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**JANUARY 2015
ISSUE 289**



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EDITOR

Brian Lee

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- Sechelt Public Library

CONTRIBUTORS

This month we thank: Frank Mauro, Sandra McLean, Shane McCune and Amanda Peterson.

Cover: Winter's bare alders near Sakinaw Lake. Pantone's colour for 2015, "Marsala," in the masthead. (Brian Lee photo.)

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FEBRUARY ISSUE MAILS JAN. 29

editorial

Kids



By Brian Lee

Kids.
Wouldn't you miss them?
Lately I've been considering their contribution.

Children are sometimes a secondary consideration when it comes to developing our community.

Their impact is often overlooked when politicians and business people discuss economic development.

It may be that we assume kids will always be here — but I wonder if we should take that for granted.

For the purposes of disclosure, I should point out that I'm not a parent.

However, despite my deep appreciation of childless evenings and owning a washing machine unsullied by poop, I will say that I like kids.

My friends (with kids) scoff because I can't "possibly understand how busy" (and important) their lives are because of their kids.

Parents tend to be a little self-obsessed about the sacrifices required for soccer and dance and band and birthday parties and sleepovers.

They forget I wash my own dishes and fetch my own wood so, from where I'm sitting, having a few food-dependent slaves around sounds like a holiday.

But we'll continue to disagree on that point.

I've coached kids, uncled kids and messed with their heads long enough to know their contribution to people's lives is significant — and intangible.

Kids say funny stuff and entertain us by wobbling around like drunk pets but they also affect our landscape in ways we might not consider.

For one thing, I blame the (boy) kids for the annoyingly common low urinal — the only one available whenever I enter a men's washroom.

And they make up only five per cent of our population, but what would May Day be like without them?

As I write this, the elementary school is feverishly preparing for a performance of Charles Dickens' *A Christmas Carol*.

We will go because it will be entertaining and we enjoy revelling in the community spirit it provides.

Our playgrounds are built for kids and though I don't always play on the swings, when I do, I go for it.

But kids are also an economic generator, creating jobs for teachers, support staff, nurses, swim instructors, dentists and candy sellers.

And they're dwindling away.

As the 2014 Vital Signs report shows (see p. 6), Sunshine Coast schools had 20 per cent fewer students last year than in 2007.

And it gets worse closer to home.

We depend on 48 families to populate our elementary school.

Only 72 students make up seven grades at MPES with six per cent fewer students this year than last.

As this phenomenon continues, consider what a community without kids would look like.

It might sound like a science fiction plot but this year only four students started kindergarten.

That means in 12 years we could see our first empty grad class since Frank White was born.

In terms of demographics and lifestyle, the world will be a very different place in 2027.

But as we enter 2015, here's hoping that this place, not so much.

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spiel picks

P. H. ROTARY HOP SCOTCH: Jan. 17, 7 p.m.

The seventh annual Hop Scotch is an evening of great food, specialty beers and unique scotches at the P. H. Golf Course. Tickets are \$99 at Royal LePage Sussex or the Madeira Park Veterinarian Hospital.

EGMONT/PENDER HARBOUR OCP KICKOFF: Jan. 17, 1- 3:30 p.m.

The Egmont/Pender Harbour official community plan is set to be reviewed and updated and community members are urged to attend an OCP review kick-off meeting on Saturday, Jan. 17 at the P. H. Community Hall. There will be a brief presentation on what an OCP is starting at 1:15 p.m., followed by an opportunity for the community to ask questions.

P. H. LEGION'S 39th ANNUAL ROBBIE BURNS NIGHT: JAN. 24

Toast the bard. There'll be dinner plus a performance by the Coast String Fiddlers and the Pender Harbour Legion Pipe Band. Tickets are \$30 at the Legion and Harbour Insurance.

P. H. MUSIC SOCIETY PRESENTS ENSEMBLE VIVANT: Jan. 25, 2 p.m.

Ensemble Vivant has been called a pioneer among piano chamber ensembles. Ensemble Vivant has introduced world music and jazz repertoire to its audiences with arrangements written exclusively for the group by some of the greatest jazz composers of our time. They will perform at the Pender Harbour School of Music on Sunday, Jan. 30 at 2 p.m.

photojournal



photo submitted

Pender Harbour Secondary School science teacher Jay Wall's award-winning class of Grade 7s (last year), who studied and stood up for the plight of the Sakinaw sockeye salmon, pose with MLA Nicholas Simons during a recent trip the BC Legislature. The trip was postponed from last June because of the ongoing labour dispute between the teachers and the province.

Ruby Lake boat ramp under review

The Sunshine Coast Regional District is reviewing options to repair the only public boat launch on Ruby Lake.

In a staff report presented to the Dec. 11 community services committee, parks planning co-ordinator Trevor Fawcett noted the Ramp Road boat launch will soon require an estimated \$30,000 in upgrades.

At the previous community services committee meeting, Fawcett was tasked with reporting back to the committee about the feasibility of installing a deposit box for users in order to offset maintenance costs.

In June 2003, the SCRD “inherited” the ramp from the Ruby Lake Land Holders Association who had maintained it for 30 years.

The ramp was originally constructed of non-reinforced concrete slabs and gravel and designed for small boats.

In recent times, the ramp has seen increased use by larger boats accessing the lake for water skiing and wakeboarding.

The report indicates that the ramp wasn’t designed for this type of use and requires constant maintenance by SCRD parks staff to maintain it.

The Ruby Lake ramp is one of two boat ramps managed by the SCRD with licences of occupation issued by the province.

The other launch ramp is at Coopers Green Park in Halfmoon Bay.

According to the report, the licence of occupation for the Ruby Lake ramp allows for “public boat launch, dock and habitat protection,” as well as providing “free and unre-



Brian Lee photo

Though it bustles during the summer months, the Ruby Lake launch ramp doesn’t see a lot of traffic during the winter.

stricted use of the boat launch facility by the general public.”

The report notes, “Free, in this case, means without charge.”

That’s not the case at Coopers Green, which is also well used by recreational boaters throughout the year but receives heavy use by commercial businesses as well.

“Commercial use of the ramp is disruptive to recreational users and has, in the past, caused damage to the ramp structure.”

The licence of occupation for the

Coopers Green area is granted for “public swimming and recreational boating purposes” and commercial use is not permitted.

If the licence, which expires in September 2015, were amended to include commercial use, the report indicates that the province would then collect rent from the SCRD.

The SCRD would then consider charging commercial users of the Coopers Green ramp “on the condition that all revenues are used for ramp maintenance.”

Correction: Apologies to Dick Hunsche who was wrongly identified as his son Bill in a photo caption from Remembrance Day in the December 2014 issue.

12874 Madeira Park Rd. 604-888-9525		Patti Gaudet 604-741-8413	
		Bill Hunsche 604-740-1411	
		Teresa Sladey 604-740-7535	
		Dave Milligan 604-885-5414	
		Carol Reid 604-740-6188	

LEARNING



Sunshine Coast high school graduation rate (2012/2013)

The education system is performing solidly on the Sunshine Coast, with an improving graduation rate, but there is a worrisome number of children and youth at risk.

School District 46 was one of the first in the province to use tests developed by the Human Early Learning Partnership to access data about student vulnerability — reported below.



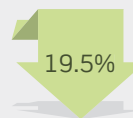
Sunshine Coast rankings in the B.C. Stats Composite Index of Education (2012).

Combines statistics on welfare, crime, children in care, infant mortality, graduation rates and test scores from 26 regional districts in BC.



School District #46 continues to shrink.

2006-07:
3,811 students



2013-14:
3,069 students

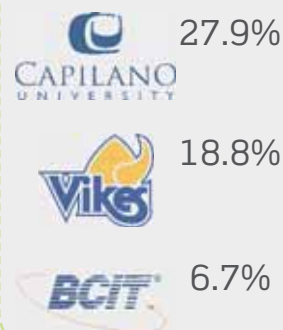
Class size average (2013-2014)



278 students in SD #46 received 154 bursaries and scholarships in 2014. Total value: \$216,742 (plus one award of four years of tuition.)

More than 60% of Sunshine Coast grads continue on to post-secondary studies, but many wait several years before doing so.

Most popular:



Search warrant executed at indoor marijuana grow operation

Sunshine Coast RCMP raided what they called “a large marijuana grow operation” in Madeira Park on Nov. 27.

Offices seized approximately 850 marijuana plants in varying stages of growth, including numerous plants ready to be harvested.

RCMP haven’t released the address of the home.

In a press release, RCMP said they have been investigating the property for some time after the home was pegged as the site of an illegal marijuana grow operation.

