June 2021 Issue 366 **LOCALLY OWNED** & OPERATED The independent voice of Pender Harbour & Egmont since 1990. Issue 366



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townhome with moorage in the marina.

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The independent voice of Pender Harbour & Egmont since 1990.

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EDITOR

Brian Lee

CIRCULATION (2,500)

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

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

CONTRIBUTORS

This month we thank: Leonard Lee, Robert Livingston, Shane McCune and Robin Millar.

COVER

Kalpalin. See more aerials of the Coast on p. 18. (Brian Lee photo.)

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July issue mails July 2

(Advertising bookings before June 15)

editorial

Moderna love



Brian Lee

Last month I received my first COVID vaccination shot and it came with a

surprise boost of optimism.

That's been the case with many recent vaccinees I talked to — it was a remarkably positive experience.

Maybe it was the goofy waves across the parking lot as other masked acquaintances joined the line.

The lighthearted atmosphere in the parking lot stands out as one of the social highlights of my year.

It was like a socially distanced conga line only it moved quicker.

Or, maybe it was the mood inside.

Greeted at the entrance by cheerful health staff offering fresh masks and an "I got vaccinated" sticker, I was quickly ushered to a chair where I was greeted by a jovial doctor.

As we chatted, I didn't even feel the needle.

Maybe this buoyancy comes from an odd sense of pride knowing that in our small way, all of us there were allies in fighting this virus.

Or maybe it came from simple relief, knowing that even after the first shot, I'm 80 per cent less likely to be infected.

In the days that followed, a weight was lifted.

I kept forgetting my mask, the fear of contact with strangers or friends was gone and I just felt generally more at ease.

> I recommend it to everyone. Especially the vaccine hesitant. COVID will still be around after

the vaccinated inevitably start mixing.

Vaccinees are much less likely to spread the virus or to take seriously ill if they do get it.

The holdouts might be hospitalized, some will die, and the rest will



prolong life with masks and health restrictions.

And it is so unneccesary.

Since COVID I've seen an uptick in emails sent to educate me about alternative truths.

A recent tinfoil favourite seems to be "Agenda 21."

This conspiracy is based on an actual 1992 UN resolution aimed at the sustainability movement.

People who undertake "openminded research" will tell you that Agenda 21 is really a collusion by the United Nations and the First World to take over the globe and depopulate it.

This conspiracy is all encompassing, folding in Bill Gates, microchips, 5G and, now, coronovirus vaccines.

If you are one of these people, consider the possibility that what you see isn't there.

Avoid the far reaches of the Internet for awhile, ignore that discredited doctor from the Gulf Islands and place your trust in Canada's other 50,000 physicians.

Are they part of this deception? If so, Canada's 300,000 registered nurses must be in on it too.

Or countless other experts in associated fields apparently tasked with making us believe that COVID is real.

Yes, in BC there's *only* a 1.3 per cent mortality rate.

Would it be an acceptable risk if 10 or more of us died every time we took the Queen of Surrey to Horseshoe Bay?

Or, if you don't trust math, how about common sense?

With a plan so vast, just one of the millions of people trusted to keep this heinous plot secret surely would have leaked it to the media by now.

Unless the media is in on it too? We're not — get your shot.

IF YOU ARE EXPERIENCING POSSIBLE COVID-19 SYMPTOMS

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

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

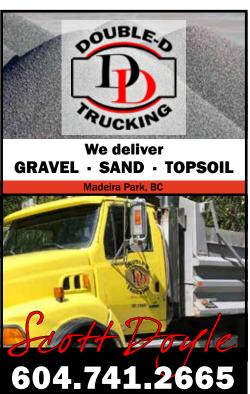
IF YOU REQUIRE HOSPITALIZATION

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

IF YOU REQUIRE TRANSPORTATION TO THE HOSPITAL

Call 911.





photojournal



Brian Lee

The Garden Bay Sailing Club took their weekly race outside the Harbour on May 15. Here, a trio of competitors get cozy between Martin and Pearson Islands.

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May Day parade, May 23



Brian Lee

The 2021 Pender Harbour co-May Queens (above left) are Jaime Landry and Danielle McLelland. The two royals lead the 'in lieu of' May Day parade on May 23 flanked by the Coasters Classic Car Club and Emergency Health Services as they travelled around Francis Peninsula and Garden Bay. They shared the honour because the two are the only girls in their grade six class.

Pender High removes Haida and Nootka team names

The long-running feud between Haida and Nootka has ended.

Students at P. H. Secondary School learned last month that the names representing rival interschool house teams will be replaced.

In an email, PHSS principal Chris Lekakis told the *Harbour Spiel* that a request to consider changing the house team names came from School District 46 principal of Indigenous learning, Kerry Mahlman.

"Mahlman understands the names are historical to the school, but notes that the name "Nootka" is an anglicized word — Captain Cook's mistaken rendering of what he thought the Indigenous people of the area were calling themselves," said Lekakis.

"The people as a group prefer to June 2021

call themselves the Nuu-chah-nulth.

"Neither name is associated with First Nations of the local area."

The names have been in use since at least the late-1950s.

Replacement names have yet to be chosen but Lekakis said they are looking at having the students come up with them.

"Our social justice club is looking at how best to manage that," he said.

Lekakis said the school district is in the process of completing an "equity scan" with support from the Ministry of Education to "understand systemic barriers and have systemwide conversations in order to address the opportunity gaps regarding bias, privilege, and ensure equity for all."



Brian Lee

'Haida' and 'Nootka' will no longer represent rival PHSS inter-school sports teams. In the interest of full disclosure, the editor of the *Harbour Spiel* is 'Nootka.'

The better Angels of our Nature

We are honoured to recognize the heroic efforts of our devoted volunteers with the Pender Harbour & District Health Centre Auxiliary Society. The main purpose of the Auxiliary Society's volunteer work is to generate funding through the Bargain Barn Thrift Store for the operation and enhancement of the PHHC, as well as seniors' initiatives and bursaries for local high school students entering the healthcare field.

We are immensely grateful to our volunteer champions who serve tirelessly, and have sustained a spirit of community both before and throughout the pandemic. Lorna Young, volunteer & current President of the Auxiliary Society Board of Directors, has offered some insights into the efforts of this organization.

Lorna Young



For the last four years, Lorna has humbly served as a dedicated volunteer with the Auxiliary Society and Bargain Barn Thrift Store. She currently serves as President on the Board of Directors. What initially drew her to this role was the opportunity to connect with her community, get involved, give back and cultivate new friendships. Lorna is fortunate to lead a Board of well-qualified, educated and business-savvy Directors who are deeply committed to bettering the community; especially through these difficult times.

Over 70 volunteers support the operation of the Bargain Barn, which is in its 45th year in Madeira Park. The Bargain Barn Thrift Store is a community institution where all of the teams work hard, but also have fun in an enjoyable environment. When the pandemic forced the Bargain Barn to close their doors last spring, Lorna and her fellow volunteers 'moved mountains' to transition the Thrift Store over to the Pender Harbour Community Hall. Just over a month later, the Royal Canadian Legion Branch 112 offered their space for a longer term, requiring another relocation.

New donation and operational models allowed volunteers to continue serving the community, while demonstrating their extraordinary human capacity to adapt. This impacted the amount of funds they could raise, but the volunteer team tenaciously kept calm and carried on.

