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Page 2



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EDITOR

Brian Lee

CIRCULATION (2,000)

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CONTRIBUTORS

This month we thank: Motoko Baum, Leonard Lee, Robert Livingston, Maureen Luck, Shane McCune, Susan Nattall and Anne Pino.

COVER

May Day didn't happen this year but 2020 May Queen Sydney Curtiss still got a parade as emergency responders and candy huckers toured around Pender Harbour May 16. (Brian Lee photo)

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The old normal was yucky anyways



Brian Lee

I recently noted a terrifying change in my relationship with reality.

I was watching a

shocking scene on TV in which tens of thousands of people were crammed into a sports stadium.

Witnessing them sitting elbow to elbow in an orgy of shared soft drinks and toxic aerosol breath repulsed me.

Instantly, I felt a judgmental urge to reprimand these fools for exposing each other to sinister microbes.

Of course, this movie was made prior to the story of 2020 and the doctors all agreed it was merely a temporary manifestation of fear and anxiety brought on by the Wuhan Clap.

Then it kept happening.

If a scene involved a crowded dance floor or movie theatre, my spidey sense tickled my subconscious awake that something was amiss.

It's been like watching TV programs from earlier times when a nostalgic oddity stands out, like a rotary dial telephone or an aproned housewife greeting her husband at the door with a cocktail.

Viewed through my COVID lens, the old normal now seems wrong.

Like, why was it ever acceptable to stand closer than two metres from each other in the first place?

Or greet by touching hands? Or hug?

Unless we're married, take a step back, dirty.

I prefer not to think about how many of you filthy animals I've witnessed exit the bathroom on the ferry without washing your hands.

As the most interesting man in the world says, "I don't always get sick, but when I do, it's after travelling on the Langdale ferry."

Thanks to COVID, we finally understand how much aerosol spit, snot

and feces we share with each other.

We are disgusting.

I was already one of the wise who avoid the door handles at Mc-Donald's but now all my Big Macs come out the drive-thru window.

I keep finding other old world norms that suddenly feel yucky too.

Like going on vacation, especially in an airplane.

Air travel has been exposed for what it is — magically extravagant and potentially lethal.

For anyone over 110 pounds, flying is an excruciating marathon of cramming into a stall designed for pixies anyways.

Since waking to the fact that it also means hours spent rebreathing microdroplets from 200 scuzzy tourists' nasal moisture, car travel it is.

If I never see Big Ben, maybe I'll finally golf in the Okanagan or drive around Haida Gwaii — and I won't have to do it seated next to dirty Jerry from Abbotsford.

As our perception of need continues to morph, it turns out we can do without a lot.

The voids left from going without trips abroad, hot yoga and pricey Canucks tickets are easily filled with substitutes sourced closer to home.

Like painting your house.

And your shed, and your fence.

Perhaps the biggest social disruption is still to come.

Prolonged COVID precautions have postponed many film productions indefinitely — meaning TVs could soon run out of stuff.

What will happen when we've blown through Netflix's entire Bollywood catalogue and there's literally nothing left to watch?

Will we peel back the curtain of our living rooms and discover we didn't need that either?

One can only dream where this may take us.

covid-19 emergency contact details

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 seven days a week from 8:30 a.m. to 4:30 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 and let the emergency room staff know you are coming and to receive instructions.

IF YOU REQUIRE TRANSPORTATION TO THE HOSPITAL

Call 9-1-1.





photojournal



submitted

A 'charitable dispensary' recently appeared at the Pender Harbour Community Church in Madeira Park for those in need. Similar to free libraries found in marinas or laundromats, the Blessing Box offers non-perishable food items, toiletries and other necessities. Its policy is simple, 'Take what you need and leave what you can.' A facilitator said that it won't be stuffed full on purpose so as to allow 'room for other neighbours to contribute.'

Page 4 Harbour Spiel

Not all provincial parks opened May 14

While most local provincial parks reopened May 14, it wasn't without some confusion.

Though barricades and signs had come down days before from Francis Point Marine Provincial Park, by May 18 BC Parks website indicated it was still closed.

At that time, Ambrose Lake Ecological Reserve was also listed as closed.

In an email, a Ministry of Environment spokesperson told the *Harbour Spiel* it was an error.

"Francis Point Provincial Park and Ambrose Lake Ecological Reserve are both considered open for day use.

"BC Parks is updating the web information."

According to MoE, Princess Louisa Marine Provincial Park, which is also listed as closed on the website will remain so because, "Princess Louisa Park is primarily an overnight destination.

"For this reason, it is scheduled to open on June 1 with other campgrounds and backcountry overnight destinations."

Earlier still, on May 6, when the reopening of provincial parks was announced, Garden Bay Marine Provincial Park was not listed to reopen.

The website has since been updated and the park is open with the exception of the popular Mount Daniel trail.

"We have put signage at the trail-head," said MoE.

"We have kept it closed so far because its popularity makes it difficult for people to practice physical distancing."

Despite the closure, it has not been uncommon to find cars parked at its trailhead on Garden Bay Road.

Park closures are listed on the BC Parks website and can be sorted by region, http://bcparks.ca/covid-19/parks-affected.

Stage one water conservation regulations now in effect

On May 1, the SCRD announced stage one water conservation regulations come into effect.

Stage one regulations apply to all local government water service areas until further notice.

LAWN WATERING

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

TREES SHRUBS 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.

• 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.

Commercial food producing farms paying metered rates are exempt from stage one regulations.

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

Permits are available for watering beyond the allowable times in order to establish new lawns (seed or sod).

Permits are only available during stage one (normal) outdoor water use, for a period of 21 days or until stage three (acute) is declared.

If you require a permit call (604) 885-6806.

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

For more information, contact the SCRD at (604) 885-6806 or visit www.scrd.ca/Sprinkling-Regulations for details on water conservation regulations.





Where is it?



- ☐ a. Daniel Point
- ☐ b. Egmont Point
- \square c. Point Upwood
- \square d. Francis Point



- ☐ a. McNeill Lake
- ☐ b. Brown Lake
- □ c. West Lake
- □ d. Mixal Lake



- \square a. Sarah Wray Hall
- ☐ b. Harbour Gallery
- ☐ c. Egmont Heritage Centre
- ☐ d. Iris Griffith Centre



Four-plus: Local

- □ a. Mt. Churchill
- □ b. Mt. Drew
- □ c. Mt. Steele
- ☐ d. Mt. Hallowell



- \square a. Garden Bay Hotel
- □ b. Madeira Park Garden
- ☐ c. Egmont Community Hall
- \Box d. P. H. Secondary School



- □ a. Chatterbox Falls
- □ b. Freil Falls
- □ c. Sakinaw Lake outflow
- ☐ d. Haslam Creek

Answers: p. 34

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

Page 6 Harbour Spiel



submitted

Ten years ago these women of Pender Harbour celebrated producing *Women of Pender Harbour: Their Voices, Their History.* Back (I-r): Karen Dyck, Nonie McCuaig, Leani Farquhar, Vera Kristianson, Cathy Jenks, Pat Jobb, front (I-r): Marlayne Williams, Dorothy Faulkner, Elaine Park. Published by the Pender Harbour Living Heritage Society, a team of volunteers from the Pender Harbour Women's Connection took on Dorothy Faulkner's vision to preserve the stories of early women settlers of the Harbour. Many others donated time, money and expertise as the team spent years interviewing, transcribing and researching before the book was sent to press in 2010. *Women of Pender Harbour* went on to receive two historical awards and continues to be a source of pride and go-to historical reference for the community. With a portion of the proceeds from the book, the society purchased software to catalogue documents, photos and artifacts. Browse the collection at *penderharbourheritage.ca*. The P. H. Living Heritage Society is always looking for help to confirm names and dates of items in their growing collection.

rcmp news

THEFT

On April 26, police received a theft report from a residence in the 3800 Francis Peninsula Road, Madeira Park, of a Yamaha F20, 20-horsepower outboard motor that had been attached to a boat stored in a carport.