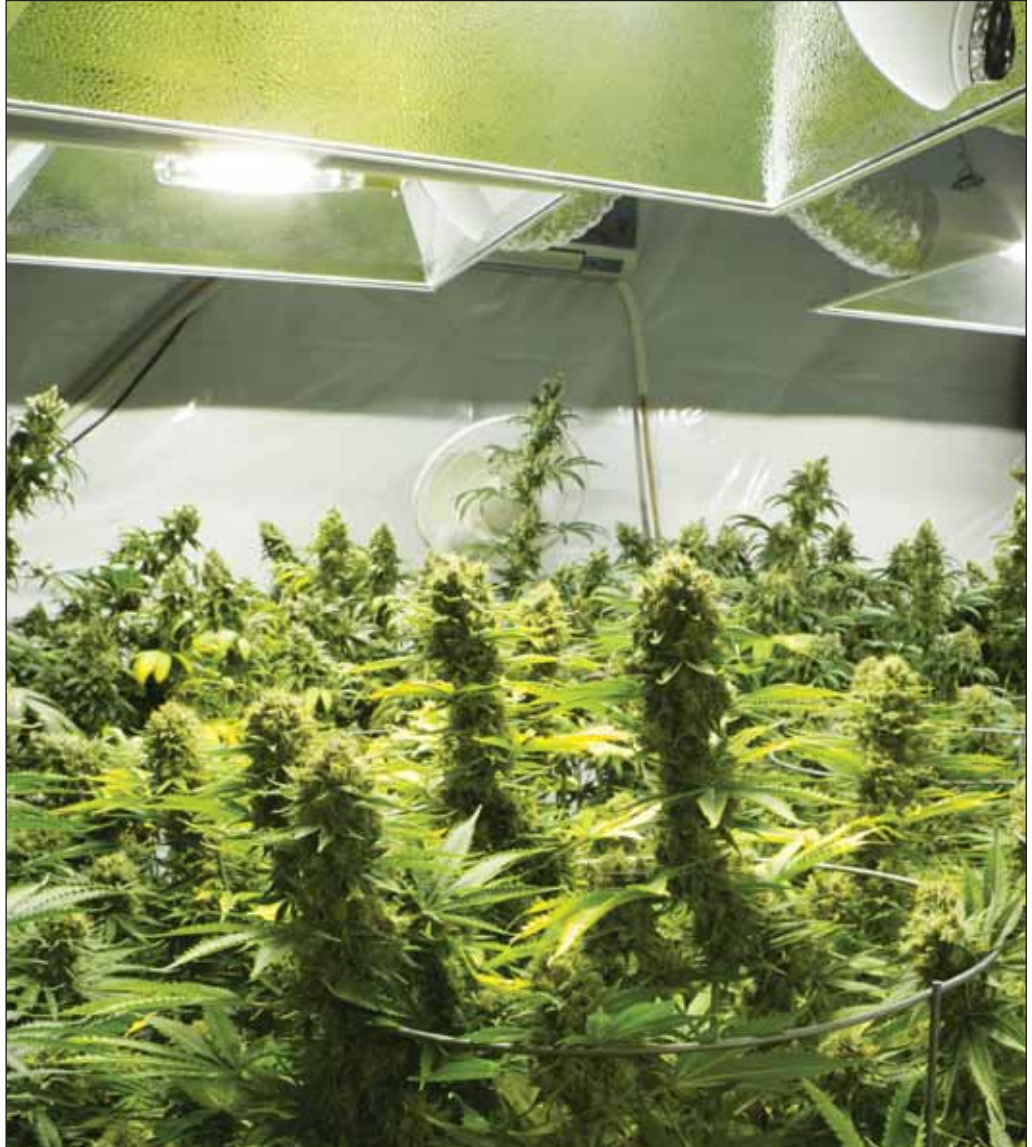
The home was in a residential neighbourhood with numerous homes in close proximity and appeared to be used primarily for growing marijuana.

RCMP said one male was believed to have been living inside the residence and tending the plants, which were located both in the upstairs and downstairs areas of the house.

Several different grow rooms had been built throughout the home.

Sunshine Coast RCMP said no one was inside the house when the warrant was executed but police are continuing their investigation.

Charges may be recommended at a later date.



stock photo

RCMP executed a search warrant on an indoor growing operation that netted 850 marijuana plants in various stages of growth. Indoor growing operations such as this one use large amounts of electricity to power lights and exhaust fans.

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Wendie Milner: 604-883-9361

January 2015

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4. Ruby Lake Resort

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5. Shoemaker Motel
1383 Sunshine Coast Highway

GARDEN BAY

6. Pahnawana Resort & Marina
1800 Pahl Road
7. Sandowner Inn
13700 Highway 101, Bayview
8. Pender Harbour Resort
656 Sunshine Bay Road

MADEIRA PARK

9. Sunshine Coast Resort
1200 1st Street
10. Painted Boat Resort
12874 Lagoon Road
11. The Wharf Waterfront Suites
1112 Emerald Peninsula Road

EGMONT & EARLS COVE

Some folks say the true Sunshine Coast ends begin or ends here – depending on which way you are travelling. Others insist that you're still on the Sunshine Coast after a ferry ride north to Saltery Bay. Whatever your preference, understand that when you're in Egmont or Earls Cove, you are as far north as you can drive.

But that doesn't mean you should turn around. Egmont has more pubs and fine restaurants per capita than anywhere else on the Sunshine Coast and it's unforgettable to visit here and see the the Hakkachuck (check local monthly the Harbour Spirit for best viewing times).

Or find a beach – "beaching" is a verb – and carry on some of BC's most dramatic landscapes and wilderness.

Fall Falls, Hakkachuck, and the Coast. The Skookumchuck – those aren't just names of extraordinary places, they're items on your bucket list.

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✓ JERVIS AND PRINCESS
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Page 14

2014

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[illegible]



Brian Lee photo

Baker's Beach Dec. 9: The southeast windstorms of December coincided with some of the highest tides of the year to redistribute local driftwood.

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The Egmont/Pender Harbour Official Community Plan (OCP) is set to be reviewed and updated. SCRD Director, Frank Mauro and Planning Department staff invite you to attend an OCP review kick off meeting on Saturday, January 17 from 1:00 p.m. to 3:30 p.m. at Madeira Park Community Hall, 12905 Madeira Park Road.

A brief presentation on what an OCP is starts at 1:15 p.m., followed by an opportunity for the community to ask questions.

Find out how you can get involved in shaping the future of the Egmont and Pender Harbour Area, join us! www.scrd.ca

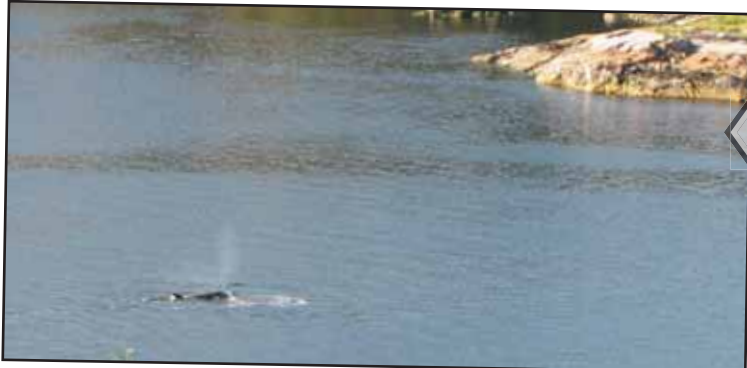
2014 harbour spiel retrospective



JANUARY: Someone used humour to voice their frustration over this chronically flooded section of Hotel Lake Rd.



FEBRUARY: Close to 100 protesters came out to Madeira Park to protest a 3.5 per cent fare hike by BC Ferries.

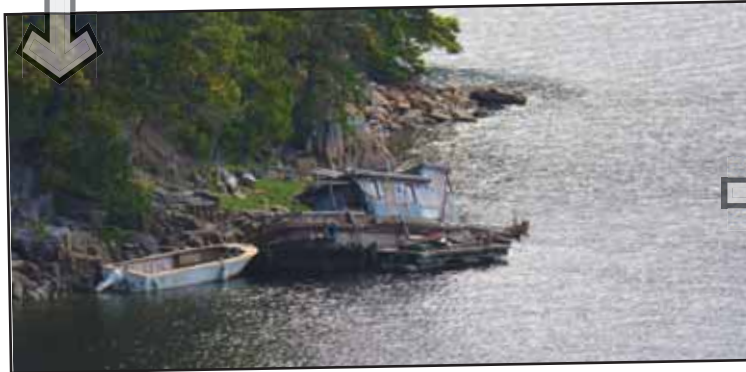


Gaylene Lueger/Waterfront Suite photo

JUNE: A pod of orcas went on a tour through Pender Harbour on May 20,



JUNE: Frank White telling stories to fans at the P. H. School of Music on May 9, his 100th birthday.



JULY: And then there were none. The 77-year old *Kwatna* joins former anchor mate *Lulu Island* on the bottom June 3.



JULY: The P. H. Community School fishing club in Madeira Park was a big hit with local kids this spring.



DECEMBER: Fortunately nobody was killed in this nasty rollover in Middlepoint on Nov. 12.



NOVEMBER: A pod of 70-plus Pacific white-sided dolphins churned up Bargain Harbour on Oct. 9.

2014 harbour spiel retrospective



MARCH: Last remnants of the P. H. Hotel were trucked away while the site was prepared for construction of a new building.



MARCH: Ron Johnston and Marita Jokela hand off the business they've owned for 32 years to new owners, Natalie and Gary Lee who took over the Garden Bay Hotel on March 17.



MAY: A fish eye view of the PHSS Sakinaws girls soccer team pre-game pep talk at Lions Field on April 17.



City Opera Vancouver photo

APRIL: Mezzo Rose Ellen-Nichols performs the title role in the Margaret Atwood penned opera *Pauline*.



JULY: Due to a labour dispute, the PHSS class of 2014 grad ceremony was held at the P. H. Community Hall.



SEPTEMBER: Sunshine Coast Sockeye water polo club hosted their "Summer Classic" at Ruby Lake Aug. 16.



NOVEMBER: The south Pender Harbour water treatment plant was officially opened Oct. 7.
January 2015



OCTOBER: The Sechelt Indian Band unveiled this longhouse in Garden Bay Marine Provincial Park on Sept. 18.

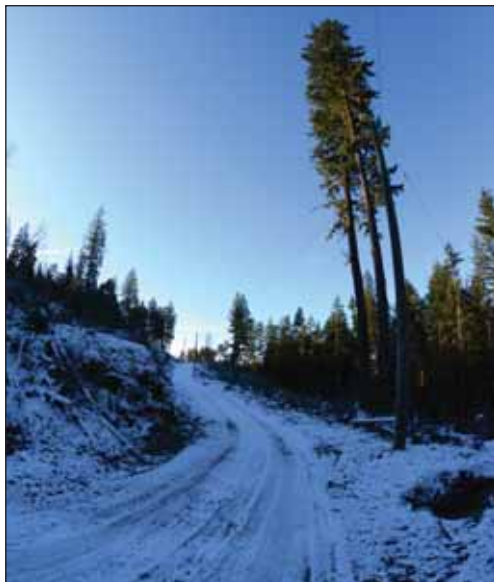
Bear Bay to Sakinaw Woods hiking route



Recent BC Hydro right-of-way work has resulted in a new local hiking opportunity.

