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Harbour Spiel



The independent voice of Pender Harbour & Egmont since 1990.

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#### **EDITOR**

Brian Lee

#### CIRCULATION (2,500)

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

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

#### **CONTRIBUTORS**

This month we thank: Mark Brezer, Leonard Lee, Ryan Lee, Robert Livingston, Al Lloyd, Shane McCune, Michele Pearce and Josh Young.

#### COVER

A sailor fell asleep during a night time sail and was woken by RCMSAR volunteers in the morning after the tide left him dry on William Island July 17. (Ryan Lee photo)

#### **ADVERTISING**

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Annual subscription: \$60 (includes GST).

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September issue mails July 27

(Ad bookings before Aug. 15.)

#### Ini



Brian Lee

After an ugly banner appeared at the high school recently (see story, p. 5), an

old friend and shíshálh band member called me to find out how bad things were up here.

I told him I doubted that anyone who went to the school was responsible for the half-witted screed but I couldn't reassure him that racism doesn't exist in the community.

Because it always has.

Too often, I witness people distort their politics with bigotry.

It's not entirely their fault — topics of reconciliation and Aboriginal title are complicated and ignite passions that can pour out as prejudice.

Maybe it's a stubborn relic of evolution that makes us value our own clan, tribe or sports team over others.

If so, we are also equipped with tools like empathy that work to remind us that behind political or cultural differences, lie people.

But empathy doesn't always win.

In the 1970s, I was in Grade 3 at Madeira Park Elementary School when a new kid arrived.

He was around my age but I can't recall his name.

I'm not sure if anyone knew his name because from the moment he arrived he was known as "Inj."

Inj's dark skin made him stand out him as the only "real" Indian kid in the school.

Or so I thought.

It turns out most of the kids I grew up with had some Indigenous heritage but back then there was a certain shame for families to pursue official status or even acknowledge it.

We couldn't have known then that Inj was likely placed here to protect him from a troubled home.

The shy little boy had probably experienced something terrible and

the trauma he carried from it made him stand out even more.

Whatever issues he might have had, a friend could have gone a long way in easing them.

But kids are jerks.

It wasn't long before Inj's indignant responses to racist taunts made him a favourite target for bullies.

One particularly brutal incident stands out in my memory.

About 15 of us gathered near the steps exiting the field on the school's southeast corner as a pack of older kids took turns mercilessly punching and kicking him.

After 40 years, all I'm left with is the image of that scene and the sick shame of watching him being beaten while only feebly trying to stop it.

Inj tried to defend himself but his pride soon gave way to a pain and frustration I will never understand.

I hope I was one of the kids who herded him to safety after the goons grew bored with his uncontrollable sobbing.

Whatever I did, it was too little. Inj didn't show up for school the next day and I never saw him again.

I assume he was shuttled off to another school in the hope of finding better treatment.

Since then, I've wondered how far the path of his life diverged from those of us who enjoyed safety in the Madeira Park schoolyard.

Even now, 40 years later, kids in care in BC are more likely to wind up in jail than graduate high school.

I suspect Inj suffered more.

He could even be dead — First Nations youth are five to eight times more likely to commit suicide.

If you are the boy who came here looking for a fresh start and survived to recognize your story, I'd welcome a chance to apologize.

And learn your real name.

#### 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*.

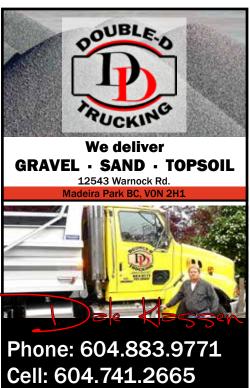
#### IF YOU REQUIRE HOSPITALIZATION

If you need to go to the hospital, and are able to travel safely to the hospital, call (604) 885-2224 to 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

While taking a break from her Pender Harbour Food Bank duties, Doris Phillips was recently surprised with another birthday party. 'We're not telling which one but we will say she's been volunteering at the food bank for over 30 years,' said Joka Wright. 'As they say at the food bank, you can't be fired.'

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# 'If you touch George/Stanley/or John A ur totem's will start falling'

Sunshine Coast RCMP are asking for the public's assistance in identifying the person responsible for threatening two Indigenous totem poles that stand at the entrance to the Pender Harbour Secondary School.

PHSS staff discovered a banner erected at the school shortly after 9 a.m. on July 9.

It seemed to threaten two totem poles that came out of a student project led by carver Arnie Jones.

The banner is large fabric, tied on all four corners with rope and spray-painted with the message, "If you touch George/Stanley/or John A ur totem's will start falling."

The intent of the message is unclear but may be a reaction to recent movements to remove statues associated with Canada's colonial past.

"Given the sensitive nature of this threat, police are working diligently to locate a suspect and are asking for the public's assistance in identifying the person in the surveillance video," said Const. Jihan McDougall of the Sunshine Coast RCMP.

"There is no tolerance for this type of behaviour and we will work hard to find the person responsible."

Patrick Bocking, School District 46 superintendant told the *Harbour Spiel*:

"Obviously it is something that is very far away from anything to do with our mission as a district and our board's affirmation about supporting all people and certainly respecting the Indigenous community we serve."