Anyone with any information is asked to contact RCMP, reference police file 2020-2643.

DRIVER TICKETED AFTER NARROWLY MISSING COLLISION WITH CHILD

On March 9, the driver of a SUV narrowly missed hitting a child that had exited a school bus at Redrooffs and O'Brian Road in Halfmoon Bay.

The bus had its emergency flashers activated and the stop sign out to signal children disembarking.

The bus driver provided police with the licence plate and vehicle de-

scription — a white BMW X3.

The vehicle was registered to an owner residing in Vancouver.

Sunshine Coast RCMP enlisted Vancouver Police's assistance and the driver was served a violation ticket of \$368 which also carries three points on their driving record.

DIRT BIKE COLLISION

On May 17, RCMP attended a single vehicle incident near Claydon

Road and Sexw'amin Street, Garden Bay, after emergency health services reported a dirt biker had struck a tree and gone down an embankment.

The driver, who sustained serious non-life threatening injuries, was airlifted to Vancouver General Hospital.

Witnesses reported that the rider had not been wearing a helmet and appeared to be speeding when he lost control of his new bike.

The matter is under investigation.



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Communicating utility rates and water meters



Leonard Lee Area A director, SCRD

COVID-19 has staff struggling to ensure highest-priority communications are completed quickly

and effectively for the safety of the public and staff.

While updating us on everchanging emergency operations centre activities, meeting formats and work practices, everybody thought somebody else was writing an informational piece to go out with utility bills, but nobody was.

We messed up, we're hearing about it, and we're truly sorry.

UTILITIES: THE DAY OF RECKONING

Artificially discounted water and sewage rates have come to a screeching halt as the day of reckoning has arrived.

Higher 2020 utility bills reflect the considerable expense of necessary work replacing water mains, upgrading our supply infrastructure and replacing or upgrading old sewage plants.

In previous years, we avoided rate increases by postponing routine maintenance and redirecting capital reserves designated for future upgrades to cover shortfalls, but this has left us with depleted operation and management, and capital reserve resources.

We were formally warned by the Ministry of Environment of noncompliance at the Woodcreek treatment facility, and they reminded us of our chief administrative officer's report acknowledging "a significant gap in the delivery of services" for all such facilities.

We decided to correct this in 2020 and, as required, revised rates were filed with the provincial government but, when we did, we were unaware of the implications of CO-VID-19.

Because many facilities are malfunctioning, at least six require replacement within ten years, and current revenues won't meet operational costs, residents agreed with the budget increases proposed and explained at public meetings.

So, we set user fees to cover operations and management costs and are exploring capital reserves to address anticipated upgrades.

Unfortunately, by the time we



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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-2020.

Planning and Community Development

June 11 at 9:30 a.m.

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

Infrastructure Services
Committee

June 18 at 9:30 a.m.

Corporate and Administrative Services Committee June 25 at 9:30 a.m.

Regular Board June 25 at 1:30 p.m.

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www.scrd.ca 604-885-6800 info@scrd.ca Pender Harbour Satellite Office 12828 Lagoon Road, Madeira Park 604-885-6877 infrastructure@scrd.ca Monday to Friday 8:30 a.m. to 1:30 p.m. were aware of the financial impacts of COVID-19, the bills were already going out.

We will discuss this issue at public engagements in June and July and, as we're being overwhelmed with calls, we ask that you wait until then to ask questions and state opinions.

The June 15 due date for utility bills can't be changed, but staff are looking for relief options for late-payment penalties and, so far, the best we can offer is installment payments.

BACKGROUND: THE MECHANICS OF RATES

The Local Government Act stipulates that all costs incurred by a service be paid for through revenue collected from those who benefit from the service.

Revenue for each water service is collected through user fees imposed on parcels that are developed and connected to the water service, andfrontage fees and/orparcel taxes imposed on all parcels within the boundaries of that local service area.

There are prohibitions on borrowing for operations and management activities and overhead, which means that debt can only be incurred for capital expenditures.

The SCRD is responsible for 18 wastewater facilities, some as old as 35 years, and all constructed by developers and community associations before the SCRD accepted responsibility for operating these systems, establishing sustainable funding models, and ensuring environmental regulation compliance.

TO METER OR NOT TO METER

Water meters do not increase the cost of water.

Residential property owners are

charged a flat rate for water, calculated by the delivery cost divided by the number of users.

If residents choose pay-per-use, the average household cost won't increase, but heavy users will see their bills increase while people who use less will enjoy a decrease.

If overall usage diminishes, infrastructure upgrades can be delayed.

Water meters currently monitor leaks and allow consumption-based planning, but our next step is to develop a system to allow online viewing of individual usage, much like BC Hydro's.

This will mean that, generally, those who use more pay more, but community involvement is needed to consider, for example, low-income residents who use additional water to grow vegetables, as opposed to residents who water a four-acre lawn and keep their swimming pool topped up.

DYNAMIC RURAL ZONING

The Secret Cove Heights development proposal, a potential model for the new dynamic rural zone, is at the public information stage.

The proposal is a subdivision of two four-hectare lots and an 11-hectare lot into 15 one-hectare lots with DRZ zoning.

A DRZ blends rural residential and agricultural zones to allow addi-

tional work-from-home opportunities.

It would address a shortage of affordable properties large enough for extended work space and economic opportunities for home-based businesses, reduce the need to commute, and increase rental housing units.

The DRZ, a mix of sustainable agriculture and artisan spaces, permits four employees, and allows limited agricultural-product sales auxiliary to a farm, while supporting a sustainable neighbourhood concept.

Because the subdivision and parcel size are not permitted by the Halfmoon Bay Official Community Plan, the proponent is willing to amend it.

Please e-mail Yuli Siao, senior planner, at *yuli.siao@scrd.ca*, and find further details at *www.scrd.ca/secret-cove-heights-development*.

We welcome your comments as public support would make this zoning more common.

CONTACT

This column is intended to inform you about issues that may be of interest within the scope of the SCRD government, but please contact me if you have any questions or comments about these or other SCRD issues.

My top priority is to represent you at the SCRD board.

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





Motoko reminisces on her 15 year 'Journey'

Brian Lee

Each spring, local artist Motoko Baum spends five- to eight hours a day in her studio painting in preparation for her annual June gallery opening show.

Motoko's Fine Art Gallery opens its doors each season with a gala event showcasing new work.

This season, the show was named "Journey," a nod to the 15th anniversary of opening her gallery and the artistic path that delivered her here.

A popular jazz trio and caterer was booked and Motoko was excited to finally pull the curtain back on a winter's worth of new work.

Then COVID-19 happened.

Out of concern for her staff and clients, Motoko has postponed her show indefinitely.

"When this is all behind us, I want to have a show when people are able to come into the gallery without feeling fear," Motoko said.

"I would like to have a show but now I have a lot more time to create, and in a very quiet environment.