Though it's gated at either end, an access road now connects Bear Bay Road to the Sakinaw Woods area and the gravel road extending past the Pender Harbour landfill.

The four-kilometre return route offers views over Sakinaw Lake and passes some of the giant Douglas firs left standing in the recently logged Bear Bay forest.



Brian Lee photo

Park at either end of the gated two-kilometre access road that connects the Sakinaw Woods and Bear Bay neighbourhoods.

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On economic development

Dear Editor,

Look, I understand business folks need people like me to spend my money to keep the economic wheels turning.

But I didn't move up here to mall shop, visit a big box store, or sit in traffic — I moved up here to enjoy the peace and quiet.

Plant a garden, stare down a deer who is munching on my deer resistant plants, enjoy a good book in front of a fire and swim in a lake, every day if possible.

Occasionally, I chat with neighbours and they too, have wondered at this economic push for more development, and promotion.

We like it the way it is. Actually, many of us feel the suburban crawl creeping into our consciousness.

We love our neighbours, but we don't want to see them.

And I suspect, they don't want to see me either, unless they invited me over for supper or a drink.

Now, I get you need advertising to subsist in this barren land, and I enjoy reading your rag, but how much is enough?

We have several subdivisions scattered all over, and once they fill up, we will really lose our peace and quiet.

Now, in the summer, the lakes are overflowing with weekend warriors, boom boxes, and watercraft.

There always seems to be this desire for more and more, until one day, we realize, we have lost what we came up here for.

Melli MacMillan
Garden Bay

LETTERS

The *Harbour Spiel* welcomes letters to the editor. Letters 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.

e-mail: editor@harbourspiel.com

PENDER PHYSIOTHERAPY CLINIC COMES TO AN END...

After 12 years of working with a great team at the Pender Harbour Health Centre, Harbour Physiotherapy is closing its doors on Dec. 31, 2014. Physiotherapist Paul Cuppen has moved to Sechelt and started a new clinic.

Backstream Physiotherapy on Dolphin Street opened in Nov. 2013. After a year of serving both clinics, it was time to complete the transition.

Thanks to all my clients for their trust and commitment, and the staff of the Pender Harbour Health Centre for a spirited, fun and professional collaboration. I will miss Pender but look forward to spending time in my Sechelt Clinic.

BACKSTREAM PHYSIOTHERAPY

Paul Cuppen RPT, BSc
Sports Physiotherapist

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Lordy, lordy. Look who's 40!



Happy Birthday T-Bone!

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PENDER HARBOUR
SENIORS INITIATIVE

Moving into the next term with a new board



By Frank Mauro,
Area A Director

The SCRD board municipal appointees have been announced, with Silas White representing the Town of Gibsons and Bruce Milne for the District of Sechelt.

The preliminary board orientation has occurred.

As noted in my article last month, one half of the board is new.

At the inaugural board meeting the election for the chair and vice-chair of the regional district for 2015 resulted in Garry Nohr continuing as chair and I will continue as vice chair.

Standing committee chairs have been appointed and they are: community services — Silas White; planning

and development — Ian Winn; infrastructure services — Bruce Milne; transportation advisory — Lorne Lewis; policing — Mark Lebbell.

I will be chair of the corporate and administrative services committee and vice-chair of the planning and development committee.

The board has many challenges and goals going forward.

My priorities are:

1. See that the Area A official community plan revision best reflects the aspirations of the community (more on this below);

2. Continue building on our Area's relations with the Sechelt First Nation and work together on land and marine issues common to all of us;

3. Continue looking for cost savings and keeping taxes low;

4. Continue working on Coast-

wide regional economic development and support local economic development initiatives;

5. Follow up on the water metering program to ensure we find ways to conserve water and to work with First Nations to protect our watersheds;

6. See that the construction of the new resource recovery facility in our area meets the needs of the residents and work to ensure that opportunities for recycling are enhanced, and

7. See that the walkway project in Madeira Park is completed and complete a project in Garden Bay and in Egmont.

While most of the above-listed items are of greatest interest to our area there are many other board priorities that must be considered.

I will write a future article on the topic.

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

Policing Committee

January 5 at 9:00 a.m.

Transportation Committee

January 5 at 10:15 a.m.

Planning and Development Services Committee

January 8 at 9:30 a.m.

Infrastructure Services Committee

January 8 at 1:30 p.m.

Regular Board

January 8 at 7:30 p.m.

Special Corporate and Administrative Services Committee - Round 1 Budget Review

January 12, 13, 14 at 9:00 a.m.

Community Services Committee

January 15 at 1:30 p.m.

Corporate and Administrative Services Committee

January 22 at 1:30 p.m.

Regular Board

January 22 at 7:30 p.m.

Our meetings are held at **1975 Field Road** in Wilson Creek at the SCRD **Board Room**. Agendas for these meetings are available at www.scrd.ca/Agendas-2015.

Want to learn about what's going on at the Sunshine Coast Regional District?

Go to www.scrd.ca and click on "Sign up for our Newsletter" button to receive *Coast Current*, our quarterly newsletter.



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





SCRD photo

The 2015 Sunshine Coast Regional District board of directors (l-r): Chris August (SIB appointee), Bruce Milne (District of Sechelt appointee), Ian Winn (Area F), Mark Lebbell (Area D), Silas White (Gibsons appointee), Frank Mauro (Area A - vice chair), Garry Nohr (Area B - chair), Lorne Lewis (Area E).

OFFICIAL COMMUNITY PLAN REVIEW

In this issue you will see an advertisement (p. 9) for the kickoff meeting on Jan. 17, 2015 for the review of our official community plan.

The goals for the meeting are:

1. To provide residents and property owners with information about the OCP review process in order to assist them in understanding the issues and describe the opportunities to become involved in the project.

2. To obtain public feedback on issues to be addressed, and to identify issues that were not identified by SCRD staff.

The engagement program will seek to involve the permanent residents of the OCP area as well as non-permanent property owners who may not be actively involved in the community, but have an interest in property and the area as a whole.

The terms of reference for the OCP review have been mailed out to many groups in the community for comment.

Comments have been received and this will be the first opportunity for all residents to become involved.

I am pleased to add that members of the Sechelt Nation will attend the OCP kickoff meeting and that that they will participate in the OCP review process.

Also, they will be announcing at the kickoff meeting a community forum they will be hosting in Pender Harbour on the topics of the Shíshálh history of kápálin (Pender Harbour) and the dock management plan.

OPEN DISCUSSION

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

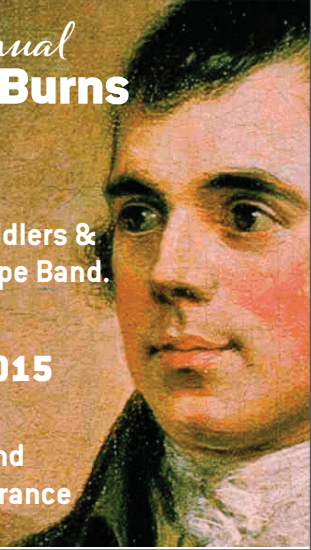
I can be reached at (604) 740-1451 or by email at Frank.Mauro@scrd.ca.

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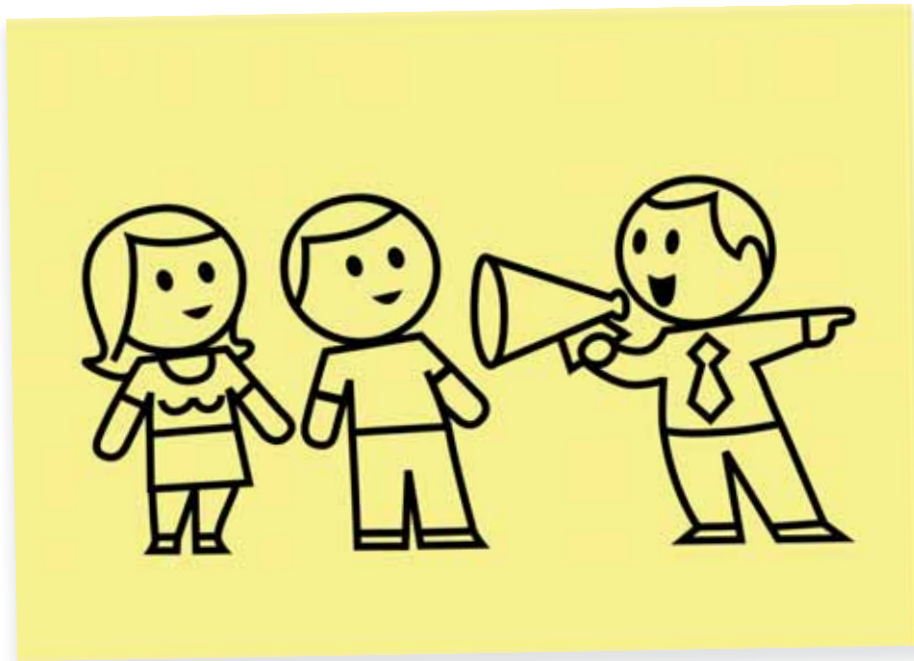
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HARBOUR SPIEL FEBRUARY 2015 ISSUE

BOOKING DEADLINE:

JAN. 12





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Heather Rule photo

The Pender Harbour Choir held its Christmas concerts Dec. 5 in Davis Bay and Dec. 7 in Madeira Park. The concerts were well attended and featured striking seasonal music by two composers from Pender Harbour. Kenneth Johnson's 'Christmas Lullaby,' a song from his December stage production, 'Castles In The Snow,' was premiered by the choir and directed by him. Corlynn Hanney's 'Christmas Angel' was also a lovely addition to the program. The 34-member choir is directed by Joy Macleod and accompanied by Paula Seward.