The volunteers also continued to generate funds through the Bargain Barn's eBay account, which sells higher valued pieces to help fund overhead costs at the Thrift Store.

The Barn is proud to share their partnership with local recycling society GRIPS, as well as the Egmont Thrift Store. From composting cardboard waste to sewing 20 dozen face masks from donated materials for resale, the teams are committed to full circle sustainability.

Please join us in thanking Lorna and the Auxiliary Society volunteers for their everlasting contributions to our community, and to our Health Centre. If you would like to add to their support with a donation to help us maintain and improve our facilities, please reach out to us today.

We welcome your support in any manner that is within your capacity during these challenging times. As always, we are right here, for you.



Right here, for you.

www.penderharbourhealth.com

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Avi Lewis gets federal NDP nod for WV-Sunshine Coast-Sea to Sky

The race for our federal riding just got interesting.

On May 22, Avi Lewis was acclaimed as the federal NDP candidate in the West Vancouver-Sunshine Coast-Sea to Sky Country riding.

Now based out of Halfmoon Bay, Lewis was raised in Ontario where he became a well-known journalist and filmmaker who spent 25 years focused on stories of people fighting for justice.

From a May 17 release:

"The pandemic and the housing crunch are wreaking havoc in the lives of all of us living along the Coast; and beyond the immediate crises, the climate emergency is only deepening," said Lewis.

"Bold, ambitious action is needed and our communities already have brilliant and creative solutions.

"What we need is the power and resources of the federal government to get it done.

"That's why I'm putting my name forward to work for the people of West Vancouver-Sunshine Coast-Sea to Sky Country."

Lewis was host and producer of CBC Newsworld's political debate show Counterspin from 1998 to 2001.

He later became a committed advocate for climate justice and coauthored 2015's *Leap Manifesto* with his wife, Naomi Klein.

The pair later co-founded The Leap organization, a climate movement with a mission "to advance a radically hopeful vision for how we can address climate change by building a more just world, while building movement power and popular support to transform it into a lived reality."

A short film he made with U. S. Congresswoman Alexandria Ocasio-Cortez, *Message from the Future with*

AOC, was nominated for an Emmy and was viewed more than 12 million times.

"The overlapping crises we face must be addressed together.

"There is no climate justice without safe and secure housing, there is no COVID recovery without putting workers first." said Lewis.

"It's time for our communities to be represented by a party that fights for working people, not just the rich and corporations — that party is the NDP."

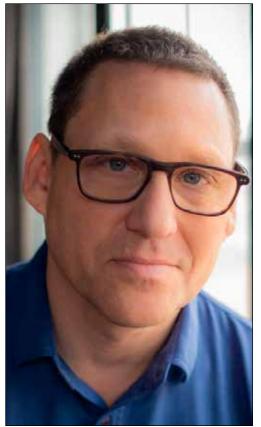
Lewis comes with a political pedigree.

His father is Stephen Lewis, former leader of the social democratic Ontario New Democratic Party for most of the 1970s and Canada's ambassador to the United Nations when Brian Mulroney was prime minister.

He later became a well-known advocate for AIDS while acting as United Nations' special envoy for HIV/AIDS in Africa.

His grandfather, David Lewis, succeeded Tommy Douglas as the second leader of the federal New Democratic Party in 1971.

Lewis said he is committed to work for the people of West Vancouver-Sunshine Coast-Sea to Sky Country to fight for solutions that make life more affordable, and to seek justice for Indigenous communities.



theleap.org

Journalist/filmmaker Avi Lewis has been acclaimed as the federal NDP candidate in the West Vancouver-Sunshine Coast-Sea to Sky Country riding.

Lewis will run in the next federal election against the riding's current MP, Liberal Patrick Weiler, who has held the seat since 2019.

Prime Minister Justin Trudeau has previously hinted he might call an election this year rather than at the scheduled end of the legislature in 2023.





1. What will you find 98 feet below the surface of Sakinaw Lake? a. The Sisuital b. salt water c. limestone pillars d. remains of an ancient Shìshàlh village	4. First name of the namesake owner who opened Lloyd's Store (now John Henry's) in 1947? a. Al b. Bill c. Jim d. Stan
2. Recently proposed terminus of highway and rail corridor for new deep sea container port. a. McNab Creek b. Malibu Landing c. Salmon Inlet d. St. Vincent's Bay	5. What is the tallest peak in the Sunshine Coast Regional District at 2,589 metres (8,494 feet)? a. Mt. Alfred b. Mt. Churchill c. Mt. Dione d. Mt. Albert
3. Local mother who mysteriously disappeared in 1979 and has never been located. a. Alexis Larson b. Julie Klatchen c. Emily Pedersen d. Joan Michaels	6. What is the colourful name of this bay halfway up Agamemnon Channel? a. Red b. Blue c. Brown d. Green

Answers: p. 34

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

Water conservation regulations now in effect

Starting May 1, the Sunshine Coast Regional District stage one water conservation regulations kicked in.

These regulations are separated into two categories – watering lawns and watering flowers, shrubs, trees and food producing plants.

Watering schedules are set based on your home address.

WATERING LAWNS

Sprinklers or soaker hoses can be used to water lawns according to the stage one schedule:

- For even-numbered addresses, lawn sprinkling is allowed Thursday and Sunday from 7 a.m. to 8 a.m., and
- For odd-numbered addresses, lawn sprinkling is allowed on Wednesday and Saturday from 7 a.m. to 8 a.m.

TREES, SHRUBS, FLOWERS AND FOOD PRODUCING PLANTS

Sprinklers or soaker hoses can be used to water trees, shrubs, flowers and food producing plants and trees according to the stage one schedule:

- For even-numbered addresses, sprinkling is allowed Tuesday, Thursday and Sunday from 7 a.m. to 9 a.m. and from 7 p.m. to 9 p.m., and
- For odd-numbered addresses, sprinkling is allowed on Monday, Wednesday and Saturday from 7 a.m. to 9 a.m. and from 7 p.m. to 9 p.m.

EXEMPTIONS FROM STAGE 1

Hand held hoses with shut-off devices can be used anytime for watering lawns, trees, shrubs, flowers or vegetables.

Commercial food farms paying

a metered rate for water are exempt from stage one regulations.

Pressure-washing sidewalks and driveways, windows or exterior building surfaces is permitted only during stage one.

If you need to establish a new lawn, permits are available for watering beyond the allowable times.

If you require a permit call (604)-885-6806 or email *infrastructure@* scrd.ca.

"The amount of snow on the mountains is above average which is positive as we look ahead to the summer, however, in the past we have still required stages 3 and 4 water conservation regulations with a similar snowpack," said Remko Rosenboom, SCRD general manager of infrastructure services in a statement.



