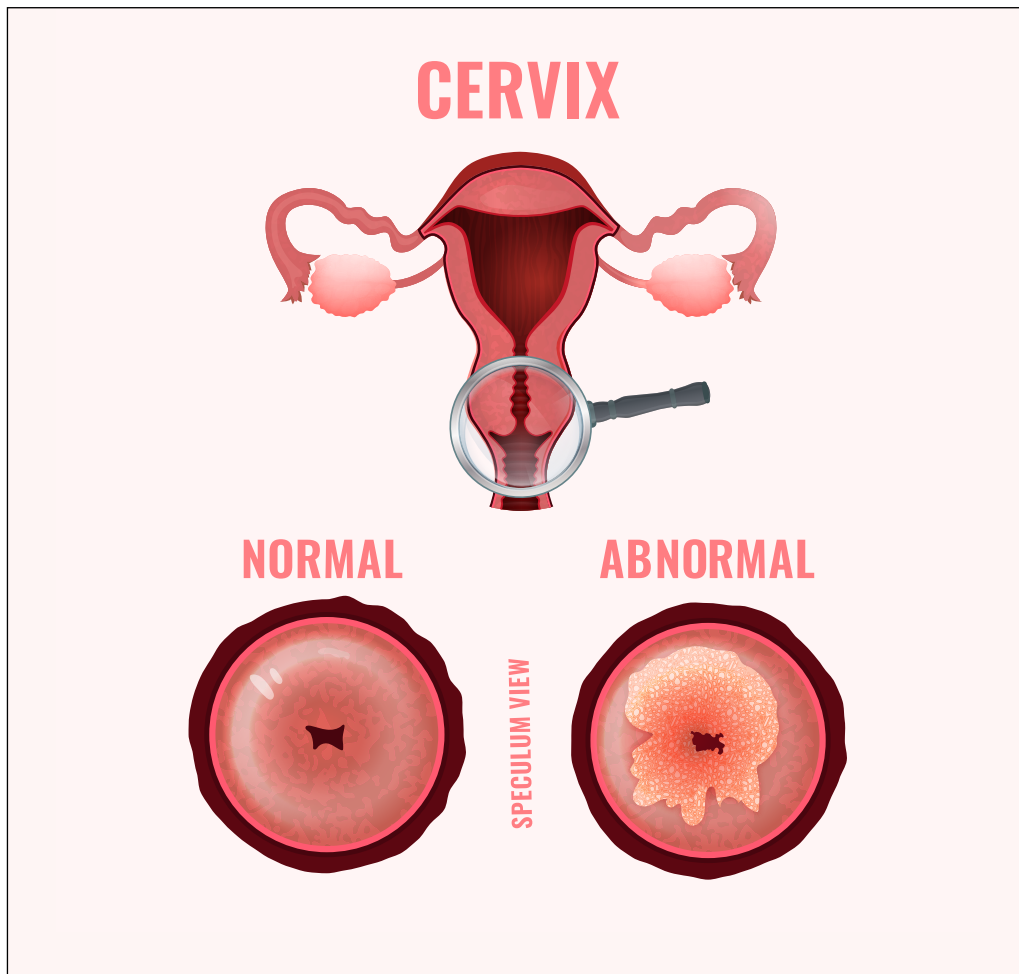
It is unfortunately perceived as an invasive and, sometimes, painful and scary process.

Cervical screening involves a Pap test that can find abnormal cells in the cervix before they become cancer.

If these abnormal cells are found and treated early, cervical cancer can be stopped from developing.

By having a Pap test every three years, as recommended by BC Cancer, you reduce your risk of developing cervical cancer by up to 70 per cent.

The whole pelvic exam is now



taught in a way that focuses on a positive experience women deserve to have.

Cervix screening can be done by a doctor, nurse practitioner, registered nurse, midwife, or naturopathic doctor at their office or clinic.

It's about approaching it with respect, devotion and reverence.

It is important that women are comfortable and well informed before the exam.

The examination should never be a one-person act.

It is a process where practitioner and patient work together and are comfortable with each other.

For the test, you will need to undress from the waist down.

You will be provided with a

gown or a sheet to cover up.

Then lie back on the medical table and put your feet up.

When you're comfortable, the health care provider will gently insert an instrument called a speculum into your vagina so they can see your cervix.

Next, the health care provider will use a small spatula or brush to collect some cells from your cervix.