Meet Stacy, Kelsey & Gera

Sunshine Coast Credit Union is proud to support employees in pursuing their career goals by hiring from within whenever possible while providing opportunities and funding for further education. With 26 years of combined financial services experience, we are pleased to announce the promotion of three employees to leadership roles.

Stacy MacDonald, assistant manager at the Pender Harbour Branch, is currently pursuing a management studies designation through the Credit Union Institute of Canada.

As a leader, I'm focused on creating a member experience that is second to none, and that begins with our employees.

Dedicated to staying active in the community, Stacy can be seen volunteering in a variety of SCCU-sponsored events like Hike for Hospice and the Pender Harbour May Day.



Stacy MacDonald – Pender Branch Kelsey Dunn – Gibsons Branch Gera Gilroy – Sechelt Branch



**Sunshine Coast
CREDIT UNION**

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Books of the year 2014

The Quill and Quire is Canada's authority on the book industry and the following are its top picks of 2014.
(Descriptions courtesy of publishers.)

FICTION



Us Conductors
Sean Michaels
(Random House Canada)

Us Conductors takes us from the glamour of Jazz Age New York to the gulags and science prisons of the Soviet Union.

On a ship steaming its way from Manhattan back to Leningrad, Lev Termen writes a letter to his “one true love,” Clara Rockmore, telling her the story of his life.

BC Bestsellers:

(For the week of Dec. 7, 2014)

1. **Whitewater Cooks With Passion** by Shelley Adams
2. **Great Bear Wild** by Ian McAllister
3. **Who We Are** by Elizabeth May
4. **Echoes of British Columbia** by Robert Budd
5. **Live at the Commodore** by Aaron Chapman
6. **The Sea Among Us** Edited by Richard Beamish and Gordon McFarlane
7. **Cardboard Ocean** by Mike McCardell
8. **The Dirty Apron Cookbook** by David Robertson
9. **Raven Brings the Light** by Robert Budd and Roy Henry Vickers
10. **Ice Storm** by Bruce Dowbiggin

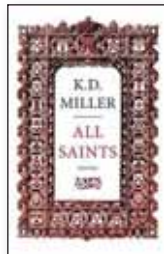
~ Assn. of Book Publishers of BC



All My Puny Sorrows
Miriam Toews
(Knopf Canada)

You won't forget Elf and Yoli, two smart and loving sisters. Elfrieda is a world-renowned pianist.

She is glamorous, wealthy, happily married — and wants to die.



All Saints
K.D. Miller
(Biblioasis)

All Saints Anglican is one of the loneliest places on earth. It's ugly, it's small, it's overshadowed by condos.

The parishioners aren't exactly close.

And yet there they are, every week: the rector with the suicidal wife, the neurotic spinsters, the blue-rinses, the seekers and the newlyweds and the cradle Anglicans, all of them yearning for both connection and privacy at once.

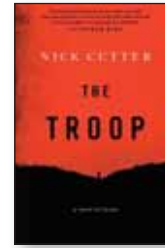


The Girl Who Was Saturday Night
Heather O'Neill
(HarperCollins Canada)

Gorgeous twins Noushcka and Nicolas Tremblay live with their grandfather Lou-

lou in a tiny, sordid apartment on St. Laurent Boulevard.

They are hopelessly promiscuous, wildly funny and infectiously charming. They are also the only children of the legendary Québécois folksinger Étienne Tremblay, who was as famous for his brilliant lyrics about working-class life as he was for his philandering bon vivant lifestyle and his fall from grace.



The Troop
Nick Cutter
(Simon & Schuster Canada)

Once a year, Scoutmaster Tim Riggs leads a troop of boys into the Canadian wilderness for a weekend camping trip—a tradition as comforting and reliable as a good ghost story around a roaring bonfire.

But when an unexpected intruder stumbles upon their campsite—shockingly thin, disturbingly pale, and voraciously hungry—Tim and the boys are exposed to something far more frightening than any tale of terror.



The Search for Heinrich Schlögel
Martha Baillie
(Pedlar Press)

At the heart of Martha Baillie's fragmentary, highly original new novel is an inexplicable event. In 1980, at age 20, Heinrich Schlögel escapes his West German birthplace to hike Baffin Island's interior. The trip lasts two weeks, but when he returns the year is 2010 and he has not aged a day.



Fire in the Unnameable Country
Ghalib Islam
(Hamish Hamilton Canada)

The universe is shaking as Hedayat, the “glossolalist” narrator of *Fire in the Unnameable Country* is borne on a flying carpet in the skies above an obscure land whose leader has manufactured the ability to hear every unspoken utterance of the nation. He records the contents of his citizens' minds onto tape reels for archival storage.

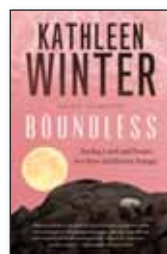


The Stonehenge Letters
Harry Karlinsky
(Coach House Books)

While researching why Freud failed to win a Nobel Prize at the Nobel Archives in Sweden, a psychiatrist makes an unusual discovery.

Among the piles of papers in the “Crackpot” file are letters addressed to the executor of Alfred Nobel’s will, each offering an explanation of why and how Stonehenge was constructed.

NONFICTION/MEMOIR



Boundless: Tracing Land and Dream in a New Northwest Passage
Kathleen Winter
(House of Anansi Press)

In 2010, bestselling author Kathleen Winter took a journey across the storied Northwest Passage, among marine scientists, historians, archaeologists, anthropologists, and curious passengers.

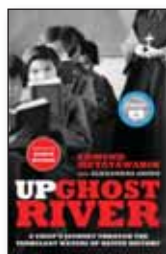
From Greenland to Baffin Island and all along the passage, Winter bears witness to the new math of the melting North.



Women in Clothes
Sheila Heti, Heidi Julavits, and Leanne Shapton, eds.
(Blue Rider Press)

Women in Clothes is a book unlike any other.

It is essentially a conversation among hundreds of women of all nationalities—famous, anonymous, religious, secular, married, single, young, old—on the subject of clothing, and how the garments we put on every day define and shape our lives.



Up Ghost River
Edmund Metatawabin and Alexandra Shimo
(Knopf Canada)

A powerful, raw yet eloquent memoir from a residential school survivor and former First Nations Chief, *Up Ghost River* is a necessary step toward our collective healing.

In the 1950s, seven-year-old Edmund Metatawabin was separated from his family and placed in one of Canada’s worst residential schools. St. Anne’s, in northern Ontario, is an institution now notorious for the range of punishments that staff and teachers inflicted on students.



Bitter: A Taste of the World’s Most Dangerous Flavor, with Recipes
Jennifer MacLagan
(HarperCollins Canada)

A fascinating, unexpected exploration of one of the culinary world’s most under-appreciated tastes: bitter.

With her new book *Bitter*, multi-award-winning author Jennifer MacLagan makes a case for this fabulously nuanced but misunderstood taste, exploring it through science, culture, history and 120 deliciously idiosyncratic recipes.

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- Pender Harbour Diesel883-2616

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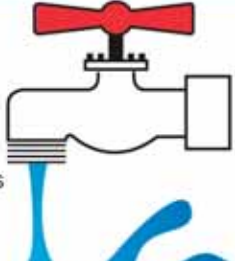
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Skookumchuck viewing times

January

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

Jan. 1	12:29 pm +M
Jan. 2	9:21 am -S, 1:23 pm +M
Jan. 3	10:21 am -S, 2:14 pm +S
Jan. 4	11:12 am -S, 3:03 pm +S
Jan. 5	11:57 am -M, 3:49 pm +S
Jan. 6	12:37 pm -M, 4:34 pm +S
Jan. 7	1:12 pm -M
Jan. 8	1:42 pm -M
Jan. 9	7:11 am +XL , 2:09 pm -M
Jan. 10	7:37 am +XL , 2:39 pm -M
Jan. 11	8:07 am +XL , 3:12 pm -M
Jan. 12	8:43 am +L, 3:48 pm -M
Jan. 13	9:25 am +L, 4:29 pm -M
Jan. 14	10:12 am +M
Jan. 15	11:05 am +M
Jan. 16	12:02 pm +M
Jan. 17	8:45 am -S, 1:01 pm +M
Jan. 18	9:56 am -S, 1:59 pm +M
Jan. 19	10:51 am -S, 2:51 pm +M
Jan. 20	11:39 am -M, 3:49 pm +M
Jan. 21	12:24 pm -M, 4:42 pm +M
Jan. 22	1:07 pm -M, 4:35 pm +M
Jan. 23	1:51 pm -M
Jan. 24	2:35 pm -M
Jan. 25	3:22 pm -L
Jan. 26	4:15 pm -L
Jan. 27	9:12 am +L
Jan. 28	10:03 am +M
Jan. 29	11:00 am +M
Jan. 30	12:04 pm +S
Jan. 31	1:10 pm +S

These are estimates only and not intended for navigation.