"So, I'm not taking this as a negative thing at all — I'm actually, in a way, happy that I'm not rushing to create more pieces."

With "Journey," Motoko was set to introduce three new series of paintings that draw on favourite themes of her past while incorporating new medium or styles.

Motoko is a self-described "abstract artist" who is largely self-taught.

During 20 years as a professional painter, her style has shifted from watercolour realism to acrylic abstract.

Throughout that time, she has continued to experiment with a variety of media like gravel or cheesecloth in search of fresh textures.

Typically, Motoko uses acrylic paint and brushes but earlier this year she started experimenting with something new — oil and bees wax.

Though her new paintings in this series are still instantly recognizable as hers, they display a slight variation in texture —almost resembling stucco work but with a dramatic layering of colour and sharp angles.

Motoko said much of that new look is the result of abandoning her favoured tool, a brush, when applying the mixture she describes as like "nice, smooth whipping cream."

Instead, she uses hard tools like spatulas and scrapers.

"I like to challenge myself with different things," Motoko says.

"I get easily bored so I try to change it every year."

One constant throughout her art career is the inspiration she draws from water.

A highlight of her artistic output this season has been working on large (60" x 72") canvasses that are reminiscent of a painting called *Blue Cascade* she painted in 2016.

She said that painting was inspired by a waterfall exiting Tzoonie Lake near Narrows Inlet whose beauty stuck with her.

"Blue Cascade was kind of a breakthrough piece and one I had wanted to create for a long time and, finally, I was able to achieve that."

At least seven new, large format pieces in the waterfall series will soon hang in her gallery.

With that, Motoko intends to evoke a distinct sensation in her guests — to create an impact as if they were entering the waterfall itself.

"I'm attracted to water and I think everybody is, that's why we like to live near it," she says.

"I keep coming back to it and water has always been one of my main subjects."

Motoko is working on a third series that adds a contemporary twist to traditional Japanese calligraphy.

Describing the painting in the lower right photo on this page:

"It is based on the character called 'haito,' which means human or person or people," says Motoko.

"It resembles two stick figures leaning on each other and originated from the concept that people are creatures that not cannot live alone."

These three series were to be unveiled on June 21 and though she plans to accept private appointments for gallery tours, Motoko isn't sure when her show will be rescheduled.

"I want people to come and see the paintings in this space instead of a virtual show," she said.

She is so committed to meeting the people who appreciate her art that she is willing to postpone her entire season in order to have it.

It's what pushed her to build her own gallery in the first place.

Early in her career, Motoko sold her art through a handful of galleries in Vancouver and an agent in Toronto.

"Being an artist, I just didn't want to be always thinking what a gallery owner might like and might not like," she said.

"I just wanted to paint whatever I wanted to paint and if the customer happened to like it, that's great."

By selling her art directly, Motoko saves commission costs but more importantly, it allows her to connect with the people who admire her work.

"I felt so isolated here in the studio — painting and then shipping them to a gallery and all I would get is a cheque," she says.



Motoko Baum

Baum said this painting is an example of her new series that uses oil and cold bees' wax applied with hard tools like scrapers instead of a brush.

"I'd feel like I put my heart and soul into a painting but then missed the reaction of knowing why people would buy one of my pieces.

"So, I thought, 'This is not why I'm painting."

After 15 years, she estimates over 5,000 people have visited her gallery during the three months of the year it is open.

Her paintings have been shipped to almost every continent on the globe and she works hard to maintain contact with her clients.

Because of that, and their appreciation for her work, many will return when she hosts her next show.

Whenever that may be.

Motoko is one of five artists taking part in a month-long exhibition at the Gibsons Public Art Gallery starting July 6.



Motoko Baum

Local artist Motoko Baum is currently working on a series of paintings that incorporate Japanese calligraphy. The above is titled *Unity*.

June 2020

Wilson seeks to clarify Harris letter regarding local pharmacy

Editor,

With respect to the complaint of 30 day restrictions of medication supply ("Harris: Pharmacy adding financial burden during COVID crisis," *Harbour Spiel*, May 2020), I would like to make the following clarifications.

On March 13, pharmacies began to see more medications on the "manufacturer cannot supply" list.

This list is normally between 20- to 30 medications a day, which the public does not realize unless they happen to be on one of those, which we are then unable to supply.

By March 15, we were not receiving triple that amount, including salbutamol inhalers, antibiotics, blood pressure medications, and even common thyroid medications.

Patients, already on high alert due to shortages of toilet paper, and consumer stockpiling, began to ask for one year's worth of medication, and to demand inhalers even though they did not have a lung condition.

The Marina Pharmacy team has the responsibility to see the entire community through a crisis whether it be a natural disaster or a pandemic.

They can not give their entire supply to the first four patients to demand a year's worth, or even three months of medication, in this case.

We were being restricted to a supply of one bottle of 100 tablets on some items, or one- to two inhalers once a week from the drug companies.

If we give that 100 tablets to the first patient, the other 10 on that same item may have none for a week, or a month, or an indeterminate date.

A week later, the health authorities, the pharmacy associations, and regulatory bodies of the College of

Pharmacy in many provinces mandated a 30-day supply of medications.

The provincial Pharmacare and private payers also provided information and means to improve coverage for the added dispensing.

The College of Pharmacists of British Columbia chose not to mandate the 30-day supply, but left it to the determination of the pharmacy based on their current stock levels and availability from the suppliers.

The pharmacies have made every effort to absorb fees, reduce costs in this 30-day supply for patients who had to pay out of pocket.

Thus, the majority of patients had medication supplied for 30 days, paid by approved payment from Pharmacare or private insurance, and those that did not qualify for coverage, pharmacists reduced their cost as much as possible.

Some pharmacies with larger inventory, or those who very quickly ordered hundreds of thousands of dollars of medications, may have still had supply and did not need to restrict the amount they could dispense.

But most independent pharmacies, such as exist and provide care in small communities in BC, did not have dozens of bottles of every item on their shelf.

So, their normal supply of a few hundred tablets needed to get every patient through, so that no one would go without.

The latest announcement on April 27 from the College of Pharmacists and the BC Pharmacy Association, clarifies that many pharmacies are still facing challenges of receiving medication from the suppliers in a timely fashion.

As permitted by provincial Phar-

macare, items that are being shorted may still be supplied for 30 days.

Items where the supply chain has recovered and they estimate that they have enough for all patients, pharmacies may provide a larger supply.

It goes on to say that many pharmacies are still not seeing an easing of the distribution problems, but that as they resolve, it is at the pharmacists' judgement on how to ensure they can maintain care of all their patients.

The college of pharmacists and pharmacists as health professionals are responsible to and for the health care of the public, and we follow public health authority directives and mandates and guidelines to the best of our ability in these changing times.

Bearing in mind, these day to day changes since mid-March, the pharmacies have remained open, even if with reduced hours and reduced staff.

They have found novel ways to ensure the safety of their staff, their patients, and still provide health care or basic shopping needs in a small remote community.

It is at some risk to the staff of the pharmacy, and their families supporting them that they go to work each day.

The public can choose to isolate and reduce contacts, ask for deliveries — the essential services team can not.

We also have staff not working as they make decisions for the safety of their own families, which makes an increased workload for the rest.

Those that are actually able and willing to go to work as a paramedic, a delivery driver for groceries, a transit worker, a pharmacist, a truck driver, a care aid, nurse, physician, outreach worker — they are to be commended for being part of a team

Page 12 Harbour Spiel

preventing the spread of the virus.