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at the Pender Harbour Golf Course Lots of elbow room with all of the tables spaced in

accordance with all Public Health Protocols

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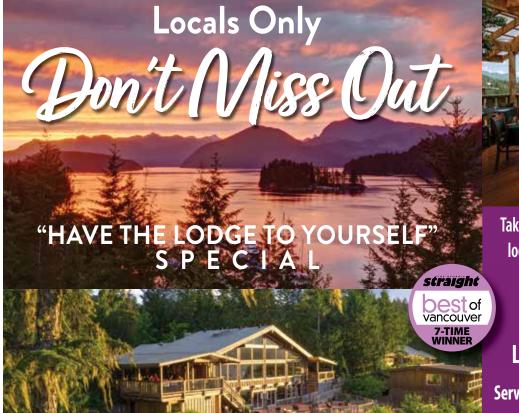
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Harbour Spiel



Robin Millar

On April 22, another derelict boat was removed from Pender Harbour. According to Peter Robson, president of the Pender Harbour and Area Residents Association, 'It was part of PHARA's derelict boats project, funded by Transport Canada, and headed for Don Mackenzie's Mackenzie Marine on Sechelt Inlet/Porpoise Bay for breaking up. It was the fourth derelict PHARA removed this year.' During this past winter, this apparently nameless boat was moored to the *Chuckanut*. The *Chuckanut* sank in early December and was subsequently removed.

rcmp news

THEFT

At approximately 2:30 a.m. on April 23, a suspect was caught on security video stealing a generator from outside Pender Harbour Secondary School located at 13639 Highway 101, Pender Harbour.

Police are reviewing the surveillance footage and the file is still under investigation.

Anyone with any information about this theft is asked to contact RCMP, reference police file 2021-2744.

BREAK & ENTER

At approximately 2:00 a.m. on April 24, police attended a break-andenter at a residence in the 4700 block of Billy Goat Road, Madeira Park, after the owner's security system captured footage of two male suspects entering the premises.

By the time police arrived, the suspects had fled with several of the security cameras, a Xbox and assorted games, a toolbox, and some alcohol.

Anyone with any information about this incident is asked to contact RCMP, reference police file 2021-2617.

The file is still under investigation.

BREAK AND ENTER

Overnight on April 28, a suspect gained entry to a residence in the 5900 block of North Lake Road, Egmont, by kicking in a door, and stole a number of tools, including a chainsaw, and a television set.

Anyone with any information about this incident is asked to contact RCMP, reference police file number 2021-2822.

ILLEGAL DUMPING

On May 5, a suspect illegally dumped garbage at a business in the 7800 block of Fawn Road, Halfmoon Bay.

The suspect attempted to put the garbage in the dumpster, but when they found it locked, they left the

garbage beside the dumpster before driving away in a small silver Chevy hatchback.

The middle-aged driver was of average height, had a slender build, and was wearing a hat and glasses.



A wild ferry ride



Leonard Lee Area A director, SCRD

The ride started in 2015 with the Sunshine Coast Fixed Link study, which revealed a bridge or

road link was not feasible because of technical and financial hurdles, but the ride wasn't over.

From 2018 until 2020, we were told:

- A Langdale terminal upgrade would be complete in 2022, with priority on the overhead foot-passenger walkway;
- Two-vessel service, with the Queen of Surrey and Queen of Oak Bay running in tandem, is scheduled for late 2024, and

• It will take about five years to add a second ferry.

Everything came to a screeching halt when the financial fallout of COVID-19 forced BC Ferries to delay their plans, almost.

Local governments and our facility advisory committee demanded to know how increased traffic will be dealt with until a second ferry is added to our run.

To provide an answer, BC Ferries conducted a series of public consultations in 2020, including public workshops and community engagement sessions, with full reporting on the results of each one.

Challenges identified included public anxiety about boarding certainty, vehicles queuing on the highway, multiple-sailing waits, and under-used capacity, even at peak times.

A ray of hope appeared at the SCRD board in April with proposed solutions by BC Ferries including reduced reservation rates, more flexible booking, easier rescheduling, and protected space for priority travellers.

Their strategy included providing incentives for reservations, foot passengers, and bookings on less-busy sailings, as well as increasing boarding certainty and flexibility for medical trips, commercial vehicles, and those connecting from the Upper Sunshine Coast.

The SCRD supported the BC Ferries booking model trial for Lang-dale-Horseshoe Bay, but a large and loud segment of the population felt they had not been given enough detail or sufficient consultation.



Pender Harbour Transfer Station 5545 Garden Bay Road

Hours of Operation:

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Open Sundays from
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Loads accepted until 4:45 p.m. www.scrd.ca/transfer-station

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



SUNSHINE COAST REGIONAL DISTRICT Upcoming meetings

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

Infrastructure Services Committee June 10 at 9:30 a.m.

Regular Board June 10 at 2:00 p.m.

Planning and Community Development
June 17 at 9:30 a.m.

Corporate and Administrative Services Committee
June 24 at 9:30 a.m.

Regular Board June 24 at 2:00 p.m.

Pender Harbour Aquatic & Fitness Centre CLOSED from May 31 to July 18. Sechelt Aquatic Centre and Gibsons & District Aquatic Facility will be open during this time.



www.scrd.ca 604-885-6800 info@scrd.ca Pender Harbour Satellite Office 12828 Lagoon Road, Madeira Park 604-885-6877 infrastructure@scrd.ca

Harbour Spiel

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Because of the swift, strong volley of objections and a few startlingly harsh and inappropriate comments, BC Ferries cancelled the trial.

Local governments maintain their view that the proposed BC Ferries booking model is the best option available for ferry users until arrival of a second ferry (over five years away), but we'll never know if it would have met its goal, as our community spoke loud and clear, ending our wild ferry ride.

GRIPS ON STEROIDS

In 2010, a multi-stakeholder technical design team formulated a Pender Harbour resource recovery plan using the categories of reduce, reuse and recycle:

- Reduce increase tipping fees for items that can be recycled, ban material disposal where recycling options exist, promote backyard composting, and facilitate diversion of construction and demolition waste:
- Reuse establish reuse/repair centres, share sheds, and building materials reuse facilities, and facilitate deconstruction salvage projects, and
- Recycle provide curbside collection of recyclables and food scraps/organics, develop processing facilities for organics, implement extended producer responsibility programs, and enhance drop-off facilities.

Enhanced resource recovery facilities in Pender, Sechelt, and Gibsons would accept a full range of recyclables and reusables, including food waste, plant debris, soils, paper, wood, ceramics, metal, glass, textiles, polymers, and other chemicals.

We included this project in our 2011 solid waste management plan, and now curbside collection of recyclables, food scraps (organics) and

every-other-week garbage collection is done everywhere on the Coast except Egmont/Pender Harbour.

Next up are demolition, construction, and business waste diversion. deconstruction and salvage initiatives, and enhanced drop-off and resource recovery facilities in Pender, Sechelt, and Gibsons.

Budgeting an enhanced recovery facility stalled because of disposal costs, fluctuating scrap markets and because some materials can't be disposed of or recycled, anywhere, at any cost.

All local governments are encouraging senior governments to expand the Recycle BC program to offer a set price on an expanded portfolio of packaging and printed paper products, and include businesses in the program.

We are also asking them to shift cost recovery to industry to reduce environmental impact and manage the product from materials selection to design to end-of-life.

I still hope to see our "GRIPS on steroids," but when still remains unknown.

CELL COVERAGE FOR THE SKOOK

In April, our Area A advisory planning commission recommended that the SCRD approve a proposed Telus cell tower next to the LaFarge

gravel mine on the north side of Skookumchuck Narrows, directly across from Skookumchuck Provincial Park.