THE DAYS

JANUARY BIRTHDAYS

Jan. 1 ~ **Dave Steppell, Paul Wharton and Cheryl Thompson.**
 Jan. 2 ~ **Bill Hunsche, Vince Perreca and Salem Taylor**
 Jan. 3 ~ **Colton Landry.**
 Jan. 4 ~ **Crystal White and Avril Maveety.**
 Jan. 5 ~ **Sue Lee, Betty Wenman and Taylor Phillips.**
 Jan. 7 ~ **Bryan Rousseau.**
 Jan. 8 ~ **Sue Natall, Jodi Godkin and Destiny Wallbaum.**
 Jan. 9 ~ **Arhea Howitt and Amanda Mayo.**
 Jan. 10 ~ **David Pease.**
 Jan. 11 ~ **Randy Cummings.**
 Jan. 12 ~ **Lisa Duncan, Mary Ebert and Ryan Logtenburg.**
 Jan. 13 ~ **Tia Haase and Betty Wray.**
 Jan. 14 ~ **Dominic De La Canal, Norman Edwardson, Karlee Legge and Alannah Nichols.**
 Jan. 15 ~ **Curtis Sample and Ron Kushner.**

Jan. 16 ~ **Helen Palmer and Cody Angus.**
 Jan. 17 ~ **Tashina McLean and Brent Stoutenberg.**
 Jan. 19 ~ **Rita Zottoff and Arieanna Henderson.**
 Jan. 20 ~ **Gerald Mackie, Les Dornbierer and Hazel Jay.**
 Jan. 22 ~ **Starr Harding, Lil Higgs, Leanne Legge and Troy Brown.**
 Jan. 23 ~ **Taree Bathgate and Kelly Kammerle.**
 Jan. 24 ~ **Carolyn Ireland, Don Murray and Warren Dunaway.**
 Jan. 27 ~ **Leona Colebank.**
 Jan. 28 ~ **Vanessa Fielding and Ikuko Kishimoto.**
 Jan. 29 ~ **Jordan Field, Glen Scoular, Lorne Campbell, Alfie Lajlar, Sarah Beadle and Tanya Bernier.**
 Jan. 30 ~ **Lyle Forbes.**
 Jan. 31 ~ **Mary Jordison.**

JANUARY ASTROLOGY

CAPRICORN (DEC. 22 - JAN. 20):

Capricorn, the 10th sign of the zodiac, is all about hard work. Those born under this sign are more than happy to put in a full day at the office, realizing that it will likely take a lot of those days to get to the top. That's no problem, since Capricorns are both ambitious and determined: they will get there. Jupiter in Leo is in your intimacy sector until mid-August. You will want to have stronger bonds, feel a deep, powerful connection and pursue something that is both emotional and physical. Don't take no for an answer — they'll come around.

AQUARIUS (JAN. 21 - FEB. 18):

Relaxation, enjoyment and pleasure are emphasized for you now. This is not a time to push yourself or be involved in activities that require intense energy. Co-operative, harmonious relationships are more important to you at this time. Mars moved into the constellation of Aquarius on Dec. 4 and will stay until Jan. 12. This is your time. Mars will deliver energy, courage, determination and drive — so don't waste it. Focus on giving new ventures and relationships a big push forward because by Jan. 13, your chariot turns back into a pumpkin.

OF JANUARY

MARSALA: PANTONE COLOUR OF 2015

The Pantone colour police have spoken. **Marsala**, "a gorgeous terracotta red shade," has been named the official colour of the year by the biggest experts in the field, the Pantone Colour Institute.

According to its website, the Pantone Colour Institute "delivers insights that inform the effective commercial application of colour through a range of trend forecast publications, colour research and bespoke consultancy. When 80% of human experience is filtered through the eyes, we understand that the choice of color is critical."

Pantone announced the colour of the millennium in 1999 — **Cerulean Blue** — and there was so much public interest that Pantone decided to name a colour every year based on their research.

But that was then, **Marsala** is now. On Dec. 26, **Marsala** was launched in cosmetic company Sephora's new makeup line to bring the shade to people's lips, lids, and cheeks.

From the Pantone website:

"Much like the fortified wine that gives **Marsala** its name, this tasteful hue embodies the satisfying richness of a fulfilling meal while its grounding red-brown roots emanate a sophisticated, natural earthiness. This hearty, yet stylish tone is universally appealing and translates easily to fashion, beauty, industrial design, home furnishings and interiors."

C: 25
M: 77
Y: 64
K: 11

PANTONE 18-1438 C

JANUARY WEATHER

TEMPERATURES

January is our coldest month, with an average daily high temperature of 6 C and low of 2.6 C, giving us a mean daily temperature of 4.3 C. The highest January temperature recorded at Merry Is. is 13.2 C (Jan. 30, 1989); the lowest is -7.2 C (Jan. 29, 1969).

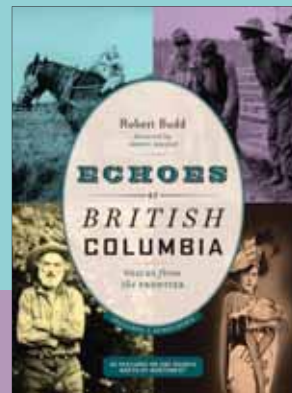
PRECIPITATION

We have an average of 46.2 hours of bright sunshine, 17 days with rain and three days with snow in January. Our average monthly rainfall is 116.3 mm; snowfall, 11.2 cm. The record daily rainfall recorded at the Merry Island weather station is 78.2 mm (Jan. 18, 1968).

GREAT READS

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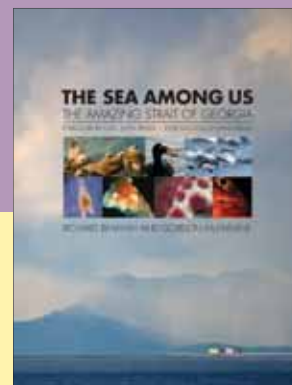


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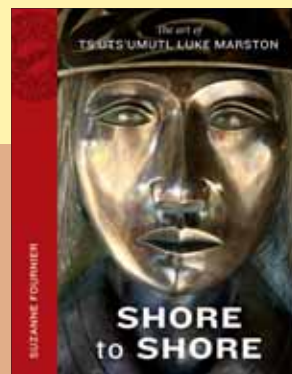


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• Harbourside Friendships (Thur. 10:30 -1 p.m.)	883-9766
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.).....	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	883-1361
• Men's Cancer Support Group.....	883-2393
• P. H. Aquatic Centre Society.....	885-6866
• P. H. Choir (7 p.m., Tuesday).....	883-9248
• P. H. Garden Club	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2054
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society.....	883-3678
• P. H. Piecemakers (quilters).....	883-2573
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-1366
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society.....	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed.,1:30 p.m.)	883-2563
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre.....	883-2316
• Sunshine Coast Better At Home.....	989-6171
• Sunshine Coast SHROOM.....	883-3678
• TOPS (Take Off Pounds Sensibly).....	740-1509
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services.....	741-5246

Many of the above organizations
urgently require volunteers.

If you have some spare
time and talent, please
contact one of the clubs
or societies to offer help.



organizations

SCHOOL OF MUSIC COFFEE HOUSE

This month the School of Music Coffee House will run on Friday, Jan 9. Doors open at the Pender Harbour School of Music at 7 p.m., with music starting at 7:30 p.m.

This month's lineup:

Ken Johnson (Pender Harbour) who will play original piano compositions; Robin Atchison from Wilson Creek will play guitar and sing and the Sechelt Youth Talent Show winner, Cameron Peters will sing and play guitar.

Now in its third year, the monthly PHMS Coffee House showcases local Sunshine Coast talent. On the second Friday of each month, volunteers from the Music Society set up tables and chairs, ladies from the choir arrive with fresh baking and put on the coffee pot. Before the show and in the intermission, they offer delectable desserts accompanied by teas and coffee.

"Sound guy" Glenn Sernyk greets the musicians and puts them at ease with a sound check and lighting session. As the audience starts to arrive, excitement builds. Doors open at 7 p.m. and the performance begins at 7:30 p.m. There are usually three or four performers each month. Admission is by donation (suggested is \$10), and the net proceeds are divided among the performers. It is widely agreed that this is an entertainment bargain.

The Coffee House has developed quite a following of local musicians and music lovers and each month the performers bring new audience members. Solo performers or groups, vocals and instrumentals, and all kinds of music from modern pop to oldies, jazz, blues, bluegrass and classical are welcome.

This past year, we have focused on youth in the Coffee House. Several young Madeira Park singers have recently been featured and Nikki Weber, a Sechelt vocal coach and mentor, has brought several young vocalists and instrumentalists to our stage. To perform, volunteer or for more information, call (604) 883-9749 (Joanne) or visit www.penderharbourmusic.ca.



PHMS photo
Harbour Spiel



The web is a fad. Buy and sell it here — the old-fashioned way.

Classified advertising must be prepaid. Cost: \$20 for 25 words maximum for non-commercial ads only. By mail or e-mail: editor@harbourspiel.com.

FOR SALE

- **Quality 4 X 8 lattice** made of 1x2 cedar \$45. Also cedar lumber for sale. Call Dave: (604) 883-2132.
- **High volume ink cartridge (Q5949X)** fitting HP Laserjet 1320, 3390 and 3392 printer models. In unopened box, value \$252 (Staples). ONLY \$3. Call (604) 883-0770.

HELP WANTED

- **Part-time line cook, bookkeeper and janitorial person needed**, Experience an asset, will train. Email resume: rcl@uniserve.com or phone Pat @ 604-883-9558.

WORK WANTED

- **Knees ripped** in your favourite jeans? For repairs, alterations, re-fashioning and custom sewing, call Billy. (604) 865-0640.
- **Free scrap car removal.** Hiab crane service. Reasonable rates for large/heavy items brought from Lower Mainland. Curt (604) 740-7287.

harbour seals



Note your approval or disapproval.

Send to: editor@harbourspiel.com.
Include full name and telephone number for confirmation.
(Editor reserves the right to edit for length.)

Harbour Seals of Approval to **Mom** — thank you for hosting and organizing the fundraiser, collecting donations and food and for getting your friends to donate their time, to put on an amazing dinner for Sue and Eric in their time of need. Truly inspiring!