For a pharmacy to be labelled as profiteering, lumped in with customers who mass bought Lysol wipes and resold at triple the value, is unconscionable.

They have been working tirelessly to support your community.

I notice in the April 2020 edition of the *Harbour Spiel* that a grocery store owner was asked what he would do when he ran out of product for the shelves:

"Even Massullo, who said he is fortunate to be deemed an essential service, is making plans on a day to day basis.

"As long as the supply chain remains strong, we carry on," he said.

"'If my shelves are empty, I close... it's pretty simple."

I empathize with Massullo.

But the Madeira Park Pharmacy does not have that option.

The thoughtful, professional and tireless work of the entire pharmacy team, guided by public health policy is what will ensure the pharmacy is open and patients needs are met and that our remote communities move through this crisis.

To quote a portion of the pub-

lic health address from Dr. Bonnie Henry and Adrian Dix, BC Minister of Health, on May 4:

"Be kind, be calm, be safe.

"We are having to make difficult decisions like never before... April 17 projections gave us hope... May 4 projections show hopeful success.

"But don't undo the work done for this window of opportunity."

Please be kind, calm and safe as you support all your essential health care service teams in your community.

Corrine Wilson

Pharmacy operations manager Island Pharmacy (Marina Pharmacy)

LETTERS Letters to the editor should be of local interest, exclusive to the *Harbour Spiel* and include your full name, address and daytime phone number for verification. Letters may be edited for length and clarity. *editor@harbourspiel.com*



Harbour Authority of Pender Harbour HARBOUR MANAGER

The Harbour Authority of Pender Harbour is seeking a knowledgeable, experienced and motivated person to manage the operation of Harbour Authority wharves in Pender Harbour and Secret Cove on a full time basis. Reporting to the Board of Directors, the Manager is responsible for the efficient execution of day to day operations including customer service, maintenance, directing and supervising staff, project planning and execution, modifying and developing policy, and financial budgeting and management. The Harbour Authority is committed to continuous improvement of its facilities and customer service. If you are also committed and a team player with proven people, project, and financial management experience, this could be the job for you.

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Human Resources, Harbour Authority of Pender Harbour P.O. Box 118, Madeira Park, B. C. VON 2H0 Or email: harbourauthorityph@gmail.com



Maureen Luck

An early 1970s photo of the "old" Legion in Madeira Park.

In front is Maureen Luck, followed by her parents Frank and Johnny Appleton, and Jeff Fletcher behind them.

Page 14 Harbour Spiel

Roberts: Will the real Earls please stand up

Editor,

In his book, *The Sunshine Coast*, published in 1996, Howard White refers to the Roosevelt elk's presence on the Coast as "a nuisance."

Personally, I consider them a complete pain in the ass.

Nonetheless, White's statement is more or less accurate.

I also note that White has lived on the Coast since 1950.

Therefore, I am going to take his word as dependable.

On page 111 of the same publication, White spells "Earls Cove" as such — with no apostrophe to indicate the possessive.

Wikipedia cites the same spelling, and there is a nifty blurb about why the spelling is as it is.

Some history is involved.

On the BC Ferries website, their spelling agrees with White and Wikipedia.

On the SCRD's website (https://



www.scrd.ca/Cove-Cay), again, Earls.

So, why, on the three locallyplaced, shiny new signs sporting the First Nations name for Earls Cove, is Earls, now in brackets, spelled, "Earl's?"

In the March 2020 *Harbour Spiel*, Brian Lee, in his editorial, expresses dissatisfaction with how the renaming of Madeira Park went down — he establishes some darn good points.

The main message I took away



Rick Roberts

from Lee's editorial is that respect is a two-way street.

A mutual effort between parties is paramount.

I'm finding it a little tough to reconcile how this whole re-naming business went down, particularly when my immediate community and its heritage has been disrespected within a process that is, apparently, rooted in respect.

The irony, nonetheless, is rich.

Rick Roberts Earls Cove

Harrison: Pharmacy predicament is a familiar Pender problem

Editor.

It is time the Pender Harbour Health Centre board of directors, the SCRD and Area A director Len Lee once again help to solve a Sechelt problem.

Fifty years ago, as Pender Harbour ratepayer association president, with the help of SCRD director Jim Tyner, I and local taxpayers helped organize a referendum to build a medical clinic and hire our own doctor when the Garden Bay clinic suddenly closed, leaving Pender totally dependent on Sechelt.

Apparently these days, the only Pender option for filling a 90-day prescription without paying three times the Pender dispensing fee is in Sechelt.

Even if it takes a SCRD funded local taxpayer subsidy, it would not be the first time

It would be a great loss if we lost our local pharmacy since the cost of individual trips to Sechelt would go a long way to keeping pharmacy services local.

Already, one doctor serving Pender has referred a 90-day prescription to a Sechelt pharmacy to reduce costs to a Pender patient.

I expect there will be more.

Joe Harrison Garden Bay



Volunteers who have a current Food Safe certificate are needed to help prepare meals on Monday mornings.

Please contact Linda: 604.883.2819

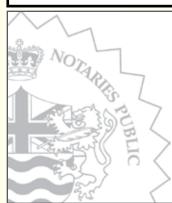
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D.

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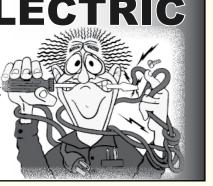
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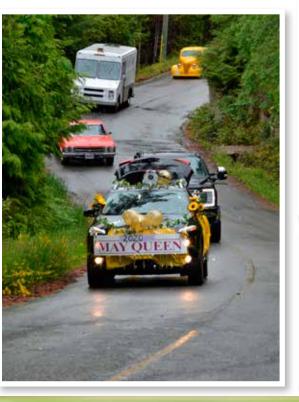
MAY DAY

















\$ 2020

Photos: Brian Lee (unless otherwise credited)













June 2020

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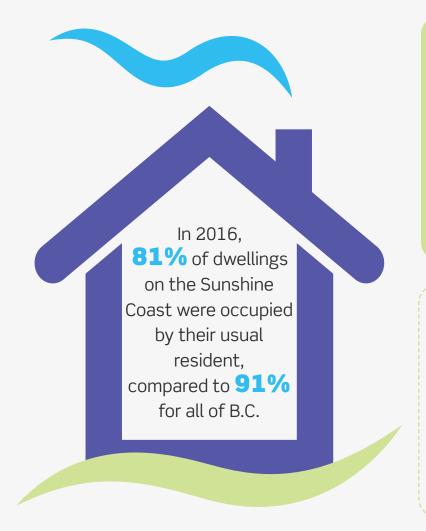
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4. HOUSING



The Sunshine Coast has a higher proportion of single detached homes than in BC generally.

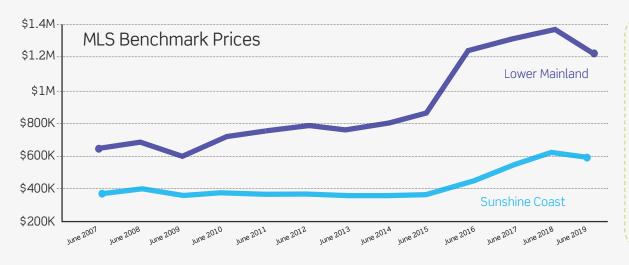
A lack of affordable housing, both for renters and mortgage holders, remains an urgent problem.