This new tower would eliminate cell coverage gaps for Egmont, Skookumchuck Trail and Narrows, the mouths of Jervis Inlet and Hotham Sound, and on the ferry near Captain Island, areas where cell coverage is an issue of both safety and convenience.

CONTACT YOUR DIRECTOR

The Lee Side helps me effectively do my job representing 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.

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



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REPORT A WILDLIFE VIOLATION

MARINE VIOLATIONS 1-800-465-4336 NON-MARINE VIOLATIONS 1-877-952-RAPP (7277)

One way you can **help protect the environment, fish and wildlife** is to stop violations before they happen. The watchful eyes of the community can deter possible violators. If you see an offence, **think O.R.R.: Observe, Record, Report**.

OBSERVE WHAT THE PERSON IS DOING

Some common violations are:

- Illegal waste disposal (household or business waste, e.g. dumped on Crown Land)
- Unlawful open burning (e.g. dense smoke); excludes backyard burning
- The discharge of chemicals or sewage to lakes or rivers
- Damage to fish or wildlife habitat
- Exceeding the daily bag or catch limit
- Use of illegal hunting or fishing gear
- Fishing or hunting out of season or in closed areas
- Unauthorized collection or sale of fish and wildlife or their parts

RECORD WHAT YOU OBSERVE

As soon as possible, write down what you've seen. Include these details:

- The date, time and location (e.g. nearest town, fishing location, stream, address)
- The violator's identity or description (e.g. height, weight, hair colour, age, clothing, number of violators)
- The boat or vehicle description (e.g. vehicle licence, boat registration number, vessel length, colour, make, type, distinguishing features)
- Evidence that might still be at the scene (e.g. catch, fish offal, gear used)

REPORT THE VIOLATION

MARINE VIOLATIONS 1-800-465-4336

NON-MARINE VIOLATIONS 1-877-952-RAPP (7277)

Jervis Ports not welcome

Dear Editor,

Your story titled, "New deep sea port, rail line and bridge proposed for Jervis Inlet" starts by saying that it's not an April Fool's Day joke.

Really?

How could we seriously consider building a \$10 billion deep-sea port in Jervis Inlet, effectively ruining a world-class boaters' paradise, in order to service commercial ship traffic diverted from the Port of Vancouver?

It must be a joke because that would turn the best boating area in the entire Sunshine Coast into an industrial shipping zone.

And what about the funny bit about blasting a coastal road bordering tranquil Hotham Sound?

That's hilarious because the road and rail line would eliminate any peace and "harmony" in the Harmony Islands Marine Park.

Get it?

The plan to build a suspension bridge for cargo trains and dieselspewing commercial trucks in the middle of spectacular wilderness scenery is also such a hoot.

How do you ruin visitors' bucketlist experiences of this pristine gateway to what the BC tourism industry considers the crown jewel of the Sunshine Coast, the spectacular Princess Louisa Inlet Marine Park and Chatterbox Falls?

You force boaters to sail under a noisy bridge in the middle of nowhere.

The rest of the road heading east in this joke of a proposal, follows important water ways up to Mt. Churchill and then down to Lake Lovely before reaching Squamish.

Many concerns come to mind, such as the disruption of wildlife

migration routes, habitat destruction, pollution and contaminants leaking into rivers.

The potential long-term ecological impacts of an industrial port built in Jervis Inlet could be devastating to marinelife.

Can you say, "oil spill?"
And what about the whales?
Vancouver Port's own studies
show the effects of ship noise and boat
strikes on orcas, and we sure see a lot

of whale and dolphin species around here.

It would be no laughing matter for whales entering or crossing Jervis Inlet to have to deal with underwater ship noise while avoiding getting run over by an oil tanker.

Jervis Ports Incorporated better stop kidding around because this proposal is not funny, not funny at all.

> Sincerely, Annelise Sorg

photojournal



submitted

The Sunshine Coast Healthcare Auxiliary, Pender Harbour branch, recently donated \$6,200 to the Pender Harbour Health Centre for the purchase of equipment. Holding the big cheque are John Rathbone, PHHC manager of finance and administration, and Susann Richter, PHHC chief operating officer.

مُرِّ مُرْکُمُ

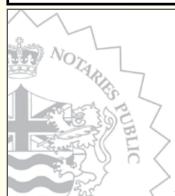
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Page 16 Harbour Spiel

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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:



June	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Tue 01	15.7	14.9	13.7	12.4	11.4	10.8	10.8	11.1	11.5	11.7	11.5	10.6	9.2	7.7	6.2	5.1	4.6	4.9	6.1	7.9	10.1	12.3	14.2	15.4
Wed 02	15.7	15.4	14.4	13.2	11.8	10.6	9.9	9.8	10.1	10.6	11.0	11.0	10.6	9.7	8.5	7.3	6.5	6.1	6.4	7.5	9.1	11.1	12.9	14.5
Thu 03	15.3	15.4	14.9	13.7	12.3	10.8	9.5	8.8	8.6	9.0	9.7	10.5	10.9	10.8	10.3	9.5	8.6	7.8	7.5	7.8	8.7	10.2	11.9	13.5
Fri 04	14.7	15.2	15.0	14.1	12.7	11.0	9.4	8.1	7.5	7.5	8.1	9.1	10.2	11.0	11.4	11.2	10.6	9.8	9.1	8.7	9.0	9.8	11.1	12.6
Sat 05	13.9	14.7	14.9	14.3	13.0	11.3	9.4	7.8	6.7	6.3	6.6	7.6	8.9	10.3	11.5	12.1	12.2	11.7	10.9	10.2	9.8	9.9	10.7	11.8
Sun 06	13.1	14.1	14.5	14.3	13.3	11.6	9.6	7.7	6.2	5.3	5.3	6.1	7.4	9.1	10.8	12.2	13.0	13.1	12.5	11.7	11.0	10.5	10.7	11.4
Mon 07	12.4	13.4	14.1	14.2	13.5	12.0	10.0	7.9	6.0	4.7	4.3	4.7	5.9	7.7	9.8	11.7	13.1	13.9	13.8	13.2	12.3	11.5	11.1	11.3
Tue 08	11.9	12.8	13.5	13.9	13.6	12.4	10.5	8.3	6.2	4.5	3.6	3.6	4.5	6.2	8.4	10.7	12.7	14.0	14.5	14.3	13.5	12.5	11.7	11.4
						12.7			6.7	4.7	3.4	2.9	3.4	4.8	6.9	9.4	11.7	13.6	14.8	14.9	14.4	13.5	12.5	11.8
						12.9				5.3	3.6	2.7	2.7	3.6	5.5	7.9	10.4	12.8	14.4	15.2	15.1	14.4	13.4	12.4
						13.0				6.2	4.3	2.9	2.4	2.8	4.2	6.4		11.5						
						12.9				7.4	5.3	3.6	2.6	2.4	3.3	5.0	7.4	10.1						
						12.5					6.5	4.7	3.3	2.6	2.8	4.0	6.0	=					15.4	
						12.0					7.9	6.0		3.3	2.9	3.5		7.2					15.7	
Tue 15						11.3						7.6	5.9	4.5	3.7	3.6		6.1					15.7	
Wed 16						10.5						9.2	7.7	6.2	5.1	4.5	4.6	5.6	7.3				15.2	
Thu 17		14.5				=						10.6		8.3	7.1	6.1	5.6	5.8	6.9				14.5	
Fri 18		15.0				=			9.0			10.9				8.2		7.0	7.2	8.3			13.6	
Sat 19		15.4				=	7.6	6.9	7.1	7.8	8.9	=	11.0					8.8	8.4	8.6			12.8	
Sun 20		15.5				=	7.1		5.2	5.6	6.7	8.3						=					12.0	
Mon 21		15.4				=	7.2	5.1		3.5	4.2	5.8						13.2						
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wca 50	13.1	13.0	14.5	10.7	10.0	7.0	10.1	10.7	11.5	11.0	11.5	10.4	7.0	1.5	0.5	5.5	5.5	0.5	1.)	10.0	12.1	17.0	13.3	13.7

Free Canada Day 'boat only' concert

Courtesy of Gunboat Bay's Mellquist family, the Peter Van Deursen Trio will perform a Canada Day waterfront concert on Thursday, July 1.