Amber Kincaide

Thank you to all **Pender Harbour residents and businesses** for your faithful support of our local food bank. Our clients are so fortunate to live in such a caring community. Blessings to all in 2015.

Wendy Phillips and
food bank volunteers

A Harbour Seal of Approval to **Tom's Signs**, who generously donated our new "20 Min. Parking" sign, which will be installed at the top of the hill to serve the Harbour Art Gallery, the Music School, the Reading Centre and the Serendipity Pre-School.

Heather Paget

Pender Harbour Reading Centre

Harbour Seals of Approval to **all those who donated so generously to the Community Club bake sale** Nov. 22. It is very much appreciated.

Muriel Cameron
P. H. Community Club

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Healthy Meals Service will resume Jan. 12, 2015.

Call Linda: 604.883.2819 or Anky: 604.883.0033.

Thanks.

I would like to offer my heartfelt thanks to all the people of Pender Harbour and beyond who let me know how they felt about the passing of my dear wife, Mary Ashley, on Nov. 17, and for the comfort they offered me and my family.

I know I live in a good place, but I now know just HOW good and special it is to be part of this community. They are too numerous to name individually, but special thanks must go to P. H. Community Clinic and St. Mary's Ambulatory Care staff, whose kindness and love went far beyond the call of normal duty, and to P. H. Choir and Joy McLeod for so readily being prepared to interrupt their busy schedule to sing at Mary's Celebration of Life. The gifts of soup and other goodies helped out at a difficult time and were very much appreciated. The suggestion that donations be made in lieu of flowers yielded an amazing \$805 and will be sent to the Royal Society for the Protection of Birds for use at their sanctuary at Loch Gruinart, Islay, Scotland. Thank you all.

~ Barry Ashley



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – 883-2764

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

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

DENTISTRY – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

PUBLIC HEALTH NURSE – 883-2764

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

FAMILY NURSE PRACTITIONER – 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell, Robinson & Justin L Smith

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

CHIROPRACTORS – 883-2764

Dr. Blake Alderson, DC

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

Dr. Terry Dickson, DC, BSc, ART provider

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

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT:

CHILD AND YOUTH MENTAL HEALTH

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

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



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

ALCOHOLICS ANONYMOUS meets Wednesdays at 8 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, respiratory nebulizers etc.

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

A few words about COPD

By Sandra McLean RN

COPD stands for Chronic Obstructive Pulmonary Disease.

Chronic means ongoing and isn't going away

Obstructive means partially blocked.

Pulmonary refers to the lungs.

COPD is a life-limiting, progressive lung disease that affects an estimated 1.3 million Canadians.

It often consists of a combination of chronic bronchitis and emphysema and/or asthma.

These breathing conditions often create inflammation and narrow or block the lungs airways causing obstructed breathing.

The most common symptoms are ongoing shortness of breath and a cough that has gone on longer than three months.

Your chest may feel tight and you may have a cough that keeps you up at night.

Often people with COPD find it difficult to lay flat at night and prefer to sleep propped up or even in a chair.

Often people believe they are just "out of shape" but the breathlessness gets worse with time.

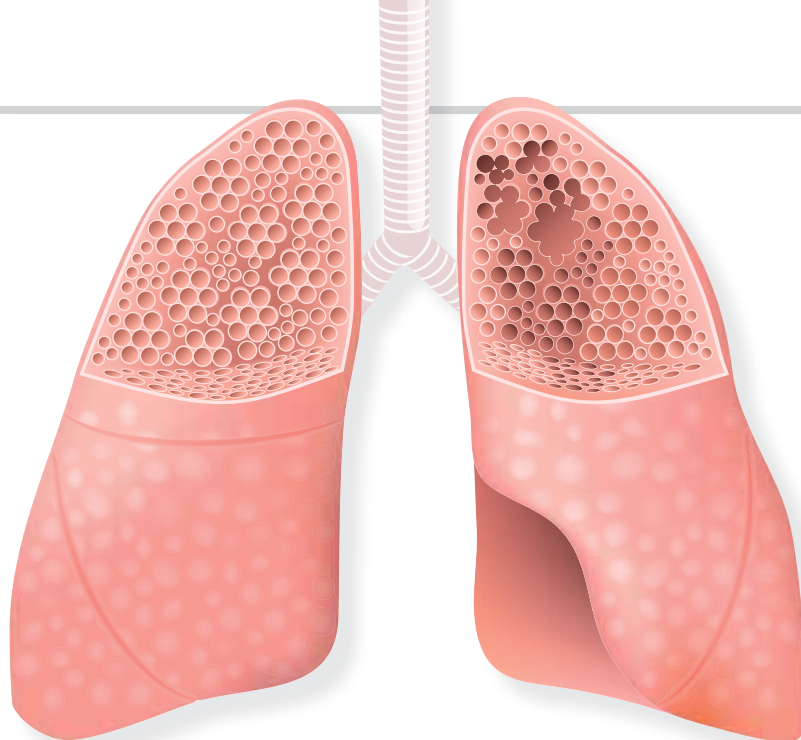
Unfortunately there is no cure for COPD, it is a progressive disease and cannot be reversed.

You may have quit smoking years prior to the onset of symptoms but COPD has an ability to slowly catch up with you later in life.

An estimated 80-90 per cent of people with COPD have smoked at some time.

Early recognition and attention to signs will help slow progression.

A spirometry test is a simple lung function test that can be done at your



Healthy Lung

Emphysema

regular doctor visit.

This test measures the amount and speed of air that can be inhaled and exhaled.

From that point, your doctor or nurse practitioner can determine if further oximetry tests are required or medication regimes need to be added or adjusted.

You doctor will ask you to stop smoking if you haven't already done so and make other healthy lifestyle adjustments.

They will closely monitor other chronic conditions you may have such as diabetes or high blood pressure.

Common treatments include short- and long-acting bronchodilators in the form of inhalers.

Inhaled steroids may be added to your regime for management of episodic flare ups.

As people living with COPD are at higher risk for pneumonia, antibiotics may be prescribed more frequently.

It is especially important for people with COPD to get their flu shots every year, pertussis vaccine as well as the pneumococcal vaccine before the usual 65 years recommendation.

NURSE PRACTITIONER

The Pender Harbour Heath Centre is pleased to announce that Annaliese Hasler, our recently recruited Nurse Practitioner, will continue to provide a fortnightly women's health clinic in 2015.

This will be on alternating Tuesdays from 10 a.m. to 3 p.m., with a focus on overall wellness including reproductive and sexual health.

Every Tuesday, she will offer additional support from 3:30 to 5 p.m. to our youth clinic drop-in program for male and female youth.

Annaliese looks forward to partnering with our local community resources such as Women's Connection to identify areas of concern and curiosity pertaining to women's health.

She is interested in offering women's health education days and group health and wellness meetings focusing on interests that arise from the women in our community.

Please join us in welcoming Annaliese to our team of health care providers, and our community at large.

Call the Health Centre to book an appointment with Annaliese.

PENDER HARBOUR AQUATIC & FITNESS CENTRE

JANUARY 2015

Swim lessons and drop-in fitness programs begin week of January 5 — registration is now open!

Total Body, Training for Life

NEW! Physical activity, healthy nutrition and strategies for life. Life coach Helga Grout community nutritionist Meghan Molnar are joining the PHAFC team to present a series of education workshops. Mondays, January 19, Feb 2, 16, March 2, 16. 1-3pm. Register by January 12. \$50/5 sessions.

25km Swim Challenge

NEW! Begins Jan. 5. Chart your progress and earn a special edition embroidered PHAFC swim towel. 15 to be won. All ages.

Metre Eater for Kids

Begins Jan 5. Earn your 5000m swim challenge certificate. Win 5 and you could earn a towel too.

Circuit Training

Learn how to create a gym circuit that works for you. 4 sessions. Wednesdays, 5:30-6:30 Jan 14- Feb 4. \$30 Register by Jan 7.

Family Disco Dynamo Night

Friday Jan 16, 6-9pm Flashback to the '70s, party fun for everyone. \$2, \$5 family or use your My Pass

Weight Room Orientations

FREE with your My Pass membership or \$15. Take the unknown out of the weight room. Phone us for an appointment.

Personal Trainers/Weight Trainers

Have a trainer develop a strength and conditioning plan specific to you and your goals. Call us for contact information.

Healthy New Start Maintenance Program

In partnership with the PH Health Centre for previous participants in the Cardiac Recovery or Healthy New Start program. (17 classes) Tuesdays and Thursdays, 1-2pm Jan 20—March 17. Classes led by certified personal trainer Register by Jan 13. \$170



604.885.6866

phaquatic@scred.ca

www.scred.ca/Recreation

recreation

Training for the Mountain Grind

By Amanda Peterson

Peterson is the co-organizer of the Mountain Grind, a nine-kilometre obstacle race to be held in Pender Harbour on April 26.

Can't find the motivation to train for the race?

Maybe you just don't know where to start?

First, try finding a workout partner, or better yet, a team. When training for an event, having a group of friends to train with is an awesome motivator. There will always be days you just don't feel like getting to the gym, or class or going for a jog. But when you have a group to go with, there will always be someone to pick you up and push you along.

Training with your team will build your strength, spirit and camaraderie. You may find you push just a little bit harder in the group training than you would if you were training alone and it will help build your team for taking on the challenges of the Mountain Grind.

INTERVAL TRAINING

Now you have your group together, and you're looking for different ways to train. Try interval training. You may think you need to work on endurance for the 10 kilometres you have to run, and you do, but you will not be running 10 kilometres consecutively. It will be intermittent, with obstacles, so training in intervals is a great start.