Cervix screening is not usually painful but can be uncomfortable.

The sample then goes to a lab to be examined.

Your results will be sent to your health care provider.

If there are any abnormal cells present, your health care provider will contact you.



BC Archives/P. H. Living Heritage Society

Garden Bay Hotel, 1950

The Garden Bay Hotel and Pub opened in 1932 and ran continually as a restaurant and pub until it was destroyed by a fire on the morning of Nov. 26, 2020.

In 1982, Ron Johnston and Marita Jokela purchased the property and would run it for the next 32 years, making it into one of the Sunshine Coast's top live music venues.

On March 17, 2014, the two sold the business to current owners Gary and Natalie Lee.

Since 2020, the pub's burnt-out remains look much the same as it did after the Pender Harbour Volunteer Fire Department extinguished the fire.

local organizations

PENDER HARBOUR GARDEN CLUB

The next P. H. Garden Club meeting will feature One Straw Society (www.onestraw.ca) on Monday, May 29 at 1 p.m. at the P. H. School of Music in Madeira Park.

Cassandra Fletcher, executive director of One Straw Society, will be discussing more than a dozen programs they have going on the Sunshine Coast, from community gardens, to tool sharing, to regional food systems and everything in between.

Fletcher hopes to have more of a conversation than a formal presentation.

P. H. MUSIC SOCIETY COFFEE HOUSE

This month's coffee house runs Friday March 5 with performances by Mark Petersen, Gen Katagiri and Matt Richardson.

Doors open at 7 p.m., music at 7:30 p.m. and there's a \$10 suggested donation at the door for admittance. Coffee and delicious deserts being served.

PENDER HARBOUR WOMEN'S CONNECTION

The Pender Harbour Women's Connection is hosting their popular Strawberry Tea on May 9. Kenneth Norman Johnson, known for his multi-musical talents, will provide his special blend of piano tunes which are sure to send you home with a smile on your face and a song in your heart. Slip on your favourite spring outfit, join your friends, and take time for tunes and treats.

The women's connection is concluding the spring sessions by presenting a well-known figure in our community. Dr. Jackie Ordronneau, will be the guest speaker on May 23. A local vet, Ordronneau has tended many ailing animals in our area over the last several years.

Currently she is the president of the Pender Harbour Health Centre and co-creator and director of the popular April Tools Wooden Boat Challenge. She will discuss her background and what led her from the sands of California to the shores of Pender Harbour.

For both events, doors open at 9:30 a.m. There is a drop-in fee of \$4.

PENDER HARBOUR LIVING HERITAGE SOCIETY

The PHLHS hosts their annual general meeting on May 5 from 1 to 3 p.m. at the Sarah Wray Hall at 4334 Irvines Landing Rd., Garden Bay.

Join in for updates on the previous year's activities, as well as a preview of what's in store for 2023 and beyond. Refreshments will be served.

Visit www.penderharbourheritage.ca.

May 2023

PENDER HARBOUR CHOIR
PRESENTS

SONGS of SPRING

KENNETH NORMAN JOHNSON, MUSIC DIRECTOR
DAVID POON, PIANIST

FRIDAY MAY 12, 2023 7:00PM PENDER HARBOUR MUSIC SCHOOL, MADEIRA PARK	SATURDAY MAY 13, 2023 7:00PM SUNSHINE COAST BOTANICAL GARDEN, SECHelt
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TICKETS \$25
AVAILABLE FROM CHOIR MEMBERS,
EARTHFAIR STORE IN MADEIRA PARK,
AND AT THE DOOR



BOOKS 'N' BLOOMS

A SELF-GUIDED TOUR OF UNIQUE AREA GARDENS IN SUPPORT OF

THE PENDER HARBOUR READING CENTRE
SATURDAY, MAY 13, 2023 11:00AM-4:00PM

EARLY BIRD TICKETS \$30
(AFTER APRIL 30, \$35) AT
PENDERHARBORURLIBRARY.CA

TICKETS AVAILABLE AT
EARTHFAIR STORE (MADEIRA PARK)



ABOUT THE NEW HARBOUR LEARNING CENTRE BUILDING

In February 2019, the **Pender Harbour Rotary Club** commenced a “Community Needs Assessment” in the areas of education, health care, recreation, business and the workforce.