Bocking said the district involved the RCMP immediately, handing over the banner as well as images taken from a security camera.

"It's really ironic that that this was the source of the angst because it was such a student-driven project,"







Facebook/Sunshine Coast RCMP

Top: An image widely circulated on Facebook and throughout BC media shows a banner erected at Pender Harbour Secondary School that seems to threaten two student-carved Indigenous totem poles adorning the school entrance.

Below: Sunshine Coast RCMP are asking for the public's help in identifying a suspect shown in security camera images installing the banner.

said Bocking.

"They were active in the carving, working with Arnie the artist, learning all kinds of things about carving and the shishall culture and what it means to be shishall."

"The irony of it being so aggressive and contrary to our students' well-being is just very odd."

Bocking said that he was not aware of any damage to the totem poles themselves.



# Scavengers flock to site of prawn truck crash

No one was injured but a day's work for four local prawn fishermen ended up in the ditch July 11 after a transport truck bound for the Langdale ferry overturned near Madeira Park.

According to Sunshine Coast RCMP, the commercial truck lost control on a sharp corner south of the Pender Harbour Health Centre and ended up tipping over onto its side.

The accident caused the coolers inside the truck's box to shift, hit the roof and rip it open and spill its seafood contents.

The incident blocked northbound traffic until the truck was towed away.

According to one of the prawn fishermen, Josh Young, the truck is owned by Open Sea Seafoods and left the Madeira Park government wharf with over 2,000 pounds of live spot prawns.

"A lot of them we ended up dumping down by the float but a lot of them were still alive and salvageable," said Young.

"We showed up to start with, partly, because we didn't want a big stinking mess making us look bad as some were salvageable and some weren't."

The load was insured and Young expected to be reimbursed for his loss.

Young said it was the driver's first time hauling on the Sunshine



Josh Young

A variety of scavengers, human and otherwise, took advantage of a ditch full of live prawns on July 11. The driver of this truck had just taken delivery of the day's catch from four local prawn fisherman before it went off Hwy. 101 south of the Pender Harbour Health Centre. According to one of the fishermen, approximately 2,000 pounds of prawns were lost in the crash.

Coast Highway and the totes were full of water and loose prawns (not in cages) so he said the load likely shifted as he entered the corner.

Word about the prawn bonanza quickly got around and people arrived shortly after the crash with buckets to

aid in the clean-up.

"Apparently, people were there with head lamps late into the night," said Young.

The driver was issued a ticket for speed relative to conditions and the file has been referred to ICBC.

#### photojournal



As beach access becomes more crowded, islands on local lakes are seeing an increase in visitors this year. Ruby Lake, July 17.

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#### **STOLEN BOAT**

Overnight on June 24, a suspect stole an inflatable boat which had been attached by a yellow nylon rope to a larger sailboat moored at a marina near the 5400 block of Secret Cove Road, Halfmoon Bay.

The stolen boat is described as a light grey Titan with a black threehorsepower Mercury engine attached.

Anyone with any information about this incident is asked to contact RCMP, reference file 2020-4001.

#### **VEHICLE FIRE**

On June 27, police attended a suspicious vehicle fire near the intersection of Curran Road and Highway 101, Halfmoon Bay, after an empty burned out vehicle was left roadside with a large scattering of equipment and personal items outside it.

Police received second hand information that an unknown witness had seen a male exit the vehicle and flee from the scene.

While police attempted to identify and locate the driver, the driver himself attended the detachment the following day.

The file is under investigation.

#### **BREAK AND ENTER**

Between June 28 and July 2, a suspect(s) gained access to a residence in the 6200 block of North Lake Road, Egmont, by breaking a window.

The suspect(s) stole a large number of items, including a generator, camping tools, two kayaks and a key.

Anyone with any information about this break and enter is asked to contact RCMP, file 2020-4273.

#### **ONGOING PARKING ISSUES**

The RCMP has seen an increase in calls from the public to report their driveways being blocked, roads obscured to drivers and hazards with trucks and boat trailers sticking out onto roadways.

"Many beach access locations are in residential neighborhoods which causes frustration to the residents who can't access or exit their properties," said Staff Sgt. Poppy Hallam.

Ramp Road at Ruby Lake and multiple areas in lower Gibsons are some of the top spots where police will be increasing their enforcement.

Provincial Motor Vehicle Act fines range from \$40 to \$84 and could also result in the vehicle being towed at the owner's expense.

Common offences are parking in a no parking zone, blocking a driveway, obstructing traffic and failure to park off the roadway.

Sunshine Coast RCMP will be issuing warnings and then tickets to drivers who are illegally parked on the Sunshine Coast.

Vehicles that are parked causing a hazard may be towed immediately.

### We've moved...

but not far!



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Brian Lee

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# Are we a racist community?



Leonard Lee Area A director, SCRD

We are saddened that our community was branded as racist by various media stories throughout the

province.

On July 7, a banner with, "If you touch George/Stanley/or John A, ur totem's will start falling," was hung between the two totem poles at Pender Harbour Secondary School.

A nearby highway sign including shíshálh language was defaced with the word "conquered."

The banner disrespected years of work by shishalh carver Arnold Jones and the PHSS students (both Native and non-Native) who worked beside him on the project for several years,

as well as the school staff, school district and community members who facilitated the art installation which proudly stands at the entrance to our high school.