The blues trio will start playing at approximately 2 p.m. on the Mellquist's dock on the north side of Gunboat Bay and the family invites boaters to attend.

The set should last for a couple of hours.

Host Ken Mellquist checked the tides and confirms that it starts to flood around 5:30 p.m., in case people want to exit Gunboat Narrows before its peak.

For anchoring, the bottom surrounding the dock/stage varies between 30 and 50 feet.

Mellquist asks people to arrive a little early and try to be at anchor or quiet with motors off by around 2 p.m.

Due to COVID-19 concerns, they ask that boaters and neighbours limit people to those in their bubble and follow proper social distancing and hygiene guidelines.

That includes no rafting of boats and anchoring a minimum of 30 feet from other boats.

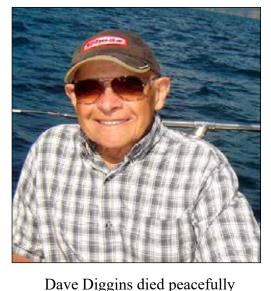


Brian Lee

Peter Van Deursen on the keyboards at the 2018 Pender Harbour Blues Festival.

obituary

David Norman Diggins SEPTEMBER 19, 1932 — APRIL 11, 2021



with his wife of 63 years at his side.

life will be missed by many.

His infectious grin and love for

Diggins was the beloved hus-

band of Helen, hero to son Gerry and

daughter Susan (Curt), grandfather to

Amie, Leiah, Alanna and Kiera, and great-grandfather to Elyssa, Caylee, Anakin, Everly, Danika, Zena and Xavier.

He was predeceased by daughter-in-law Dianne.

Diggins was born in eastern Alberta and had two older siblings, Gordon and Margaret.

He spent most of his youth in Kelowna where he made lifelong friendships.

Those friends he made at a young age were held in highest regard throughout his life.

He loved people and although he was a quiet man, Diggins drew people to himself with his caring, gentle personality.

His unwavering faith sustained him through his entire life.

He married the love of his life Helen in 1957 and they raised their family in Surrey.

Diggins spent many years on the road working for Trimac Trucking but always made sure he spent as much time as possible with his family and friends on his sailboats.

In 1991, the couple moved to Earls Cove and created a beloved oasis for their grandchildren to visit.

In 2006, they moved to Madeira Park where Diggins continued to be busy in his workshop and was always planning his next project for someone.

He loved people and made friends wherever he went.

Dave Diggins encouraged people to smile more, enjoy the people around us and seek out adventure, whether it be big or small.

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

Mellon, Hopkins Landing, Granthams Landing, Gibsons, Roberts Creek,

THE PENINSULA ing the Sunshine Coast, (Howe Sound to Jervis Inlet), including Port Mellon, Hopkins Landing, Granthams Landing, Gibsons, Roberts Creek, on Creek, Selma Pork, Sechelt, Halfmoon Bay, Secret Cove, Pender Hrb., Madeira Park, Garden Bay, Irvine's Landing, Earl Cove, Egmont

Vol. 11, No.. 26 — WEDNESDAY, MAY 22, 1974

RGEST CIRCULATION OF ANY PAPER ON THE SOUTHERN SUNSHINE COAST.



MAY QUEEN, Tracey Haughtaling of Madeira Park Elementary, centre, posed for The Times' camera with her attendants last week. The girls are from left: Janet Tremblay,

Jennifer Wilcox, Queen Tracey, Toni Kraft and Violet Bilcik. May Day activities took place on Saturday with traditional May pole dancing and other features.

submitted by Toni Kraft

Pender Harbour May Queen 1974 ~ Tracy Haughtaling

The *Peninsula Times* (May 22, 1974) published this shot of Pender Harbour May Queen of 1974 Tracy Haughtaling and her attendants. (I-r): Janet Tremblay, Jennifer Wilcox, Queen Haughtaling, Toni Kraft and Violet Bilcik.

Music society recognizes three of its own with memorial benches

submitted

The Pender Harbour Music Society recently installed two memorial benches at their Madeira Park performance centre to recognize three longtime supporters.

DOREEN AND RAY LEE

Doreen and Ray Lee arrived in Madeira Park in 1958 and literally opened their home to start up local musical insitutions like the Harbour Lights Dance Band and the Pender Harbour Choir, both of which found their start in the Lees' basement.

They became effective organizers of a variety of community events, from music lessons for Harbour young people to founding the first community library and organizing many Fishermen's Homecoming dances.

Doreen played and taught clarinet and saxophone and Ray learned to play the flute so he could join the band.

Doreen's beautiful soprano voice graced the Pender Harbour choir from its beginning.

They were founding members of the Pender Harbour Music Society and faithfully supported music education, festivals and concerts here through the years.

They are remembered for their innovation, enthusiasm, and participa-





submitted

Families of two longtime supporters of the P. H. Music Society have placed concrete benches with memorial plaques in the P. H. School of Music gardens. Jane McQuat-Farrer (I) holds a photo of her husband John Farrer and Diane Fielding (r)holds a photo of her parents, Doreen and Ray Lee.

tion in all things musical.

DR. JOHN FARRER

Dr. John Farrer was a muchloved and respected physician on the Sunshine Coast since coming here from London via Newfoundland in 1974.

He was community-minded and generous with his time and support.

He had a lifelong love of many genres of music and played various stringed instruments.

Farrer moved from classical

violin to guitar to a fiddlestick and settled on a cittern where he loved the musical camaraderie of playing with his bluegrass and roots band, the Cornpones.