The **Pender Harbour Learning Centre** was found in greatest need, as it grows to meet the expanding needs of the community. In its unique position, it is integral to both our Elementary and Secondary schools, youth in need, support for educational and recreational programs as well as mental health.

The existing building is too small to provide for our current and growing services. It is in dire need of repair or replacement. The building has no running water and no toilet facilities. The foundation posts are rotting and sinking. There is little if any insulation and the roof is constantly leaking.

The **Community School Society Board** appointed the Rotary team to propose a building repair or replacement project. Almost immediately, it became apparent that repairing the aging building was not financially viable.

Following a review of options, the PH Rotary team submitted a proposal to the Community School Society to replace the aging building with a new structure. The funding would need to be secured through grants. Ultimately we were approved for a Federal grant for \$268,655 in May of 2022. But this would provide only 75% of the funding requirement, with the Society having to pay the remaining 25 percent.

Rotary and the Society actively sought other funding partners for the remaining 25%, which amounted to approximately \$90,000. The **Pender Harbour Rotary Club** initially donated **\$20,000 (followed later with an additional \$10,000)**, **\$5,000** was donated by the **Sunshine Coast Community Foundation** and a further **\$65,000** was donated by the **Art & Pearl van der Linden Foundation**. We also received support from the SCRD, shíshálh First Nation, the Pender Harbour Chamber of Commerce, School District 46, our MLA Nicholas Simons, and our MP Patrick Weiler.

Though excellent news for our community, but unfortunate timing for the Society, School District 46 simultaneously received approval for a new Child Care Centre to be placed on the Elementary School grounds. Determining the site of their new building has impacted the location of the new Learning Centre Building. This, plus increased building and transportation costs brought about by COVID, has resulted in the Society being short of funds to complete the project. The shortfall to the Society is estimated at \$50,000, which includes a 20% contingency.

To make up for this shortfall, the Society has commenced a fundraising effort with a goal of raising \$50,000 by July 2023. A tall order! The Society is requesting community support from the generous businesses and residents of Pender Harbour to complete this important project by late summer 2023.

Donations will be recognized in advertising and on an entire wall in the new building dedicated to donors.

Cheques can be made payable to the **Pender Harbour Community School Society** and mailed to the attention of Cheyenne Howitt, Executive Director, Pender Harbour Learning Centre, 5012 Gonzales Rd. P.O. Box 232 Madeira Park, BC VoN 2H0. Please contact Cheyenne at 604-883-2826 or email pendercommunity@gmail.com for more information.



PENDER HARBOUR SENIORS INITIATIVE

Sponsored by:

Smart Fund



HARBOURSIDE FRIENDSHIP PROGRAM

Sponsored by:

**P. H. Health Centre &
P. H. Health Auxiliary**

**FOR INFORMATION
OR TRANSPORTATION,**

CALL MARLENE:

(604) 883-9900

ROAD TRIP TO SECHELT BOTANICAL GARDENS: Tuesday, May 9

From 9:30am to 2:30pm, a walking tour of the Botanical Gardens followed by lunch at a restaurant in Sechelt. Please call to reserve your seat. Travelling by volunteer drivers and their cars.

HARBOURSIDE FRIENDSHIPS: Thursday drop-in, 10:30am – 1 pm

In the Pender Harbour Community Hall. Lunch will be served at 12pm. The cost will be \$10 per person.

May 4 – Speaker Jennifer Wright MC, Registered Clinical Counsellor, to discuss “anxiety”

May 11 – Discussion... bring a topic.

May 18 – Speaker Linda Cordell discusses finance.

May 25th – A visit with Constable Cole Vander Helm, Sunshine Coast RCMP

CARPET BOWLING: Wednesdays, May 3, 10, 17, 24 & 31

At the Pender Harbour Community Hall, 1-3 pm. Cost \$3.

CHAIR YOGA: Mondays & Fridays, May 1, 5, 8, 12, 15, 26 & 29

At the Pender Harbour Community Hall 11am – 12pm.

Improve your balance, strength & flexibility with gentle moves.

Welcome back Carole Logtenberg! Cost: \$3

Seniors Activities for May!



PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

On lower level of
PH Secondary School:

13639 S.C. Hwy.

604 885-6801

www.scrd.ca/myrecreation

PENDER HARBOUR AQUATIC & FITNESS CENTRE

www.scrd.ca/pender-harbour-aquatic-fitness-centre

This facility has a pool and weight room (gym).