The totems replaced the previous pair, old and beyond repair, also crafted by Native and non-Native artists and students, which incorporated images of a commercial fishing boat, a logging truck and Bill Thompson's N-3-N plane, as well as Indigenous figures.

As a former student posted on Facebook, "Pender Harbour is a great place to live, but I would be absolutely horrified if a couple of bad apples ruined one of the highlights of my time growing up at that high school."

Most everyone who calls Pender home shares that sentiment, aware that Natives and non-Natives are friends

and neighbors and relatives, regularly working side by side, socializing after work and sometimes falling in love to marry and raise mixed-race families, all free of any racial prejudice.

As more details emerge about our collective history, we understand that past governments committed terrible crimes against Indigenous people, and feel strongly that we must all work towards an equitable solution to our current situation.

In Pender Harbour, the infamous dock management plan brought emotions to the forefront, causing anger and frustration.

But that policy and its execution have been considerably normalized, and we trust the final resolution will be acceptable to our community and the Sechelt Indian Band.

Remember, it's simply politics,

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www.scrd.ca/transfer-station

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



### **Help Prevent Landfill Fires**

We need your help to prevent fires at the Pender Harbour Transfer Station throughout the dry, hot summer months.

**DO NOT** put hot, flammable or explosive items in any garbage destined for the landfill or transfer station

**EXAMPLES OF PROHIBITED ITEMS**: ashes, BBQ briquettes and charcoal, lighter fluid, kerosene, camping and stove fuel, paint thinner, flares, propane tanks, aerosol cans, and batteries.

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A copy of the Egmont/Pender Harbour Official Community Plan can be viewed at: www.scrd.ca/egmont-penderharbour



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.

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it's not personal, and it shouldn't inspire you to hate someone else because of their heritage.

The banner's implied threat and overt racism is a hate crime, and we are united in the hope that the man who committed the crime will be identified and charged.

Many are not convinced the person who committed the crime is a "Pender local," because that's not who we are, and the message is perplexing as it references statues that do not exist on the Coast and never have.

The John A. MacDonald statue it seems to refer to was removed from Victoria City Hall, as voted by their council, in 2018.

So, no one is going to "touch... John A." and there's no George or Stanley statues on the Coast either, which tells us we're looking at the efforts of an uneducated, confused individual whose anger is misdirected.

It's someone who is looking for attention but doesn't realize he's made himself appear a cowardly fool and a small-minded man trying to incite racial hatred in a community that isn't interested.

The incident did renew attention to the issue of provincial highways signage and the proposed renaming of Madeira Park to Salalus.

As I explained in previous columns, the signs and the proposed renaming of Madeira Park are completely separate, unrelated issues.

The new, dual-language highway signs are part of the agreed-upon foundation agreement and, although the rendering of the signs was unpopular, the SCRD has been assured that community input will be sought in any future projects of a similar nature.

Yes, the province dropped the ball on that one, but they acknowledged their mistake and promised not to repeat it.

August 2020

Back to the ill-hung banner at the high school, shishalh Chief Warren Paull, on behalf of his community, graciously accepted our apologies and recognizes our genuine shock and shame that something like this happened in Pender Harbour, thus reassuring us that our journey of reconciliation can and will continue.

# DEADLINE EXTENSION REQUEST

Concerning the renaming of Madeira Park, the SCRD voted unanimously July 23 to request from the BC Geographical Names Office an extension of the comment period to Dec. 31, 2020.

Included in the motion are requests for a meeting between the SCRD board and shíshálh Council, and an online town hall meeting of residents, shíshálh Nation members, and community organizations.

These initiatives hope to foster meaningful dialogue among residents and stakeholders within a framework of community desire, common usage and historical significance, so that each participant may cultivate an informed opinion on the issue.

The SCRD will submit received feedback to the BCGNO, who will consider it in their decision whether to maintain our community's name of Madeira Park, or change it to Salalus, as proposed by the Sechelt Indian Band.

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high tide?	Park Shopping Centre open?
□ a. Beaver Island	□ a. 1960
□ b. Loon Island	□ b. 1968
$\square$ c. Eagle Island	□ c. 1973
□ d. Bear Island	□ d. 1977
2. Which of the following plants is native to British Columbia?	5. Name of the restaurant that sat across the highway from the Kleindale gas station?
□ a. Common periwinkle	□ a. Kleindale Kitchen
□ b. Scotch broom	□ b. Crossroads Grill
□ c. Common elderberry	□ c. Garden Bay Bistro
☐ d. Giant hogweed	□ d. Sprigg's Country Restaurant
3. Sandy island off the coast of Lund.	6. Who is Jerry Yuzon?
a. Savoury	☐ a. Popular entertainer
□ b. Savery	□ b. Former Mayor of Sechelt
□ c. Savory	□ c. Early settler in Pender Harbour
□ d. Savary	☐ d. Developer of the Painted Boat

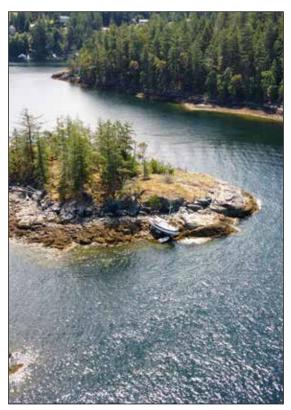
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Answers: p. 34