78%

The percentage of Sunshine Coasters who owned rather than rented their home in 2016. In BC, that figure falls to 68%. \$1,001

The median monthly cost for rented dwellings on the Coast in 2016. Up from \$735 in 2006.



\$443,057

The average value of a home on the Sunshine Coast in 2016. A 30% increase since 2006.

The Sunshine Coast Community Foundation is a charitable organization that brings together people who care about the Sunshine Coast community. Community foundations across Canada prepare Vital Signs reports, reporting on key areas of local life which are measurable, accountable and of interest to their communities. This information is from their 2019 "Vital Brief" which updates previously published full Vital Signs reports in 2009, 2001 and 2014. More detailed data is available at www.sccfoundation.com (Graphic: Brian Lee)

Kenneth William Delf

DECEMBER 20, 1945 — MARCH 23, 2020



Ken Delf, husband of Alison (née Daysmith) of Calgary, died March 23 at the age of 74 years.

A true gentleman, his upbeat outlook on life was infectious and magnetic.

He had a rare ability to bring joy to difficult situations, including his own, through humour and positivity.

He was athletic, competitive, fiercely loyal and compassionate.

His favourite things included good wine, mashed potatoes, Whoopee cushions and any food Alison cooked.

Delf was a trailblazer; his determination and perseverance were what

made him successful in sports, business and life.

The man was a class act who left an indelible mark on everyone he met.

While he will not be remembered for his ability to carry a tune, he created a life memorialized by prowess on the courts and courses, his contribution to the community through the creation of the Glencoe Golf Course, his terms as president of both the Glencoe Club in Calgary and Ironwood Country Club in Palm Desert, and a stable of lifelong friendships that he kept to the very end.

Delf had vision and took great joy in creating beautiful real estate developments, notably Stonepine, a residential community built with his partner Harry Utzig, outside Calgary and Painted Boat Resort Spa and Marina in Madeira Park.

Delf's perpetual joie de vivre was coupled with the arcane and simple belief that life was only worth living if you're surrounded by those you love.

He spent 45 years with the love of his life, Alison, living in Calgary, Priest Lake, ID, Manhattan Beach, CA, Austin, TX and Palm Desert, CA. Home was where she was.

One of his greatest joys was spending time with his four grandchildren, Jordan, Layla, Michael and Maximilian.

He also took great delight in his three "daughters" — Erin, Emma and Rachel and his siblings Sharon, Larry and wife Doreen.

A family service will be held at a later date.

Condolences, memories and photos may be shared and viewed on Delf's obituary at www.McInnisand-Holloway.com.

Delf's family thanks Dr. Nairn Scott Douglas and Dr. Jonathan Howlett for their care over the last five years, along with the nephrology and cardiac staff of Foothills and Sheldon Chumir hospitals.

Should you wish to send flowers, please consider a donation to your local kidney foundation instead.

In living memory of Ken Delf, a tree will be planted in the Ann and Sandy Cross Conservation Area by McInnis and Holloway Funeral Homes, Park Memorial, 5008 Elbow Drive SW, Calgary, AB T2S 2L5, telephone: (403) 243-8200.

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.





pender harbour tides ~ june 2020

June	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3РМ	4PM	5PM	6PM	7 PM	8PM	9PM	10PM	11PM	12AM
Mon 01	14.9	15.7	15.5	14.5	12.8	10.7	8.7	7.2	6.5	6.7	7.5	8.9	10.3	11.4	11.9	11.7	11.0	9.9	8.9	8.2	8.2	9.1	10.6	12.4
Tue 02	14.1	15.3	15.7	15.1	13.6	11.4	9.0	6.8	5.3	4.8	5.2	6.5	8.3	10.3	11.9	12.8	12.9	12.3	11.2	10.1	9.4	9.3	10.1	11.5
Wed 03	13.1	14.6	15.5	15.5	14.4	12.4	9.8	7.2	4.9	3.6	3.3	4.1	5.9	8.2	10.5	12.5	13.8	14.0	13.4	12.3	11.1	10.3	10.2	10.9
Thu 04	12.3	13.8	15.0	15.5	15.1	13.5	11.0	8.1	5.4	3.3	2.1	2.2	3.5	5.7	8.4	11.1	13.3	14.7	14.9	14.3	13.1	11.9	11.1	11.0
Fri 05	11.6	12.8	14.1	15.0	15.2	14.3	12.3	9.6	6.6	3.9	2.0	1.3	1.7	3.4	6.0	8.9	11.8	14.1	15.4	15.5	14.8	13.6	12.4	11.5
Sat 06						=			8.2	5.3	2.9	1.3	1.0	1.8	3.9	6.7	9.8	12.7	14.8					12.6
Sun 07						14.4			9.9	7.2	4.5	2.4	1.2	1.2	2.4	4.7	7.6	10.6	13.4					
Mon 08						13.6					6.5	4.1	2.4	1.6	1.9	3.4	5.8	8.6			15.7			
Tue 09						12.6					8.4	6.1	4.1	2.8	2.4	3.0	4.6	7.0	9.7		14.5			
Wed 10						11.6						8.1	6.2	4.6	3.6	3.5	4.3	5.9	8.2		13.0			
Thu 11	15.1					10.8						9.7	8.1	6.6	5.4	4.7	4.8	5.7	7.3	9.4			15.0	
Fri 12	15.4					10.3						10.7	9.8	8.6	7.4	6.4	6.0	6.1	7.1		10.5	12.4	14.0	15.0
Sat 13						10.1		9.2				10.8				8.3	7.6	7.3	7.5	8.4	9.8		13.0	
Sun 14			14.2			10.1	8.9	8.2	8.2	8.6	9.3	10.2	10.8			10.1		8.8	8.5	8.7	9.5		12.2	
Mon 15						10.1		7.5	7.0	7.2	7.9	8.9					11.1	=	9.9	9.6		10.4		
Tue 16			14.2			10.3	8.5	7.0	6.1	5.9	6.4	7.4	8.8					=	11.4					
Wed 17						10.7	8.7	6.9	5.5	4.8	5.0	5.9	7.3	9.1				=						
Thu 18						11.2	9.2	7.0	5.3	4.1	3.8	4.4	5.8	7.7	9.8			14.0						
Fri 19						11.8	9.9	7.6	5.5	3.9	3.0	3.1	4.2	6.0	8.3			14.2						
Sat 20						12.5		8.5	6.1	4.1	2.8	2.3	2.9	4.4	6.7	9.3		13.8						
Sun 21						13.0			7.1	4.8	3.0	2.0	1.9	3.0	4.9	7.5		=	14.6					
Mon 22						13.3			8.5	6.1	3.9	2.3	1.6	2.0	3.4	5.7		=	13.8					
Tue 23						13.1					5.3	3.3	2.0	1.6	2.4	4.2	6.7	9.7			15.8			
Wed 24						12.6				9.4	7.1	4.9	3.2	2.2	2.1	3.2	5.2	7.9			15.3			
Thu 25						11.6					9.1	7.0	5.0	3.5	2.8	3.0	4.3	6.5			14.2			
Fri 26					10.2	=	11.0					9.1	7.3	5.6	4.4	3.9	4.3	5.7	7.9		12.9			
Sat 27	15.3					9.3			10.9			11.2	9.5	8.0	6.6	5.7	5.3	5.9	7.3	9.4			15.4 14.6	
Sun 28	15.8 16.0		13.1			8.4	8.0	8.3		10.0		11.2	11.0		9.1	8.0 10.4	7.2	7.0	7.6	8.9				
Mon 29						8.1	6.9	6.5	6.9	7.8	9.1	10.3						8.9	8.7		10.3			
Tue 30	15.8	15./	14./	12.9	10.7	8.4	6.5	5.3	5.0	5.5	0./	8.4	10.0	11.4	12.2	12.2	11.8	11.0	10.4	10.1	10.4	11.4	12.8	14.2