JOIN OUR DROP-IN CLASSES:

Fitness

- Mix It Up on Thursdays at 8:45am
- Older Adult Keep Fit: Land Meets Water on Tuesdays & Thursdays at 10:30am

Aquatic fitness

- Aquafit on Monday & Wednesday at 9am
- Gentle Waves on Friday at 10am

Please check online for current schedules of all drop-in classes.

Use your MYPASS or pay drop-in admission.

REGISTER NOW FOR SUMMER PROGRAMS!

- Online www.scrd.ca/myrecreation
- By phone: 604-885-6801
- In person

We look forward to seeing you!

We invite you to subscribe to our Recreation Newsletter at
www.scrd.ca/Newsletter-Signup

Follow us on facebook:

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

ElderDog volunteers 'paw it forward'

*Julie Marzolf
ElderDog volunteer*

A year ago, one dog owner's visit to the vet revealed that Quinn, her seven-year-old King shepherd was tipping the scales at over 60 kilograms (135 pounds).

While the unique breed is large, Quinn clearly needed more exercise.

But due to several chronic health issues, its owner, Sharon, was no longer able to provide the high energy exercise he required to stay fit and healthy.

Her vet recommended that she investigate ElderDog.

Sharon discovered the Pender Harbour chapter of ElderDog, a Canada-wide charity that supports older adults in the care and well-being of their canine companions.

Through its volunteers, ElderDog provides care and companionship for older dogs whose lives have been disrupted due to illness or death of a human companion.

Keeping the human-animal bond healthy and intact is at the core of ElderDog's mission.

After contacting Sunshine Coast ElderDog, Kira Sufalko soon responded and set up a house visit between



submitted

A tail-gate party with ElderDog Bella (left) and pals

Sharon and Quinn and Madeira Park rehoming co-ordinator Karen Wells.

Soon after, two volunteers were matched with Quinn.

A meet up and short walk transpired to ensure mutual compatibility.

Volunteers exchanged information with Sharon and they created a flexible schedule that suited everyone.

After a few volunteer-led dog walks, Sharon learned she must be careful not to mention the walkers to Quinn by name as he recognizes them,

their voices, and the sound of their cars as they approach the house.

Once alerted, Quinn can hardly contain himself, or his giant wagging tail.

After Quinn returns home from his adventures, he is content to take a well-deserved nap.

HOW IT WORKS

Depending upon the volunteer, walks occur on familiar roads within the owner's neighbourhood or dogs are driven to new adventures agreed upon by the owner and volunteer.

In Quinn's case, he's up for anything.

Walks can vary from 30 minutes to an hour or longer.

Many of the volunteers have dogs of their own and enjoy sharing the fun with their ElderDog "clients."

There is a lot of flexibility within the program and the dogs get healthy exposure to a range of other dog lovers in the process.

Madeira Park resident Karen

Pender Harbour Music Society presents:

**Sunday • May 21
2pm**

**Blue Moon
Marquee**

A swinging blues band whose smouldering chemistry delivers passionate performances that will make you want to move.

PENDER HARBOUR SCHOOL OF MUSIC

TICKETS \$30 @ www.penderharbourmusic.ca, Harbour Insurance or Strait Music (Sechelt)

Wells said she gets a kick out of watching the dogs develop their own furry friendships and personally gains as much joy from the outings as her canine companions.

On the other end of the size spectrum is “Diego the Dynamo,” a corgi, a small dog with a big dog personality.

Diego’s owner Sue hasn’t looked back since she joined ElderDog four years ago.

Her friend saw an ElderDog booth outside of the Pender Harbour IGA and mentioned the program to Sue.

“I had heard about ElderDog in Sechelt but didn’t realize it existed in Pender Harbour,” Sue explained.

“I was waiting for knee surgery and knew that I was going to need help keeping Diego, my very active corgi, healthy and well exercised.

“As further health issues arose, I have realized I can’t walk very far anymore.”

Knowing that Diego is getting the exercise he needs running with the big dogs also gives Sue the ability to keep her dog.

Diego livens up her days and makes her feel younger.

Sue can’t say enough about the program.

“Diego gives me life and makes such a difference and ElderDog volunteers have made this possible.”

CAN YOU ASSIST?

The ElderDog program has room to grow, in both volunteers and dogs.

This is one of the many ways volunteers can assist members of our local aging population and keep love in the home.