Less than two: Townie

Two-plus: **Newbie** 

Four-plus: **Local** 





Rvan Lee

Ryan Lee took these drone photos of a sailboat stuck on the beach of William Island at the entrance to Pender Harbour on the morning of July 17. Dave Lacey, station leader of RCM SAR Unit 61, told the *Harbour Spiel*, 'We were tasked at 6 a.m. for a report of a sailboat aground on Charles Island. We arrived onscene at 6:20 a.m. to find the vessel high and dry on Williams Island.' Lacey said that after putting a crew member ashore to investigate, 'A dog came out into the cockpit followed shortly thereafter by a groggy and confused sleepy sailor. He was quite surprised to find himself hard aground.' The man said he was new to sailing and decided to go out at night to practice navigating at night and must have fallen asleep. After assesing him for injuries, Lacey said RCM SAR members inspected the vessel for damage and ensured that he was well-provisioned to spend the day on the island waiting for high tide to refloat him later that afternoon. By 5 p.m., he motored back into Pender Harbour.

letters

### Whittaker: Editor is so young

(Re: July 2020 editorial 'How to make Garden Bay great again?')

Editor,

You're so young. What happened to Irvines Landing?

Hotel, store, fuel supplies, post office, fisheries office, community hall and school?

Everything in Pender Harbour arrived at the Irvine's Landing government dock.

For that matter what happened to Murdoch's (Indian Islands Marina), Donley Landing (Hassan's) store and school?

Always changing, not to say progressing.

Neil Whittaker

**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* 

~REST IN PEACE~

# **Shirley Bailey**

Feb. 12, 1958 - May 15, 2020

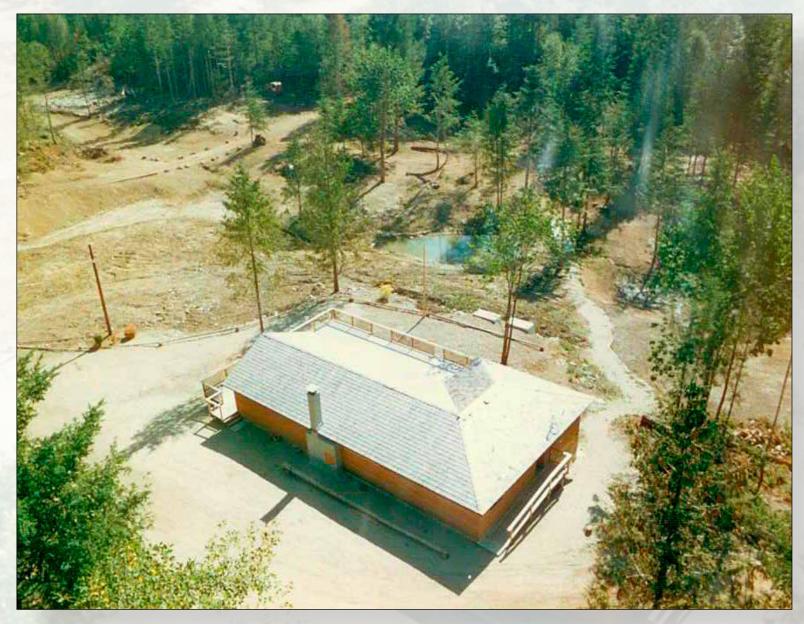
Shirley passed away suddenly at the age of 62.

She will be greatly missed by her many friends and family.

Shirley will be remembered for her generosity, humour and especially her efficiency.

Shirley spent over 30 years cleaning homes on the Sunshine Coast.

There will be no service.



Pender Harbour Golf Club

#### The Pender Harbour Golf Course clubhouse circa 1985.







submitted

The Pender Harbour Community School recently received a new entrance (a new ramp and railings) thanks to a grant from the Sunshine Coast Community Foundation. The P. H. Community School is headquartered on the Madeira Park Elementary School field and hosts a variety of services on behalf of the community including after-school programs, student and family support, nutrition programs, community recreation programs, shared-learning program and youth programs.









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# Sailing in the face of COVID: The 31st Malaspina Regatta



The start of the 31st annual Malaspina Regatta on July 4.

submitted

by Ron Badley

Though threatened with cancellation due to COVID, the Garden Bay Sailing Club kept to tradition and ran

the 31st Malaspina Regatta on July 4.

COVID-19 complications meant the regatta was up in air for this year's event but in early June it was decided the regatta was on; but with many



The winner of the GBSC's 2020 Malaspina Regatta 'by a very large margin,' was Brad Lowell on on the swift-looking Raven Lunatic.

compromises.

Worldwide, just about every sailboat race (and every other group event) has either been cancelled or postponed this year.

Regattas are fairly complex events with many facets that require getting together in groups.

It wasn't going to happen this year so the first challenge was undertaking the pre-race registration and skippers meeting by email.

After successfully managing that, the club held the race itself which wasn't too complicated due to the fact that everyone is already in their own boat.

Participants used their own crew from their personal group or sailed singlehanded.