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JUNE BIRTHDAYS

- June 1 ~ Kathy Brown, June Percival and Uriah Mees.
- June 2 ~ **Ivan Fisher**.
- June 3 ~ Ron Fearn and Jordan Krause.
- June 4 ~ Lilah Donnahee and Dale Klassen.
- June 5 ~ **Joel Field** and **Autumn LaFrance**.
- June 6 ~ June Malaka.
- June 7 ~ Irene Pratchett, Russell Silvey, Ron
 Cymbalist, Marlene Cymbalist and Marie
 Hill.
- June 9 ~ Dennis Gaudet and Bill Cochet.
- June 10 ~ Bram Christiaanse, Darren Vickers, Rob Hoehn and Weylyn Silvey
- June 11 ~ Kathy MacGreggor.
- June 12 ~ **Ken Walters, Kim Cabral**, **John Griffith** and **Tai Logtenberg**.
- June 13 ~ Brooklyn Krause, Doug Silvey, Pat McQueen and Amber McKeeman.
- June 14 ~ Mack Duncan and Rick Shymanski.
- June 15 ~ Marie Malcolm, Kay Robinson, Hannah Stewart and John Schroeder.
- June 16 ~ Sonny Reid, Rod Cummings, Paula Vickers, Britney Carswell and Derek Youngs.
- June 17 ~ Peggy Blumenthal and Harry Luck.
- June 19 ~ Darlene Yablonski, Luke Petraschuk and Leah Bernier.
- June 20 ~ Tamara Mackie and Stan Crowell.
- June 21 ~ Willa Schroeder and Terri Honeybourne.
- June 22 ~ Pat Walsh.
- June 23 ~ Dave McKeeman and Julia Massullo.
- June 24 ~ Alex Phillips and Mike Gaudet.
- June 25 ~ Aisha Chalk.
- June 26 ~ **Gerry Krantz, Tammy Holt** and **Brieanne Gilkes.**
- June 27 ~ Barrie Wilbee, Aleezah Charboneau, Kelsey Clay, Jack Donnahee and Neville Lincoln.
- June 29 ~ Lorna Edwardson, Ambrose Mees and Mark Mills.
- June 30 ~ Hanna Stoutenburg.

JUNE ASTROLOGY

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. Star

positions this month indicate tech problems are on the horizon. Back up and replace your computer before June 11. Luckily, Mercury is still hanging out in your sign so your focus to tackle technological issues should be free from stellar interference. You'll break even in both love and finance in June (which is better than you can say about the previous six months).

CANCER: JUNE 21 - JULY 22



Those born under the sign of the crab value security, enjoy the safety and comfort of familiar surroundings and activities. The sun enters your sign on June 21 — the

first day of summer... but not for you. Until the sun leaves your sign in July, you will experience the abyss of celestial winter. Depression and anxiety will dominate your life and may possibly be influenced by a catastrophic global event. During this time meditate and reflect on the positive memories that occurred before this dark time. It's all you've got now.

BC BESTSELLERS

For the week ending May 15, 2021

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

- 1. A Lethal Lesson: A Lane Winslow Mystery by Iona Whishaw (TouchWood Editions)
- 2. Destination Hikes: In and Around SW British Columbia by Stephen Hui (Greystone Books)
- 3. **Butter Honey Pig Bread** by Francesca Ekwuyasi (Arsenal Pulp Press)
- 4. A Is for Anemone: A First West Coast Alphabet by Robert Budd, illus. by Roy Henry Vickers (Harbour Publishing)
- 5. Here on the Coast: Reflections from the Rainbelt by Howard White (Harbour Publishing)

- 6. Waterfall Hikes in Southern British Columbia by Steve Tersmette (Rocky Mountain Books)
- 7. Backpacking in SW British Columbia: The Essential Guide to Overnight Hiking Trips by Taryn Eyton (Greystone Books)
- 8. **Unravelling Canada: A Knitting Odyssey** by Sylvia
 Olsen (Douglas & McIntyre)
- 9. Birds of British Columbia and the PNW, 2nd ed. by Richard Cannings & Tom Aversa (Heritage House Publishing)
- 10. One Good Thing: A Living Memoir by M.A.C. Farrant (Talonbooks)
- ~ Association of Book Publishers of BC



3.3 million

The amount of plastic (in tonnes) produced by Canadians each year.

1/3

Share of Canadian plastics created for single-use products or packaging.

86%

The share of Canada's plastic waste that ends up in our landfills.

9%

The percentage of Canadian plastic that is recycled.

12%

The share of Canadian plastic waste shipped outside of North America to be processed for "recycling."

91%

The amount of global plastic waste that isn't recycled.

80%

The percentage of ocean plastic that comes from land-based sources.

9%

The estimated percentage of the amount of all plastic ever produced that has been recycled.

400 years

The amount of time it takes most plastics to degrade.

8.3 billion tonnes

The amount of plastic produced in the six decades since its invention.

~ National Geographic, recyclebc.ca, Oceana.ca

JUNE WEATHER

TEMPERATURES (MERRY ISLAND)

Our average daily high June temperature is 18.7 C and low is 12.4 C, giving us a mean daily temperature of 15.6 C. The highest June temperature recorded is 29.9 C (June 1, 1978); the lowest is 5.6 C (June 1, 1966).

PRECIPITATION (MERRY ISLAND)

June averages 10 days with rainfall and a 46.9 mm total. June has an average of 230.1 hours of bright sunshine. The highest daily rainfall recorded in June is 41.9 mm (June 10, 1972).



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

1. 9:46 AM +S, 4:01 PM -L

2. 11:31 AM +S, 5:05 PM -L

3. 12:45 PM +S, 6:03 PM -M

4. 8:10 AM -L, 1:54 PM +M

5. 8:53 AM -L, 2:53 PM +L

6. 9:28 AM -XL, 3:49 PM +L

7. 10:59 AM -XL, 4:39 PM +XL

8. 11:30 AM -XL, 5:25 PM +XL

9. 11:42 AM -XL, 6:08 PM +XL

10. 11:26 AM -XL, 6:48 PM +XL

11. 11:43 AM -XL, 7:26 PM +XL

12. 12:09 PM -XL, 8:03 PM +XL

13. 6:03 AM +M, 12:45 PM -XL

14. 6:48 AM +S, 1:29 PM -XL

15. 7:38 AM +S, **2:19 PM -XL**

16. 8:41 AM +S, 3:14 PM -L

17. 10:14 AM +S, 4:14 PM -L

18. 11:54 AM +S, 5:20 PM -L

19. 1:04 PM +M, 6:36 PM -M

20. 7:35 AM -L, 2:18 PM +L

21. 7:39 AM -XL, 3:26 PM +L

22. 8:27 AM -XL, 4:30 PM +XL

23. 9:31 AM -XL, 5:29 PM +XL

24. 10:36 AM -XL, 6:23 PM +XL

25. 11:34 AM -XL, 7:13 PM +XL

26. 12:26 PM -XL, 8:06 PM +XL

27. 6:15 AM +M, 1:18 PM -XL

28. 7:10 AM +M, 2:10 PM -XL

29. 8:14 AM +S, 3:00 PM -L

30. 9:44 AM +S, 3:48 PM -L

These are estimates only and not intended for navigation.



A dedicated Mobile Financial Service Advisor to Pender Harbour, Holly understands her members' specific needs and helps them achieve their financial goals. If you're seeking strategic savings advice, lending or unique investment options, trust our advisors to guide you in the right direction. Available in-branch or virtually.

Get in touch!