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

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

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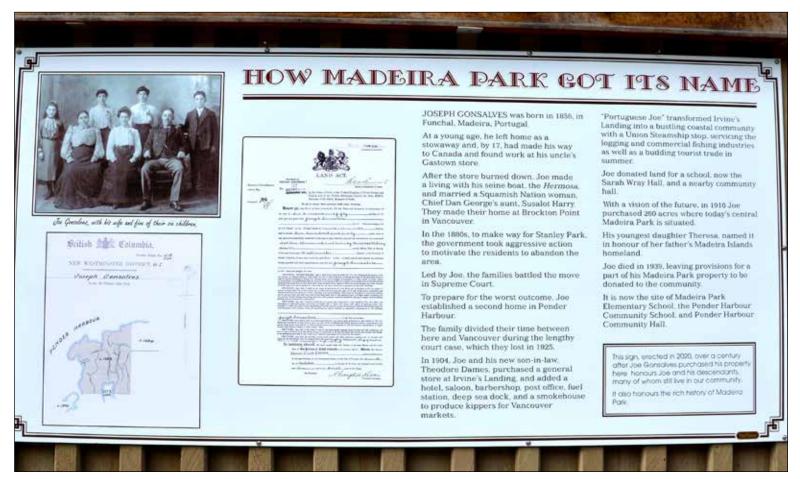
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MERCURY





Page 24 Harbour Spiel



Brian Lee

Descendants of Pender Harbour pioneer Portugese Joe Gonsalves created this historical information sign that was installed on the Pender Harbour Community Hall May 11. The 8-foot by 4-foot aluminum sign describes details surrounding the purchase and eventual donation to the community of 260 acres in what is now Madeira Park by Gonsalves and his family. At least 12 members of Gonsalves' descendants attended the installation, most of whom still live in Pender Harbour. Organizer Jane Reid is married to Malcolm Duncan, a descendant of Gonsalves. She told the *Harbour Spiel* that she and Bernice Hanna initiated the project which was designed by Myrtle Winchester and printed by Tom Signs. "They go back seven generations and four generations are still living here," said Reid. "What initiated the discussion was the Sechelt Indian Band's request to change the name of Madeira Park and the family is 100 per cent opposed to that and we feel the majority of the community is opposed to it also. And we wanted to share it with locals and visitors who may not know the history."

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.)

Bags of Harbour Seals to the folks of our community for their support during this COVID-19 pandemic.

Also. to **Joka and her team** in organizing and distributing the food boxes safely and with the rules set in place by Dr. Henry and her team.

Gloria Stibbs Pender Harbour Food Bank Harbour Seal of Approval to **Frank and Pam Roosen** for all the supplies they gave me to build my garden boxes.

Also thanks to my **dad Larry Honeybourne** for building the garden boxes so grateful.

Terri Honeybourne

Harbour Seals of Approval to Michael Jackson and the PODS team for your vision, preservance and inspiration.

Thank you **Shannon and Chip Wilson** for your incredible generous gift to our community's future.

Walter Kohli Sofien Management Ltd.



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

1. 1:56 PM +M, 7:44 PM -M

2. 8:45 AM -L, 3:09 PM +L

3. 9:25 AM -XL, 4:11 PM +XL

4. 9:51 AM -XL, 5:10 PM +XL

5. 10:45 AM -XL, 6:05 PM +XL

6. 11:34 AM -XL, 6:56 PM +XL

7. 12:19 AM -XL, 7:44 PM +XL

8. 1:03 PM -XL, 8:29 PM +XL

9. 6:55 AM +M, 1:48 PM -L

10. 7:49 AM +S, 2:34 PM -L

11. 8:59 PM +S, 3:21 PM -L

12. 4:09 PM -M

13. 12:01 PM +S, 5:02 PM -M

14. 1:02 PM +S, 6:03 PM -S

15. 2:07 PM +M, 7:16 PM -S

16. 9:26 AM -L, 3:05 PM +L

17. 10:04 AM -L, 3:58 PM +L

18. 10:28 AM -L, 4:46 PM +XL

19. 10:32 AM -XL, 5:32 PM +XL

20. 10:55 AM -XL, 6:16 PM +XL

21. 11:26 AM -XL, 6:59 PM +XL

22. 12:01 PM -XL, 7:40 PM +XL

23. 12:41 PM -XL, 8:19 PM +XL

24. 1:24 PM -XL

25. 7:23 AM +M, 2:13 PM -XL

26. 8:25 AM +S, 3:06 PM -XL

27. 9:49 AM +S, 4:04 PM -L

28. 11:25 AM +S, 5:09 PM -L

29. 12:40 PM +M, 6:25 PM -M

30. 7:26 AM -L, 2:03 PM +L

These are estimates only and not intended for navigation.



1.1%

Percentage of BC's population who are artists — the highest concentration of artists in Canada.

\$24,304

Median annual salary for a BC painter, sculptor or visual artist in 2016.

337

The number of galleries in BC (according to the Galleries West database).

65%

The percentage of BC galleries that are public.

\$67.4 billion

The value of the global art market in 2018 (U.S. dollars).

\$29,328,878

The value of original paintings, drawings and pastels that British Columbians imported in 2019.

\$23,663,131

The value of original paintings, drawings and pastels that British Columbians exported in 2019.

83%

Percentage of BC art exports (by value) that went to the U.S.

\$23,033,925

Sales at BC's highest grossing art auction which took place in Vancouver in 2007.

\$3,393,000

The highest price painting sold by Vancouver-founded Heffel Fine Art Auction House, The Crazy Stair by Emily Carr, in 2016.

~ BC Business

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).

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. For

the last month, the majority of planets have resided in the eastern half of your chart. As expected, the western half of your chart has gone berserk. While this occurrence is relatively normal, the coincidental solar eclipse on June 21 will bring chaos. Your life is about to be turned upside down. This is no joke.



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. Cancerians should focus on personal and

financial ambition during the next 43 days. You will suffer from muddled communication with authority figures during this time thanks to Mercury entering retrograde but perseverance will yield huge accomplishments. Lottery tickets, penny stocks and other high-risk pursuits are your best bet. Avoid accepting commitments to social gatherings until October.

BC BESTSELLERS

For the week ending May 16, 2020

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 Match Made for Murder: A Lane Winslow Mystery by Iona Whishaw (TouchWood Editions)
- 2. Can You Hear the Trees Talking? by Peter Wohlleben (Greystone Books)
- 3. My Art is Killing Me and Other Poems by Amber Dawn (Arsenal Pulp Press)
- 4. Service on the Skeena: Horace Wrinch, Frontier Physician by Geoff Mynett (Ronsdale Press)
- 5. The Wild Heavens

by Sarah Louise Butler (Douglas 10. The Swan Suit by Katherine & McIntyre)

- 6. I Hope We Choose Love by Kai Cheng Thom (Arsenal Pulp Press)
- 7. Spirits of the Coast

eds. Martha Black, Lorne Hammond, Gavin Hanke, w/ Nikki Sanchez (Royal British Columbia Museum)

- 8. At the Bridge by Wendy Wickwire (UBC Press)
- 9. Magical Beings of Haida Gwaii by Terri-Lynn Williams-Davidson & Sara Florence Davidson (Heritage House Publishing)
- Fawcett (Douglas & McIntyre)

JUNE BIRTHDAYS

- June 1 ~ 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 and Holly Seabrook.
- June 7 ~ Irene Pratchett, Russell Silvey, Ron Cymbalist, Marlene Cymbalist and Marie
- June 9 ~ Dennis Gaudet and Bill Cochet.
- June 10 ~ Bram Christiaanse, Darren Vickers and Rob Hoehn.
- 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.