The after-race party and trophy presentation was one of the more difficult organizational hurdles.

In all past events there has been a large dinner gathering with prizes, trophies for the entire season's worth of racing, trophies for the regatta itself and much merriment.

The GBSC commodore insisted on a very small group of regatta participants only.

John Henry's Resort and Marina graciously provided a good chunk of

Page 14 Harbour Spiel dock space for several of our racers to tie up after the race.

A brief and very COVID-responsible gathering (masks and distance) was held with only three trophies given out.

While it was quite different, a successful race was held and everyone thoroughly enjoyed the day.

Race day brought us perfect weather with mostly clear skies and a lovely breeze for the 12-nauticalmile course — a nice change from the previous days of rain.

Our local RCM-SAR 61 set the course turning marks.

#### THE RACE

The course consisted of a start line mark on a tricky ledge 40 metres down, another way out on Hospital Reef and a third on Acland Rock near Cape Cockburn.

The race got underway at 11a.m. sharp with *Canik Too*, our race committee, in command.

The start line was just outside the entrance to Pender Harbour on a line between Nares Rock and a marker near Martin Island.

In all, 26 boats ranging from 24 to 53 feet got away with no boats over the line early and no fouls — it doesn't always happen that way.

The first leg was a tight beat to the maker placed on Hospital Reef which *Raven Lunatic* rounded in the lead.

The downwind leg to Acland Rock was a little slow for the boats that chose not to fly a spinnaker.

Those with spinnakers played the angels down the course and made a nice day even better with their colourful chutes.

Once again, *Raven Lunatic* showed the fleet how it's done and

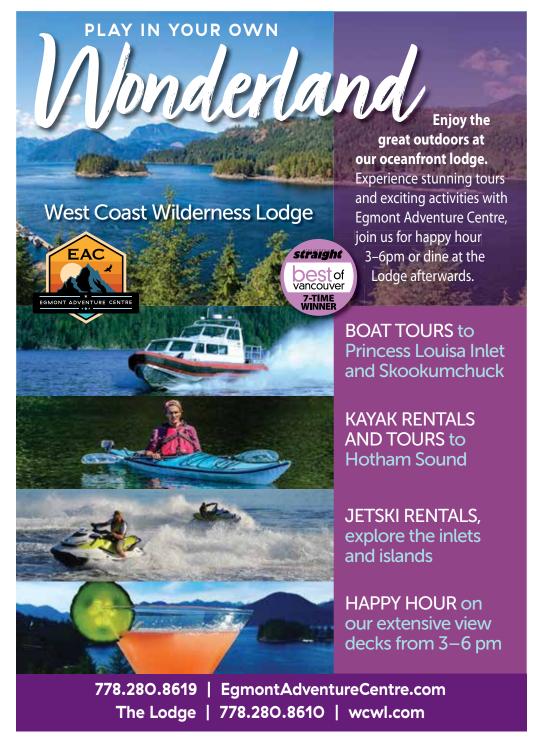
rounded the mark with a commanding lead.

The tight beat back to the mouth of the Harbour under clear skies and freshening conditions was postcard perfect.

The finish line inside the Harbour near Duncan Cove challenged most racers with fickle winds around the Skardon Islands.

First to finish, by a very large margin, was Brad Lowell on *Raven Lunatic*.

In second was Claus Sjogren on *Pretender* with *Isabelle-Marie*, owned by Allyson Nelson with Rick Reynolds on the helm, close behind in third.



# \$8°

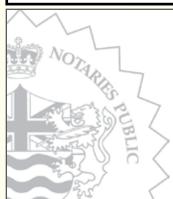
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### business directory

#### Look here first.

The Harbour Spiel Business Directory is your best bet for services from longtime and trusted community members.



#### **ACCOMMODATION**

• Pender Harbour Resort and Marina.....(604) 883-2424

• Sunshine Villa B&B.....(604) 883-2992

#### ACCOUNTING & BOOKKEEPING

• Crowe MacKay LLP.....(604) 697-9271

#### AUTO REPAIRS & SERVICE

Pender Harbour Automotive and Tire.....(604) 883-3646

• Pender Harbour Diesel.....(604) 883-2616

B

#### **BACKHOE**

• Glenn's Backhoe Services.....(604) 883-2840

#### BEAUTY SALONS

Steph's The Beauty Boutique.....(604) 883-0511

#### **BUILDING SUPPLIES**

Coast Builders RONA Madeira Park.....(604) 883-9551

Coast Builders RONA Sechelt.....(604) 885-5818

• Gibsons Building Supplies.....(604) 885-7121



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#### CONCRETE

- Nicholson Concrete Finishing.....(604) 989-2565
- Swanson's Ready-Mix Ltd.....(604) 885-9666

D.