Holly McCrone

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ORGANICATIONS DIR.	LCIOI
Chamber of Commerce, P. H. & Egmont	(604) 883-2561
Community Policing	(604) 883-2026
Egmont Community Club	(604) 883-1379
Egmont & District Volunteer Fire Department	(604) 883-2555
FLAIR Cancer Support Group	(604) 883-0660
• FOKUS (10:30 a.m., Fridays @ PHHC)	(604) 740-1151
GRIPS (Recycling Society)	
Garden Bay Sailing Club	(604) 883-2689
Guides, Brownies, etc.	(604) 883-2819
Harbour Artists	
Harbourside Friendships (Thur. 10:30 -1 p.m.)	(604) 883-9900
Health Centre Society	
Health Centre Auxiliary	
• InStitches (last Thursday of month, 10 a.m.)	(604) 740-1151
Lions Club, Egmont	(604) 883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	, ,
Men's Cancer Support Group	` '
P. H. Aquatic Centre Society	` '
P. H. and Area Residents Association	
• P. H. Blues Society	` '
• P. H. Choir (7 p.m., Tuesday)	
• P. H. Community Club	
P. H. Community School Society	` '
• P. H. Garden Club	
• P. H. Golf Club	` '
• P. H. Hiking Club (8:30 am, Mon. & Wed.)	
P. H. Living Heritage Society	` '
P. H. Music Society (bookings)	, ,
P. H. Paddling Society (dragon boating)	
P. H. Piecemakers (quilters)	
• P. H. Pipe Band	
P. H. Power & Sail Squadron	` '
P. H. Ramblers (hikers, every Tues. a.m.)	, ,
P. H. Volunteer Fire Dept (Wed. evening)	, ,
P. H. Reading Room (library)	
Rotary Club (noon Fri. RC Legion No.112)	
Royal Canadian Legion No. 112	` '
RCM SAR Coast Guard Auxiliary, Unit 61	, ,
Ruby Lake Lagoon Society	` '
Skookumchuck Heritage Society	` '
S. C. Health Care Auxiliary (2nd Wed.,1:30 p.m.)	
Seniors' Housing Society	
Serendipity Child Care Centre	, ,
Sunshine Coast Better At Home	
Sunshine Coast Women's Outreach Services	` '
Wildlife Society (3rd Tues. PHSS)	` ,
Windlife Society (Srd Tides: FF133) Women's Connection (2nd & 4th Tue.)	, ,
TWO MEN S CONTROLION (ZING & 401 TUE.)	(004) 003-0444

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Brian Lee

Everybody's favourite invasive plant, Scotch broom, lit up Pender Harbour last month. This photo shows Pender Harbour Landing in Garden Bay in full bloom May 15. According to Invasives BC, 'Scotch broom is toxic to livestock. It was introduced from the Mediterranean and is an escaped garden plant in Canada. It easily invades sunny, disturbed sites such as rangelands, roadsides, and areas of recent logging. Scotch broom can increase the intensity of wildfires, obstruct sightlines along roads, and crowd out native plants that animals depend on. A mature plant can live up to 25 years and produce seeds that can survive in the soil for 30 years.' So, if you have it, cut it soon before it seeds.

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 dump truck load of Harbour Seals of Approval and congratulations to **Dale Klassen** on his retirement.

You hauled a lot of memories — it's time, finally, for some sun!

Glenn Vincent

Harbour Seals of Approval to the **community** for supporting us, especially the **MPES PAC**, **Rotary Club**, **P. H. Legion**, **Serendipity** and **GRIPS**.

Kaleigh Charlton/PHSS grads

Harbour Seals of Approval to the **Rotary Club of Pender Harbour** for their very generous financial help and labour from start to finish with the purchasing, transporting, erection and decorative surround at the bottom of the memory stone.

Your hard work and generosity are very much appreciated.

Wendy Phillips , Glenna Phillips and Bernice Hanna Forest View Cemetary

Take some time for YOU.



- Headaches, back/neck/joint pain
- Frozen shoulder & carpal tunnel
- Muscle strain & whiplash
- Relaxation and prevention

As the body relaxes, tension leaves and self-correcting reflexes engage.

Scott McQuitty

Registered Ortho-Bionomy® Practitioner

604.741-3233

suncoastbodyworks.ca

gift certificates available





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

• Braces • Cosmetic Dentistry

Darlene Fowlie – Hygienist

- Monika Miller Hygienist
- Restorative Dental Care Consulting
- Impants Surgical Extractions

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764 Annaliese Hasler, NP

• Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890 Sharon Gilchrist-Reed LPN

snaron Gilchrist-Reed L

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

• Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

• Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 883-2764

Dr. Colin Sutton

By appointment only

CHIROPRACTORS – (604) 883-2764

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

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

Dr. Alexandre Axenov

• Fridays, appointments via website: treeoflifechiropractic.ca

HEARING CLINIC – (604) 885-0155

Hear on the Coast

Terra Dannes – Registered Hearing Instrument Practitioner

In clinic on Thursdays & mobile Mon - Fri

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



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

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

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

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

DIABETES & DIETICIAN MANAGEMENT PROGRAM: Weekly on Thursdays ~ call to book an appointment **CHRONIC DISEASE MANAGEMENT PROGRAM**: Weekly on Wednesdays ~ call to book an appointment. **SOCIAL WORKER**: Weekly Tuesday, Wednesday & Thursday ~ call to book an appointment.

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

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Tick bites and Lyme disease

Compiled by Pender Harbour Health

Centre nursing staff

Many people can relate to tick bites on the Sunshine Coast and, while most tick bites do not result in disease, some do.

The best known disease passed on to humans from tick bites is Lyme disease.

Lyme disease takes its name from Lyme, Conn., where it was first identified.

In BC, fewer than one per cent of ticks tested carry the bacteria that causes Lyme disease and there is only a very small chance of them giving it to you.

AVOIDING TICKS

However, the disease can be serious, so it is worth taking steps to avoid being bitten:

- Walk on cleared trails wherever possible;
- Wear light coloured clothing and tuck your top into your pants and tuck your pants into your boots or socks:
- Put insect repellent containing DEET on all uncovered skin;
 - Check clothing and scalp;
- Check in folds of skin; check the whole body, and
- Regularly check household pets for ticks.

AFTER YOU'VE DISCOVERED A TICK

If you do find a tick on your skin, you will need to remove it as soon as possible.

Infected ticks usually don't spread Lyme disease until they have been attached for at least 36 hours.



To remove the tick yourself:

1. Use tweezers to gently get a hold of the tick as close to its mouth as possible.

- 2. Steadily lift the tick straight off the skin. Do not jerk or twist and avoid squeezing the tick because this can force its stomach contents into the wound and increase the chance of infection.
- 3. Once the tick has been removed, clean the area with soap and water.

If the tick has burrowed deep into your skin and you are concerned about removing it or have tried with-

> out success, possibly leaving body parts inside your skin, you should seek medical attention.

Any mouth parts that are left behind in the skin can cause infection.

IF BITTEN BY A TICK

If you start to exhibit any of the following symptoms of Lyme disease within days or weeks after been bitten by a tick, report them to your family doctor right away:

- 1. General symptoms of fever, headache, muscle and joint pains, fatigue or weakness of the muscles of the face.
- 2. Skin rash, especially one that looks like a bull's eye. It may or may not be where the bite was.
- 3. In some cases, paralysis may occur.

The paralysis usually starts in the feet and legs and works its way

up to the upper body, arms and head.

This paralysis usually starts within a few hours to a day or two of the bite.



Lyme disease can
be diagnosed by your
doctor and may include
a blood test to see if you
have certain antibodies in
your blood that could mean you have
the disease.

The main treatment for Lyme disease is antibiotics.

These medicines usually cure Lyme disease within three weeks of starting treatment.

It's important to get treatment for the disease as soon as possible as early diagnosis and treatment can prevent complications.

Some of these complications can include problems with your

skin, joints, nervous system and heart.