Interval training is short bursts of intense activity, broken by rest. You want to be able to maintain the same intensity with each activity. This type of training improves muscular power and cardio efficiency and it is great for burning calories. Push yourself during each interval because the faster you work, the more calories you burn.

Here are some examples of interval workouts:

Include a 10- to 15-second rest between each set:

- Sprint: 30 seconds
- Pushups: 10
- Squat and press: 30 seconds
- Plank rows: 30 seconds
- Jump lunges: 30
- Burpees: 10
- Plank: one minute

TABATA

A version of high intensity interval training featuring 20 seconds of hard work followed by 10 seconds rest.

Eight rounds of each exercise:

- Squats
- Mountain climbers

- Sit-ups
- Skaters
- Reverse lunge
- Jumping Jacks
- Pushups
- Russian Twist

As an example, with Tabata you would do eight rounds of squats 20 seconds exercise:10 seconds rest before moving on to mountain climbers.

WEIGHT TRAINING CIRCUITS

Alternate weight training of six to 10 repetitions with 60-90 seconds of cardio moves:

- Bicep press-ups: 8
- Lateral raises: 8
- Rows: 8
- Skip: one minute (repeat three times)
- Chin-ups: 10
- Weighted squats:15
- Dead lifts: 10
- High knee jog: one minute (repeat three times)

If you look at obstacle course races, you will see climbing walls, things to crawl under, swing on, wade through and balance along. Having the ability to hold your own body weight is key in completing many of the obstacles. Working on chin ups will certainly be a benefit, as well as practising on monkey bars.

Grip strength is highly undertrained and often doesn't even come into account when putting together a workout plan. Grip strength pertains to all the muscles that run from your elbows to finger tips.

Why would you want to have good grip strength? When training, having a stronger grip will allow you to lift heavier weights, but it will also help with your overall endurance. Specifically it will help in many of the obstacles such as rope swings, rope climbs, log carries, monkey bars and helping your friends across creeks and mud pits.

A couple of exercises you could try would be "Farmer walks," which is literally grabbing two large weights, one in each hand, and taking them for a walk. You could start with 40-60 per cent of your body weight and work up. Also, practise "negative chin-ups," which is holding yourself up over the bar, then slowly lowering into a hanging position. Also try finger tip push ups, bar hangs (isometric conditioning), or gripping weighted plates.

If it feels hard, it's working.

PENDER HARBOUR COMMUNITY SCHOOL

JANUARY 2015

Kids Art @ MPES

Mondays: Jan 12 to Mar 2,
3pm-4:30pm \$75
Grades 4-6
Have fun exploring different media
and artists with Patti Soos.

Drop in Sports

At PHSS, \$3
Mondays: SPORTS NITE, 7-9pm,
ages 12-plus (tbc)
Wednesdays: PICKLEBALL, 6:30-
8:30pm, all ages
Thursdays: SOCCER, 7:30-
9:30pm, ages 12-plus, with
Michele Mocellin

Computer Café

All ages, Tuesdays, 1:30-3:30pm
with Karen Dyck, \$10 drop in,
Harbour Learning Centre
Jan 13: Getting Started with iPad
Jan 20: Exploring Third Party
Services
Jan 27: iPad Free-for-All ~ bring
all your unanswered questions

Family Music Night

Friday Jan 15, 6:30-8:30pm,
PH School of Music
Come join us in a casual night of
singing ~ bring the whole family

IN THE WORKS..

Let us know that you're interested in any of these upcoming activities
and we will make it happen!

- Boxing with Barry Krangle: Grades 7 and up
- Creating Email Newsletters
- Conservation & Outdoor Recreation Course
- Ladies Night at the Shooting Range
- Strategic Storytelling as a planning model for non-profits
- Suggest a workshop or presentation

ATTENTION!

ALL UKULELE ENTHUSIASTS!

Is it time to re-string, tune up & learn to play?
Call us 604.883.2826 — let's get a ukulele group going!



LIKE US AT

www.facebook.com/pendercommunity



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

and another thing...

Will blunders never cease?



By Shane McCune

Thyme once again to reed some of the miss steaks that spell cheques didn't cash in 2014, with a couple left over from 2013. (And no, our spell checker didn't flag anything in that first sentence.)

POLL-AXED?

Since Trudeau was chosen as the federal Liberal leader last spring, the party has risen from third place in the polls, back into first place, slightly behind the Conservatives.

— *cbc.ca*, Nov. 25, 2013

SO HAS THE CORRECTION, APPARENTLY

Editor's Note: A previous online version of this article incorrectly stated that lawyer Joseph Welch confronted anti-communist crusader Joseph McCarthy at the Army-McCarthy hearings in 1954. In fact, the hearings took place in 1954. This article has been corrected.

— *Globe and Mail*, Dec. 10, 2013

BUT OUR EDITOR IS STILL MISSING

Police say there were two missing four-year-old boys found at the same time; both have been found.

— *Toronto Star*, Jan. 6, 2014

YA THINK?

1. Driver that smashed RCMP cruisers could face charges

— *cbc.ca*, Jan 28

2. This will go down as a game of Olympic proportions.

— *CBC-TV announcer after women's team wins gold in overtime*. Feb. 20

3. Commonwealth Games end with closing ceremony

— *cbc.ca*, Aug.3.

IT'S TACKIES TIME FOR MANY FEELS

It's brings up many feels, and is worth the full read.

— *Gawker.com obit on Homeland actor James Rebhorn, referring to his self-penned obituary*, March 24

THERE'S TOBLER-ONE ON EVERY FLIGHT

A passenger accused of making a hoax bomb threat on a Hong Kong-bound flight wrapped his head in two blankets, waved a chocolate bar "like a sword" and demanded the plane be diverted so he could watch the Winter Olympics, a court heard yesterday.

Armed with a large Toblerone bar, Antti Oskari Manselius, 23, from Finland, informed flight attendants he was "robbing" the plane and demanded the Amsterdam-to-Hong Kong flight be redirected to Sochi, Tsuen Wan Court heard.

— *South China Morning Post*, April 18

SOME PEOPLE CAN'T CATCH A BREAK

Oklahoma inmate dies after botched execution

— *cbc.ca*, April 29

MAGESTIC PROSE

Lac-Magentic, Que., residents want rail line rerouted

— *Or do Lac-Mégantic residents want the line rerouted to Lac-Magentic?* *Sudbury Star*, June 26.

FULL FLAP!

BREAKING: Dutch military plane carrying bodies from Malaysia Airlines Flight 17 crash lands in Eindhoven.

— *AP alert*, July 23.

CLARIFIES: Dutch military plane carrying Malaysia Airlines bodies lands in Eindhoven.

— *AP*, seven minutes later.

SOMEONE'S BEEN WAITING YEARS TO WRITE THIS HEADLINE

Using a bikini to set a booby trap: insurance company gets creative

— *cbc.ca*, Aug. 8. Story concerns MPI using fake Facebook account with photo of cute girl in a bikini to lure young man who owes insurer \$9,600. When he clicked on the message it opened to reveal a summons.

BET HE CAN'T READ THIS ON TV

Barack Obama must — must — spend time daydreaming nowadays about the old rallies, the ferocious belief of his original volunteers, the millions of tiny, happily given donations that added up to such record-breaking sums, the ecstatic stupefaction he was once able to provoke just by walking out onto a stage and standing there, the way he did that January day in 2008 when a languid Caroline Kennedy, backed by her uncle Teddy, endorsed him and not Hillary, and called him the future of his party and of America, expressing something this nation loves to believe, that even the most Gordian political knot can be cleaved with a single moral stroke by a good person, and that that person was him, and that his promise to bridge America's ideological rift was credible, and that even as wars were going calamitously wrong and the culmination of financial rot and corruption was wiping away Americans' wealth on a scale never seen by most voters, he, Barack Obama, could see the nation through it by inspiring hope, and hope, according to American myth, conquers all.

— *cbc.ca*, Nov. 19. Neil Macdonald channels James Joyce to reel out a 179-word lede.

MOST ENJOYABLE, OVER-THE-TOP USE OF TONGUE IN CHEEK

"Whereas positive superlatives may have become clichéd through overuse, negative superlatives may be more unexpected and intriguing," Alex Bennett writes in just the most depressing, soul-destroying, heart-breaking blog post you'll read all day.

— *Poynter.org*

BEST YEAR-ROUND EFFORT: THE DAILY MAIL

• George Clooney's fiancée Amal Alamuddin looks stylish in striking red dress and fetching floral heels at sexual violence summit.
— *June 12.*