#### DINING

- Harbour Pizza.....(604) 883-2543
- Triple B's Burger Stand.....(604) 883-9655

#### DOCK & RAMP CONSTRUCTION

• Garden Bay Marine Services.....(604) 883-2722

E

#### ELECTRICIANS

- L.A. Electric....(604) 883-9188
- Reid Electric.....(604) 883-9309

F

#### FINANCIAL INSTITUTIONS

S. C. Credit Union, Pender Harbour.....(604) 740-2662

G

#### GARBAGE COLLECTION

• Harbour Disposal.....(604) 883-9183

#### GENERAL CONTRACTOR

• Andrew Curtiss Contracting.....(604) 740-7775

#### GENERAL STORE

- Bathgate General Store, Resort & Marina.....(604) 883-2222
- Oak Tree Market.....(604) 883-2411

H

#### HAIR

• Steph's The Beauty Boutique.....(604) 883-0511

#### HARDWARE

• Coast Builders RONA.....(604) 883-9551

#### HOT TUBS

• SunCoast Waterworks.....(604) 885-6127

#### INSURANCE

• Wouter Zanen.....(604) 996-7866

**L**..

#### LANDSCAPING

• Rain Forest Gardens and Landscaping......(604) 833-9040

#### LOGGING

• Sladey Timber.....(604) 883-2435

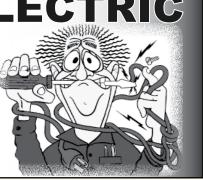
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# PENDER HARBOUR SECONDARY SCHOOL



# CLASS of 2020



**SHAYLYNN CHIASSON** 



**CARMEN FULLER** 



**AMELIA GRAY** 

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**DEREK EWEN** 



**ELLA NYA GOULETTE** 



HANNAH KENNEDY



**NELSON MACKENZIE** 



**JULIA MASSULLO** 



**EMILY MURDIN** 



**EMMA NOEL** 



**BRAYDEN ZAYSHLEY** 



M

#### MARINE HAULING

• Egmont Sea Trucking.....(604) 883-0752

#### MOBILE HOMES

• Glenbrook Homes.....(604) 883-0234

#### MOBILE MECHANIC

Mobile Mechanic Auto and Marine (Dave)....(604) 741-2286

#### MOORAGE

Pender Harbour Resort and Marina.....(604) 883-2424

<PONDER>

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BECAUSE

SOMETHING

TERRIBLEIS

PROBABLY

ABOUT

TO HAPPEN.



P

#### **PLUMBING**

• ACT Plumbing.....(604) 741-5850

#### PRINTING

• Radiant Graphics (Sechelt).....(604) 885-5212

#### PROPANE

- Superior Propane.....(877) 873-7467
- Tyee Pacific Marine Operations.....(604) 399-8688

R

#### REAL ESTATE

- Alan Stewart, Royal LePage Sussex.....(604) 740-2353
- Bev & John Thompson, Re/Max Oceanview..(604) 740-2669
- Brynelsen O'Reilly, Royal LePage Sussex.....(604) 741-1837

#### REAL ESTATE

- Lori Pratt, Royal LePage Sussex.....(604) 740-2370
- Royal LePage Sussex Pender Harbour.....(604) 883-9525

#### RECYCLING

Garbage Recycling in Pender Society......(604) 883-1165
 www.penderrecycling.ca

S

#### SEPTIC SERVICES

- AAA Peninsula Septic Tank Pumping Service...(604) 885-7710
- SunCoast Waterworks.....(604) 885-6127

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Harbour Spiel

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### business directory

#### STORAGE

• Squirrel Storage.....(604) 741-7665

#### TREE SERVICE

Pender Harbour Tree Service.....(604) 989-3624

#### TRUCKING SERVICES

- Double D Trucking.....(604) 883-9771
- KER Enterprises.....(604) 883-2154

#### **VETERINARIAN**

Madeira Park Veterinary Hospital Ltd.....(604) 883-2488

#### WATER PUMPS

• AJ Pumps and Water Management.....(604) 885-7867

#### WATER TREATMENT, PURIFICATION/WELLS

- AJ Pumps and Water Management.....(604) 885-7867
- SunCoast Waterworks.....(604) 885-6127

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- Water Purification
- Sewage Pumps



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9 a.m. - Noon

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#### organizations

#### P. H. HEALTH CENTRE AUXILIARY

The Bargain Barn's pop-up store has moved to the Legion, where people can find the usual great shopping for its selection of eclectic housewares, good reading and quality clothing. It is open Wednesdays and Saturdays from noon to 3 p.m. Watch for the grand reopening in September in the Barn's usual location, refurbished for a new season.