Please contact Kira Sufalko, PAWD Leader at [elderdogsunshine-](mailto:elderdogsunshine-coastldr@gmail.com)



submitted

ElderDog clients Diego and Bella take a break.

coastldr@gmail.com or Karen Wells at kjwells1966@gmail.com for more information.

FACTS ABOUT ELDERDOG

- ElderDog was founded in 2009 by Ardra Cole, inspired by her geriatric research that underscores the important role dogs play in the health and well-being of older adults.

- All volunteers have been vetted through an application process, including their willingness to undergo and pass a police check.

- There are eight active volunteers in Pender Harbour, with three

dogs currently participating in the walking programme.

- There are 35-plus dog clients on the Coast, from Gibsons to Ruby Lake.

- At least 14 dogs have been “rehomed” on the Sunshine Coast through ElderDog’s program, including relocation from Vancouver, Chilliwack, and Nanaimo.

- ElderDog doesn’t charge for its services. Funds are raised through its online store at www.elderdogcanadastore.ca and tax-deductible donations.

There are also non-dog walking volunteer roles available.

seals



Note your seal of approval or disapproval.

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

A school full of Harbour Seals to our hot lunch sponsors — **IGA Madeira Park, MPES and P. H. Community School** for providing a delicious and nutritious lunch to our 95 kids and our wonderful staff.

Beau Sladey/MPES PAC

A big Harbour Seal of Approval to **Leonard Lee** who consistently writes a very informative column in this magazine.

Leonore O’Neill

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

MAY

Sat. April 29.....20th April Tools Wooden Boatbuilding Challenge - Madeira Park gov't wharf, 10 a.m.
Sat. April 29.....P. H. Community Hall plant and garden sale - P. H. Community Hall, 10 a.m. to 3 p.m.
Sat. April 29.....Giant Garage Sale - Royal Canadian Legion No. 112, 10 a.m. to 2 p.m.
Mon. May 1.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
Thurs. May 4.....Harbourside Friendships drop-in (Jennifer Wright) - P. H. Community Hall, 10:30 a.m.
Fri. May 5.....P. H. Living Heritage Society AGM - Sarah Wray Hall, 1 p.m.
Fri. May 5.....P. H. School of Music Coffee House - P. H. School of Music, doors at 7 p.m.
Tues. May 9.....P. H. Seniors Initiative road trip - S. C. Botanical Gardens, 9:30 a.m. to 2 p.m.
Tues. May 9.....P. H. Women's Connection (Strawberry Tea) - P. H. School of Music, 9:30 a.m.
Thurs. May 11.....SCRD committee of the whole meeting - SCRD boardroom, 9:30 a.m.
Thurs. May 11.....Harbourside Friendships seniors' drop-in (discussion) - P. H. Community Hall, 10:30 a.m.
Thurs. May 11.....SCRD regular board meeting - SCRD boardroom, 1:30 p.m.
Fri. May 12.....P. H. Choir presents "Songs of Spring" - P. H. School of Music, 7 p.m.
Sat. May 13.....P. H. Reading Centre's "Books 'n Blooms" - Pender Harbour, 11 a.m. to 4 p.m.
Sat. May 13.....P. H. Choir presents "Songs of Spring" - S. C. Botanical Garden, 7 p.m.
Sun. May 14.....Mother's Day
Mon. May 15.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
Thurs. May 18.....SCRD electoral services committee meeting - SCRD boardroom, 9:30 a.m.
Thurs. May 18.....Harbourside Friendships seniors' drop-in (Linda Cordell) - P. H. Community Hall, 10:30 a.m.
Sat. May 20.....78th annual Pender Harbour May Day - Madeira Park, all day
Sun. May 21.....22nd Attack of Danger Bay downhill longboard race - Beaver Island, all day
Sun. May 21.....P. H. Music Society presents Blue Moon Marquee - P. H. School of Music, 2 p.m.
Tues. May 23.....P. H. Women's Connection (Dr. Jackie Ordronneau) - P. H. School of Music, 9:30 a.m.
Thurs. May 25.....Harbourside Friendships seniors' drop-in (S.C. RCMP) - P. H. Community Hall, 10:30 a.m.
Thurs. May 25.....SCRD regular board meeting - SCRD boardroom, 4 p.m.
Mon. May 29.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
Mon. May 29.....P. H. Garden Club features One Straw Society - P. H. School of Music, 1 p.m.

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



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