~ Association of Book Publishers of BC





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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie - Hygienist

Monika Miller - Hygienist

- Braces
 Cosmetic Dentistry
- 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**

Foot care nursing

Reflexology/Kinesiology

COUNSELLING SERVICES

Lyn Rondeau - Adult Mental Health (604) 885-6101 ext. 4422

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Brigit Cogrossi, RMT (604) 741-1202

• Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

• Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 883-2344

Drs. Forgie, McDowell & Robinson

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

CHIROPRACTORS – (604) 883-2764

Dr. Blake Alderson, DC

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

Dr. Terry Dickson, DC, BSc, ART provider

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



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

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

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

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

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 on Tuesdays ~ call to book an appointment.

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Page 28 Harbour Spiel

Having trouble hearing? You might have too much cerumen

By Susan Nattall, RN

Are you having trouble hearing your partner, turning up the T.V. volume or feeling like you are in a tunnel?

It could be selective listening, loss of hearing or your ears may be blocked or occluded with ear wax or cerumen.

Cerumen is a sticky substance excreted by glands only found in the ears.

Its function is to protect the inner ear from foreign objects such as dust, dirt, pollen and whatever comes their way.

We all produce cerumen, but some produce more than others for reasons we do not know.

If you are someone that wears hearing aids, ear protection for work or ear buds to listen to music or other audio, you may discover that this could become an issue for you.

Removing cerumen from ears can be done very efficiently — if you choose the right method.

Many try using Q-tips, keys, bobby pins, toothpicks, or a rolled-up piece of tissue to remove ear wax.

All these choices can be dangerous and could cause permanent damage to the ear canal, perforation of the ear drum, dislodging small bones in the middle ear behind the ear drum and permanent hearing loss.

Using these devices only pushes the wax further against the ear drum where it sticks and compounds the problem.

If you have experienced loss of hearing, pain or pressure or feeling unbalanced this could be your problem.

You need to have a health professional examine your ear canals to see if you have a wax build up.

If this is the case, then we will ask you to oil your ears for at least

three days and then return to the clinic for a warm water irrigation.

By oiling the ears, it softens the wax and makes it easier for removal.

If you are someone who produces lots of wax, you can help to prevent the build up from happening by putting a few drops of oil in yours ears on a consistent basis, once a month.

This will keep the wax soft and allow your body to clear it naturally as you shower or bathe.

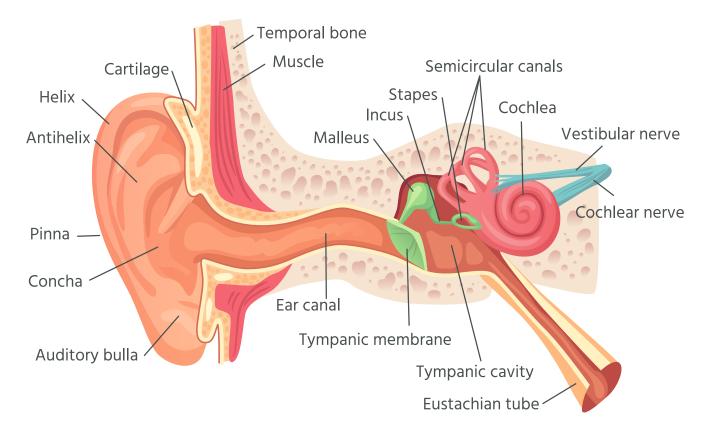
In conclusion, listen to your mother, as I am sure that she told you never to put anything in your ear smaller than your elbow.

How quickly we forget.

I can tell you that I have flushed out many foreign objects working at the clinic.

Everything from a cotton swab of a Q-tip, pieces of a hearing aid and a live bug.

So, please be careful and protect your ears.



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letter mail.

Page 30 Harbour Spiel



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www.redcross.ca/in-your-community/campaigns-and-events/water-safety-week

June 15-21: Arena Week

June 22-28: To be announced

More details can be found at:

www.scrd.ca/distance-recreation





HARBOUR LEARNING CENTRE

5012 Gonzales Road Box 232 Madeira Park, VON 2H0

604.883.2826 phcs@dccnet.com

An invitation to the community to join our first-ever "virtual" AGM

Pender Harbour Community School

ANNUAL GENERAL MEETING

Wednesday, June 17, 2020 @ 1pm

RSVP by email **phcs@dccnet.com** or leave a msg at **604.883.2826** and we'll send you the link

www.pendercommunity.ca

The Shíshálh Nation's 'Strategic Land Use Plan'

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

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

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

7. ECONOMIC DEVELOPMENT & SETTLEMENT PLANNING

The majority of shishalh Nation members support using our land and resources for economic development.

This land use plan is intended to provide a foundation for how and where such development can occur.

Economic well-being is essential for our future prosperity, and we aim to achieve greater economic diversification and stability for our future generations.

7.1. ECONOMIC DEVELOPMENT PLANNING

A comprehensive economic

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development strategy is beyond the scope of this land use plan.

However, the shishalh Nation supports more detailed economic development planning within the territory that complements the goals and priorities reflected in this document.

Such planning could include regional initiatives aimed at identifying strategic opportunities in particular parts of the territory, or more detailed economic assessments for specific resources or smaller areas.

The shishall Nation looks forward to opportunities for further economic development planning in cooperation with local, provincial and federal governments.

We will also continue to explore opportunities for partnerships, joint ventures and other innovative arrangements with commercial and industrial operators.

7.2. PRIORITIES FOR ECONOMIC DEVELOPMENT

The level of support among our membership for the use of land and resources for economic development varies depending on the scale and nature of the activity proposed.

For example, there is almost unanimous support for work that involves wildlife and habitat rehabilitation, and very high levels of support for tourism.

In contrast, the majority of shishalh Nation members are opposed to mining or salmon farming in the territory, based on concerns over environmental impacts, and the loss of



access to areas that are important for cultural practices.

There are also concerns among shishálh Nation members over the pace and scale of development in the territory.

Some individuals have proposed that limits need to be placed on how much land can be used for development in any period and within a given area in order to avoid impacts on resource values or further restrictions on opportunities for cultural practices.

The intensity of development in areas such as kálpilín (Pender Harbour), Sandy Hook and around ch'átlich (Sechelt) itself are of particular concern.

The shishalh Nation is strongly supportive of requiring the best operating and management standards for all commercial and industrial activity.

Many of our shishalh Nation members have expressed their concern that such activity is conducted on a sustainable basis, so that cultural, environmental, community and longterm economic interests are considered and balanced.

Capacity building is also a priority, and there is strong support among our members for education and training initiatives.

Such strategies need to be meaningful however, with training programs clearly linked to real employment opportunities in the future

7.3. HOUSING AND SETTLEMENT PLANNING

The vast majority of shíshálh Na-Harbour Spiel tion members support having areas set aside for further housing and settlement for our nation.