So with all this said most people who have had a tick bite do not get Lyme dis-

Misdiagnosis of Lyme disease is common, especially if you do not have the characteristic circular red rash.

ease.

And anxiety and awareness of Lyme disease has resulted in frequent use of antibiotic treatment for people who really do not need it.

So enjoy the outdoors this spring, but take the appropriate precautions.

For more information, go to www.HealthLinkBC.ca or check out your health guide at home.

Also *www.bccdc.ca* for the BC Centre for Disease Control.

Celebrate Seniors!

British Columbia's Seniors week is June 1-7

Congratulations — Harbourside Friendships marks 30 years together!

Harbourside Friendships has been meeting weekly since October 1991. It was developed as a community-based and supported seniors' organization to address health care and socialization issues in the Pender Harbour area. It was started by two volunteers, Linda Szabados and Nancy Mackay.

> Meeting during COVID has been challenging but, hopefully, we will get the opportunity to reconnect in the next month or two.

In the past, the group has gone on many trips, invited guest speakers, musicians and politicians.

We have learned and connected with fellow seniors in the community while participating in intergenerational activities with the local students.

We all look forward to reconnecting and getting back to our weekly sessions. In the meantime, please

> Celebrate the Seniors in our community!

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PENDER HARBOUR COMMUNITY SCHOOL SOCIETY

ANNUAL GENERAL MTG

Wednesday JUNE 9th @ 10am

via Zoom

Call 604.883.2826

Ever wondered what the Community School does?

What goes on in that colourful building on the grounds of the Elementary School? Come celebrate our accomplishments and have your say on where we go from here!

Become a society member – it's FREE! Live in Area A? Taken a course with us? You're likely already on our membership list. Call to confirm & get your AGM zoom link too!

Harbour Learning Centre ~ Tue/Wed 9am-3pm, Fri 9am-1pm ~ phcs@dccnet.com www.pendercommunity.ca



PENDER HARBOUR **AQUATIC & FITNESS CENTRE**

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

On lower level of PH Secondary School:

13639 S.C. Hwy. 604 885-6801

www.scrd.ca/myrecreation

ANNUAL POOL MAINTENANCE CLOSURE: May 31 to July 18

The Pender Harbour Aquatic and Fitness Centre is closed for annual maintenance and will reopen July 19.

During this time, the Sechelt pool will be open and the Gibsons pool is open until July 2.

SUMMER AQUATICS PROGRAMS

New! Swim lessons in August. Lifequard Training Courses. Swim visits at all our facilities.

View and register for our summer aquatics programs:

- www.scrd.ca/swim-aquatics
- **➡** 604-885-6801

COVID-19 SAFETY

Before you come to visit us, learn about our COVID-19 Safety Protocols:

www.scrd.ca/recreation-restart.

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





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

JUNE

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

Sat. June 5......Musician Joe Stanton - Backeddy Pub, 4 to 7 p.m.

Wed. June 9..........P. H. Community School Society AGM - via Zoom, 10 a.m.

Thurs. June 10......SCRD infrastructure services committee meeting - SCRD.ca, 9:30 a.m.

Thurs. June 10......SCRD regular board - SCRD.ca, 2 p.m.

Sat. June 12......Musician Joe Stanton - Backeddy Pub, 4 to 7 p.m.

Mon. June 14......Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon

Thurs. June 17......SCRD planning and development committee meeting - SCRD.ca, 9:30 a.m.

Sat. June 19......Musician Joe Stanton - Backeddy Pub, 4 to 7 p.m.

Sun. June 20.....Father's Day

Mon. June 21......Summer begins

Thurs. June 24......SCRD corporate and administrative services committee meeting - SCRD.ca, 9:30 a.m.

Thurs. June 24......SCRD regular board - SCRD.ca, 2 p.m.

Sat. June 26......Musician Joe Stanton - Backeddy Pub, 4 to 7 p.m.

Mon. June 28......Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon

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



FERRY DEPARTURES

Crossing time: Langdale 40 min./Earl's Cove 50 min.

Ticket sales end 10 min. before sailing for foot passengers, 5 min. before for vehicles.

MASKS ARE NOW REQUIRED TO BE WORN AT ALL TIMES AT TERMINALS AND ON BOARD VESSELS.

Summer service schedules change regularily, visit **www.bcferries.com** for current schedules.

"A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing."

~ George Bernhard Shaw

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Dale and Donna want to thank
all of our customers for their
business over the years ~
we really appreciate your support!

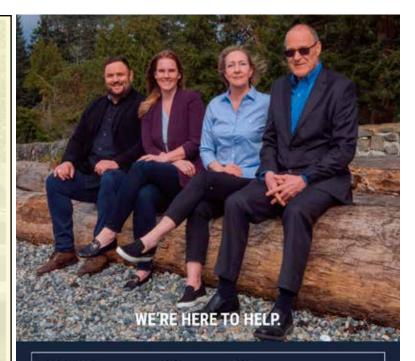


Now, we are happy to introduce

Scott and Tara Doyle
as the new business owners.

Please welcome them & call Double D for all of your trucking.

604.741.2665



BRACKETT ALLEN MACKAY

BAMrealestate.ca

Rick: 604.740.1771 Mary: 604.399.9936 Pam and Terry: 604.989.9865

RE/MAX



PENDER HARBOUR, BC

June General Store Hours 9:00am to 7:00pm, 7 days a week

John Henry's Café - Now Open

11:30am to 7:00pm (last orders by 6:30pm)

Take-out menu only
Fish & Chips, Burgers, Pizza,
Prawn Tacos, Truffle Fries
Outdoor seating on our patio or
on the grass in front of the Store

Live music
Thursday & Saturday evenings
Starting May 27 in front of the store
(weather permitting)

Store: 604.883.2336, Ext 2 Café: 604.883.2336, Ext 3 johnhenrys.ca



Spring and summer positions are now available.

Visit www.paintedboat.com for our employment opportunities.

Or, email your resume to employment@paintedboat.com



#1 IN PENDER HARBOUR REAL ESTATE SALES

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> BACK EDDY RESORT & MARINA





Our Pub is Open 5 Days a Week

Our Pub is now open Wednesday - Sunday from 12pm - 8pm. Come and enjoy our wrap around ocean view patio with delicious food, great craft beer, and amazing views!

Our Weekly Live Music is Back

Join us every Saturday from 4pm - 7pm for live music by the talented Joe Stanton.

Spring and summer dates are booking up quickly so be sure to book your stay with us soon!

The Grasshopper Pub is hiring!

WE ARE CURRENTLY LOOKING FOR

Line Cooks
Liquor Store Clerks
Cleaning Personnel



604.883.9013

www.penderharbourhotel.com



A full service hearing clinic at the P. H. Health Centre every Thursday.

Home visits are also available Monday to Friday throughout the Coast!

At Hear on the Coast, your hearing aid investment comes with an exclusive Total Care Plus Guarantee

and you can be assured with our Price Match Promise and 60 day return policy.





The owner and founder of Hear on the Coast, Terra Dannes, is a Registered Hearing Instrument Practitioner who has helped people on the Sunshine Coast hear better since 2007.

Call us today to book an appointment: 604-885-0155 info@hearonthecoast.ca www.hearonthecoast.ca

www.backeddy.ca | info@backeddy.ca | 604.883.2298

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