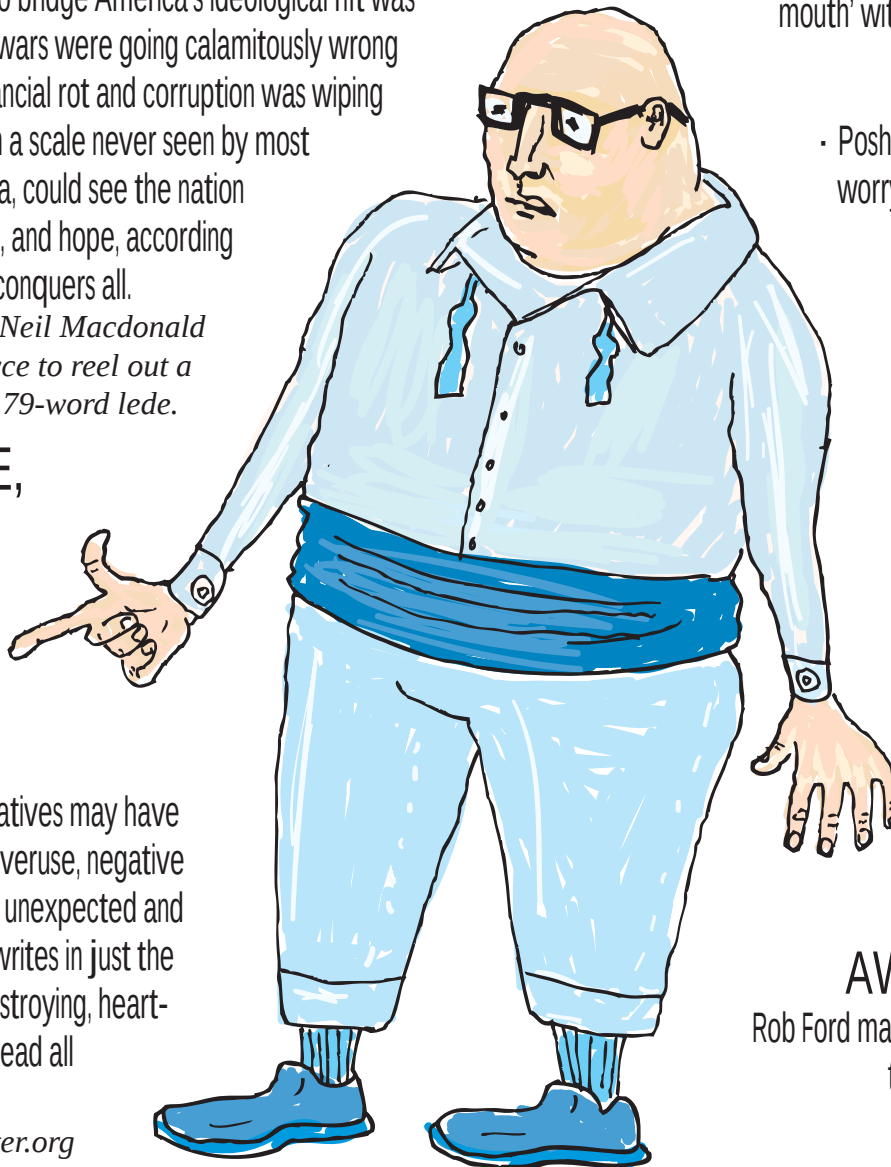
• The brutal ISIS poster boy who is winning hearts across the Arab world: Shakir Wahiyib is the public face of the army threatening to destroy Iraq and is the chief executioner of the ISIS terror group.
— *June 15*

• Woman, 63, 'becomes PREGNANT in the mouth' with baby squid after eating calamari

• Posh behind bars — but don't worry, it's just Victoria Beckham behind some railings

• How using Facebook could raise your risk of cancer

• They might be cool and comfortable but flip-flops may 'raise your risk of getting skin cancer'
— *Daily Mail, undated*



AND THE FISH-IN-A-BARREL AWARD GOES TO:

Rob Ford mayoral debate: Skirting around the crack issue

— *cbc.ca*, March 27

JANUARY

- Sun. Jan. 4.....Sunday Jam w/ Joe Stanton - Garden Bay Pub, 2 p.m.
- Thurs. Jan. 8.....Harbourside Friendships movie of the month (TBA) - P. H. Community Hall, 10:30 a.m.
- Thurs. Jan. 8.....Marketplace IGA Customer Appreciation Day - Madeira Park
- Fri. Jan. 9.....School of Music Coffeehouse - P. H. School of Music, 7 p.m.
- Sun. Jan. 11.....Sunday Jam w/ Steve Hinton Band - Garden Bay Pub, 2 p.m.
- Mon. Jan. 12.....Harbour Spiel February issue submission and booking deadline
- Thurs. Jan. 15.....Harbourside Friendships swim and lunch - PHAFC/P. H. Community Hall, 10:30 a.m.
- Sat. Jan. 17.....Egmont Pender Harbour official community plan review - P. H. Community Hall, 1-3:30 p.m.
- Sun. Jan. 18.....Sunday Jam w/ Simon Paradis - Garden Bay Pub, 2 p.m.
- Thurs. Jan. 22.....Harbourside Friendships' Scotland and Robbie Burns Day - P. H. Community Hall, 10:30 a.m.
- Sat. Jan. 24.....39th annual Robbie Burns Night at the P. H. Legion - P. H. Legion
- Sun. Jan. 25.....P. H. Music Society presents Ensemble Vivant - P. H. School of Music, 2 p.m.
- Sun. Jan. 25.....Sunday Jam w/ Peter Van B3 - Garden Bay Pub, 2 p.m.
- Thurs. Jan. 29.....Harbourside Friendships swim and lunch - PHAFC/P. H. Community Hall, 10:30 a.m.
- Fri. Jan. 30.....Mama's Japanese Kitchen grand opening - 12808 Madeira Park Rd., 11 a.m. - 7 p.m.
- Sat. Jan. 31.....Mama's Japanese Kitchen grand opening - 12808 Madeira Park Rd., 11 a.m. - 7 p.m.



FERRY DEPARTURES

~ Effective to March 31, 2015 ~

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

7:20 a.m. - Daily except Sun.
7:30 a.m. - Sun. only
9:20 a.m. - Daily except Sun.
10:10 a.m. - Sun. only
11:20 a.m. - Daily except Sun.
12:40 p.m. - Sun. only
1:20 p.m. - Daily except Sun.
3:30 p.m.
5:30 p.m.
7:25 p.m.
9:15 p.m.

LANGDALE

6:20 a.m. - Daily except Jan. 1
8:20 a.m. - Daily except Sun.
8:50 a.m. - Sun. only
10:20 a.m. - Daily except Sun.
11:30 a.m. - Sun. only
12:20 p.m. - Daily except Sun.
2:30 p.m.
4:30 p.m.
6:30 p.m.
8:20 p.m.

EARLS COVE

6:30 a.m. - Daily except Sun.
7:00 a.m. - Sun. only
8:25 a.m. - Daily except Sun.
9:00 a.m. - Sun. only
10:25 a.m. - Daily except Sun.
10:55 a.m. - Sun. only
12:20 p.m. - Daily except Sun.
4:30 p.m.
6:30 p.m.
10:05 p.m.

SALTERTY BAY

5:35 a.m. - Daily except Sun.
6:00 a.m. - Sun. only
7:25 a.m. - Daily except Sun.
8:00 a.m. - Sun. only
9:25 a.m. - Daily except Sun.
9:55 a.m. - Sun. only
11:20 a.m. - Daily except Sun.
3:25 p.m.
5:30 p.m.
9:00 p.m.

Genius is an African who dreams up snow.

~ Vladimir Nabokov

TOP SOIL!

GARDEN MIX - \$60 YRD*

COMPOST - \$45 YRD*

BARK MULCH - \$47.50 YRD*

MUSHROOM MANURE - \$45 YRD*

*GST/PST AND DELIVERY CHARGES APPLY

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Machines available with or without operators

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The Rotary Club of
Pender Harbour presents:
7th Annual

HOP-SCOTCH

An evening of great food,
specialty beers
and unique scotches

Saturday, January 17 • 7 pm
Pender Harbour Golf Course

Tickets: \$99

Royal LePage Sussex - Madeira Park office
(formerly Prudential)
Madeira Park Veterinary Hospital
or any Rotarian

Availability of tickets
is limited.

Includes a chance to win
a fine door prize.



Sunshine Coast
CREDIT UNION
Together we enrich lives.

Dave Milligan
ROYAL LEPAGE
SUSSEX

8001935273

HAPPY NEW Year 2015

from Pender Harbour Dental

(TOP 3) Dental Resolutions for 2015

1. Brush for two minutes,
two times per day.
2. Floss daily.
3. Go to the dentist... twice.

PENDER HARBOUR DENTAL

Pender Harbour Health Centre

(604) 883-2997

° Orthodontics ° Hygiene ° Implants ° Botox

NOBODY BEATS OUR MEAT!



BUT WE HAVE A LOT MORE TO
OFFER THAN JUST THE
FINEST BUTCHER SHOP AROUND.

TRY OUR FRESH PRODUCE, LOCAL
SEAFOOD, LOTTO, TOBACCO
AND GROCERY ITEMS.

WE'RE A CONVENIENT STORE.

OAK TREE MARKET

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LOUISE McKAY INC.

Louise McKay is pleased to announce that **The Coast Group, Chartered Accountants** from Sechelt have assumed ownership of my accounting firm in Pender Harbour.

The office will remain at its present location (**12759 Gulf View Road**) until May, 2015 and the phone number will remain the same: **(604) 883-2622**. A new location in Pender Harbour will be announced at a later date.

The Coast Group is committed to continuing the professional and local service that I have been able to provide over these last 22 years. Please don't hesitate to contact **The Coast Group's Richard Wilson** or **Nicole Turlington** at **(604) 885-2254** if you have any questions.

The Coast Group
CHARTERED ACCOUNTANTS

NHL GAME DAY GIVEAWAY:

JOIN US FOR THE GAMES AND ENTER TO WIN
A 3 DAY, 2 NIGHT TRIP FOR TWO TO LAS VEGAS!

(W/ PURCHASE OF ANY DOMESTIC BEER OR APPY)

3 DAY, 2 NIGHT
TRIP FOR TWO
TO LAS VEGAS!

LIVE MUSIC WEEKLY

JAN. 4: Joe Stanton Band (2 p.m.)

JAN. 11: Steve Hinton Band (2 p.m.)

JAN. 18: Simon Paradis & Gut Bucket Thunder (2 p.m.)

JAN. 25: Peter Van B3 (2 p.m.)

MENU SPECIALS - FAMILIES WELCOME!

SATURDAYS: 10oz. New York steak w/ mushrooms, roast potatoes & veggies: \$19.95

SUNDAYS: Brunch - 9:30am-2:30pm

Dinner buffet - 5-8pm

(Jan. 4: Chinese, Jan. 11: Italian, Jan. 18: Cajun, Jan. 25: Greek)



GARDEN BAY PUB

OPEN DAILY AT 11 A.M.

604.883.2674