ORGANIZATIONS DIREC	
Chamber of Commerce, P. H. & Egmont	(604) 883-2561
Coast Guard Auxiliary, Unit 61	(604) 883-2572
Community Policing	(604) 883-2026
Egmont Community Club	
Egmont & District Volunteer Fire Department	
FLAIR Cancer Support Group	'
• FOKUS (10:30 a.m., Fridays @ PHHC)	(604) 740-1151
GRIPS (Recycling Society)	
Garden Bay Sailing Club	'
Guides, Brownies, etc.	'
Harbour Artists	
Harbourside Friendships (Thur. 10:30 -1 p.m.)	
. ,	'
Health Centre Society	
Health Centre Auxiliary	
• InStitches (last Thursday of month, 10 a.m.)	` '
• Lions Club, Egmont	(604) 883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	
Men's Cancer Support Group	, ,
P. H. Aquatic Centre Society	
P. H. and Area Residents Association	(604) 883-9205
P. H. Blues Society	
• P. H. Choir (7 p.m., Tuesday)	(778) 227-8430
P. H. Community Club	(604) 883-9900
P. H. Community School Society	(604) 883-2826
P. H. Garden Club	(604) 883-9798
• P. H. Golf Club	
• P. H. Hiking Club (8:30 am, Mon. & Wed.)	
P. H. Living Heritage Society	` '
P. H. Music Society (bookings)	, ,
P. H. Paddling Society (dragon boating)	
P. H. Piecemakers (quilters)	
P. H. Pipe Band	
P. H. Power & Sail Squadron	
P. H. Ramblers (hikers, every Tues. a.m.)	
P. H. Volunteer Fire Dept (Wed. evening)      P. H. Paading Room (library).	(604) 003-9270
P. H. Reading Room (library)	
Rotary Club (noon Fri. RC Legion No.112)      Royal Canadian Lagian No. 110	
Royal Canadian Legion No. 112	
Ruby Lake Lagoon Society	
Skookumchuck Heritage Society	
• S. C. Health Care Auxiliary (2nd Wed.,1:30 p.m.)	
Seniors' Housing Society	
Serendipity Child Care Centre	
Sunshine Coast Better At Home	
Sunshine Coast Women's Outreach Services	
Wildlife Society (3rd Tues. PHSS)	
Women's Connection (2nd & 4th Tue.)	(604) 883-0444

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### P. H. Music Society's 2020-21 concert series receives COVID trim

The Pender Harbour Music Society was formed in 1987 to "nurture, promote and enhance music, music education, and culture on the Sunshine Coast, particularly in the community of Pender Harbour." To that end, the volunteer-driven non-profit manages the Pender Harbour School of Music, a cultural melting pot for meetings, instruction and performances. Every fall, the society starts a season of monthly concerts at the P. H. School of Music that have ranged from blues to pop, flamenco to folk and jazz to classical.

Six of the planned 11 concerts this season have been cancelled. The PHMS "regrets that, due to restrictions related to the COVID-19 pandemic, and in compliance with the BC Health Officer's guidelines, the scheduled concerts for 2020 have been cancelled." The first concert to kick off the season will now take place in January 2021.

Tickets cost \$25 per concert and are available at Harbour Insurance in Madeira Park, Strait Music in Sechelt and at www.penderharbourmusic.ca. This season's (reduced) menu:

#### 1. MEAGAN & AMY

Sunday, Jan. 31, 2 p.m.



Proudly from Saskatchewan, pianist Meagan Milatz and violinist Amy Hillis are fabulously talented and fearless in their enthusiasm for programs that place European classical masterworks beside contemporary Canadian compositions.

A duo since 2011, they now play for appreciative audiences at home and abroad.

#### 2. RANGER AND THE RE-ARRANGERS Sunday, Feb. 21, 2 p.m.



Enthusiastic audiences of the Pender Harbour Jazz Festival will

be well-acquainted with this razzle dazzle band from Bainbridge Island, Washington.

Their signature sound magically melds the romance of Django Reinhardt's 1930's Paris with American swing and traditional gypsy melodies.

# 3. JAMES CAMPBELL AND THE LAFAYETTE STRING QUARTET

Saturday, March 13, 2 p.m. Sunday, March 14, 2 p.m.



If you are a longtime devotee of chamber music or a newcomer to the genre, this weekend is a must.

Clarinetist James Campbell and the Lafayette String Quartet are wonderfully generous artists whose warmth, passion and stunning skill come through in every note of their always memorable concerts — this weekend featuring clarinet fireworks by Mozart and Brahms.

#### 4. THE FRETLESS

Sunday, April 18, 2 p.m.

"Back by popular demand" accurately describes the return of this



dynamic Victoria-based group.

Since winning a Juno award for the 2017 Canadian instrumental album of the year, their performances of traditional Irish folk music have earned them international critical acclaim and an ever-widening fan base.

# 5. DAWN PEMBERTON Sunday, May, 2 p.m.



Dawn Pemberton's powerful, beautifully articulated voice and engaging stage presence invite her audience to share a musical journey through gospel, soul, jazz and funk.

Both in solo performances and in her work with well-known artists such Marcus Mosely, Dawn sings from the bottom of her heart and delivers pure joy.