This viewpoint reflects concerns over our rapidly growing population, and concerns over the adequacy of current housing available, particularly for the Elders and for those with lower incomes.

Our members would also like the shishalh Nation to have greater authority over the planning and management of residential development.

Some of our members have also expressed concern over the loss of future options for the shishálh Nation given the pace of private development in prime settlement areas, particularly along the waterfront.

There is strong support among our members for settlement by the Nation in other areas of our territory, so that our presence on the land is more widely distributed as it was many years ago.

Areas where there are sacred sites, such as gravesites, should be avoided.

Other areas may need to be kept free of residential development so that they may enable other purposes, such as wilderness tourism.

With these cautions in mind, some of the specific areas suggested for residential development for the shíshálh Nation are as follows (in no particular order of importance):

- Areas currently leased by the shishalh Nation;
- Areas close to the town of ch'átlich (Sechelt), particularly xéláxan (Selma Park) and around tsú-lích (Porpoise Bay);
- Tsooadie (Deserted River) and Vancouver River areas;
- Xénichen (Hunechin) area, at the head of lékw'émin (Jervis Inlet);

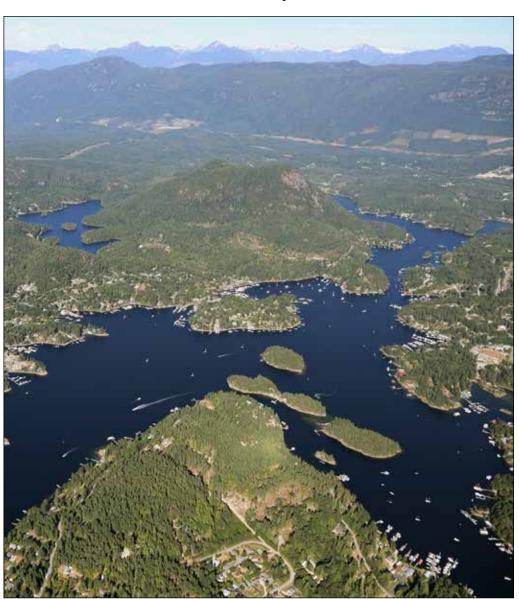
- Kálpilín (Pender Harbour) area, particularly near stséxwena (Sakinaw Lake);
- Skweláwtxw (Egmont area), and
 - Ts'úkw'um (Wilson Creek).

Some shishalh Nation members have also proposed that any new buildings be designed and constructed with conservation in mind, by using eco-friendly materials and incorporating alternative technology for heating and utilities such as water and waste.

There is also support for landscape and site designs and approaches that retain trees and other natural values, rather than adopt the common practices of total land clearing prior to construction.

Comprehensive planning for housing and settlement within our territory requires detailed assessments at a more local scale than can be addressed by this land use plan.

Future planning will therefore be required to address this issue.



Waite Air Photos

In the shíshálh Nation land use plan, kálpilín (Pender Harbour), particularly near stséxwena (Sakinaw Lake), is one of a number of areas within the territory suggested for potential residential development for their members.

June 2020

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.

Mon. June 1......Voluntary return to school (School District 46)

Mon. June 1......Pender Harbour food bank pickup (Pender clients) - P. H. Community Church, noon

Mon. June 8......Pender Harbour food bank pickup (Egmont clients) - P. H. Community Church, noon

Mon. June 15.....Pender Harbour food bank pickup (Pender clients) - P. H. Community Church, noon

Wed. June 17.....P. H. Community School AGM (virtual) - online, 1 p.m.

Sat. June 20......First day of summer

Sun. June 21......Father's Day

Mon. June 22.....Pender Harbour food bank pickup (Egmont clients) - P. H. Community Church, noon

Thurs. June 25....Last instructional day of 2019/2020 school year

Mon. June 29......Pender Harbour food bank pickup (Pender clients) - P. H. Community Church, noon

Harbour Spiel Trivia Answers:

8-

2.b

3.c

4.d

5.b

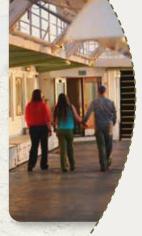
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FERRY DEPARTURES

Effective June 3 - 22

Check www.bcferries.com for service updates due to COVID-19

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



HORSESHOE BAY 7:30 am - Daily

9:50 am - Daily 12:05 pm - Daily 12:40 pm - June 7, 14 & 21 only 2:20 pm - Daily

4:40 pm - Daily

5:30 pm - Daily except Sat/Sun

6:55 pm - Daily 9:10 pm - Daily 11:20 pm - Daily

LANGDALE

6:20 am - Daily 8:40 am - Daily 10:55 am - Daily 1:10 pm - Daily 1:50 pm - June 7, 14 & 21 only

1:50 pm - June 7, 14 & 21 3:30 pm - Daily

5:45 pm - Daily 8:00 pm - Daily 10:15 pm - Daily

EARLS COVE

6:30 am - Daily except Sun 8:25 am - Daily 10:35 am - Daily 12:55 pm - Daily 3:40 pm - Daily 6:00 pm - Daily

8:05 pm - Daily

10:00 pm - Daily

SALTERY BAY

5:35 am - Daily except Sun
7:30 am - Daily
9:25 am - Daily
11:45 am - Daily
2:30 pm - Daily
4:55 pm - Daily
7:05 pm - Daily

9:00 pm - Daily

He who fears he will suffer, already suffers because he fears.

~ Michel De Montaigne



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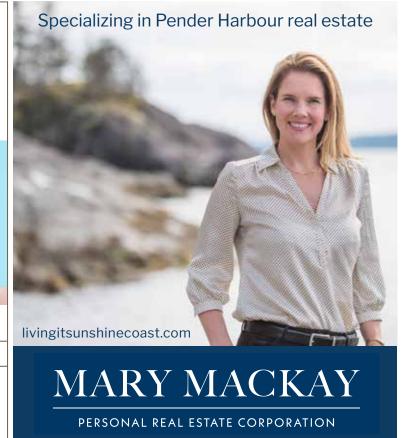
Sechelt office — 5654 Dolphin Street

Call 604.740.2514 for an appointment.

email: silke@imaginelaserworks.com

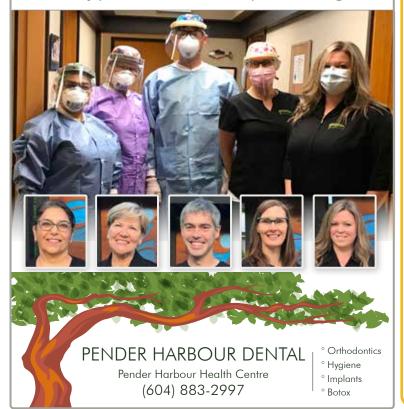
web: imaginelaserworks.com Facebook: imaginelaserworks

Instagram: silkelinnmann2019justimagine



Thanks for your patience!

We are preparing our office and staff for new health and safety protocols and will be up and running soon.



Something to squirrel away?

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Open for Take-out!

Starting June 1, John Henry's Café summer program will open for take-out only.

Serving burgers, tacos & more. A selection of take-out cocktails are also available. Socially distanced seating available on the deck & in front of our general store.

Take-out Hours: Noon—7:30pm Feel free to phone in your order: 604.883.2336, Ext 3



Thank you for your support and to our staff for their dedicated service!

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to the

Harbour Spiel

for entertaining us during these fascinating times.

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