August	1AM 2	2AM	зам	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3РМ	4PM	5PM	6PM	7 <b>PM</b>	8PM	9PM	10PM	11PM	12AM
Sat 01	13.3 1	3.9	14.3	13.9	12.6	10.5	8.1	5.7	3.6	2.4	2.1	2.8	4.4	6.7	9.4	11.8	13.8	14.9	15.1	14.5	13.5	12.5	11.8	11.8
Sun 02	12.2 1	3.0	13.7	13.9	13.5	12.0	9.9	7.4	5.0	3.1	2.1	2.0	3.1	5.0	7.6	10.3	12.8	14.6	15.4	15.2	14.4	13.2	12.0	11.4
Mon 03	11.3 1	1.9	12.7	13.4	13.6	13.0	11.5	9.3	6.8	4.5	2.8	2.1	2.4	3.8	6.0	8.7	11.4	13.7	15.1	15.5	15.0	13.8	12.5	11.4
Tue 04	10.8 1	1.0	11.6	12.5	13.2	13.4	12.6	10.9	8.7	6.3	4.2	2.8	2.4	3.1	4.8	7.3	10.0	12.5	14.5	15.4	15.3	14.4	13.1	11.7
Wed 05	10.6	0.3	10.6	11.5	12.4	13.0	13.0	12.1	10.4	8.2	6.0	4.2	3.1	3.1	4.2	6.2	8.7	11.3	13.5	15.0	15.3	14.8	13.6	12.1
Thu 06	10.8	9.9	9.8	10.3	11.3	12.2	12.8	12.7	11.7	9.9	7.9	5.9	4.5	3.9	4.2	5.6	7.7	10.2	12.5	14.3	15.1	15.0	14.1	12.6
Fri 07	11.1 9	9.9	9.3	9.4	10.1	11.1	12.0	12.5	12.3	11.3	9.7	7.9	6.2	5.2	4.9	5.6	7.2	9.3	11.5	13.4	14.6	14.9	14.3	13.1
Sat 08	11.6 1	0.1	9.0	8.6	9.0	9.8	10.9	11.8	12.2	12.0	11.1	9.7	8.1	6.9	6.2	6.3	7.2	8.8	10.7	12.6	13.9	14.6	14.4	13.5
Sun 09	12.0 1	0.4	9.1	8.2	8.0	8.5	9.4	10.5	11.5	11.9	11.7	11.0	9.9	8.7	7.8	7.5	7.8	8.8	10.3	11.9	13.2	14.1	14.2	13.6
Mon 10	12.4 1	0.9	9.3	8.1	7.4	7.4	8.0	9.0	10.2	11.1	11.7	11.7	11.2	10.4	9.5	9.0	8.8	9.3	10.2	11.4	12.6	13.5	13.9	13.7
Tue 11	12.8 1	1.4	9.8	8.3	7.2	6.7	6.8	7.5	8.6	9.8	10.9	11.6	11.8	11.6	11.1	10.5	10.1	10.0	10.4	11.2	12.1	12.9	13.4	13.5
Wed 12	13.0 1	1.9	10.4	8.8	7.4	6.4	6.0	6.2	6.9	8.1	9.4	10.7	11.6	12.1	12.1	11.8	11.4	11.1	11.0	11.2	11.7	12.4	12.9	13.2
Thu 13	13.1 1	2.3	11.0	9.4	7.8	6.4	5.5	5.2	5.5	6.4	7.7	9.2	10.7	11.9	12.6	12.8	12.6	12.1	11.7	11.5	11.6	12.0	12.4	12.8
Fri 14	13.0 1	2.6	11.7	10.2	8.5	6.8	5.5	4.6	4.4	4.9	6.0	7.5	9.3	11.0	12.4	13.3	13.5	13.2	12.6	12.0	11.6	11.6	11.9	12.4
Sat 15	12.8 1	2.9	12.4	11.3	9.6	7.7	5.9	4.5	3.7	3.6	4.3	5.8	7.7	9.8	11.7	13.2	14.0	14.0	13.5	12.7	11.9	11.4	11.4	11.8
Sun 16	12.4 1	2.8	12.9	12.3	11.0	9.1	7.0	5.1	3.6	2.9	3.0	4.0	5.8	8.1	10.5	12.6	14.0	14.5	14.3	13.5	12.4	11.5	11.1	11.2
Mon 17	11.7 1	2.4	13.0	13.1	12.4	10.8	8.7	6.4	4.3	2.8	2.2	2.6	4.0	6.3	8.9	11.4	13.5	14.7	14.9	14.2	13.1	11.8	10.9	10.5
Tue 18	10.8 1	1.6	12.6	13.2	13.3	12.4	10.6	8.3	5.8	3.7	2.3	1.9	2.6	4.5	7.1	9.9	12.5	14.4	15.2	14.9	13.9	12.4	11.0	10.0
Wed 19	9.9 1	0.5	11.6	12.7	13.4	13.5	12.4	10.5	8.0	5.4	3.4	2.2	2.1	3.2	5.4	8.2	11.1	13.6						
Thu 20	9.1	9.2	10.1	11.4	12.7	13.5	13.5	12.4	10.4	7.9	5.4	3.5	2.6	2.9	4.4	6.8	9.7	=		15.5				
Fri 21	8.8	3.1	8.4	9.6	11.1	12.6	13.5	13.4	12.3	10.4	8.0	5.8	4.2	3.6	4.2	6.0	8.5	$\equiv$		15.2				
Sat 22	9.0	7.6	7.1	7.6	8.9	10.7	12.2		13.2		10.5	8.5	6.6	5.3	5.1	5.9	7.8	10.2		14.5				
Sun 23		7.8	6.5	6.1	6.8	8.2	10.0		12.8			10.9	9.2	7.7	6.9	6.9	7.9	9.6		13.7				
Mon 24	11.0	3.7	6.7	5.5	5.3	6.1	7.5	9.3	11.1	12.3		12.4	11.4	10.2	9.1	8.5	8.7	9.6						
Tue 25	12.2 1	0.0	7.7	5.9	4.8	4.6	5.4	6.8	8.6	10.4	11.8	12.6	12.6	12.1	11.3	10.5	10.1	10.2	11.0	12.1	13.4	14.3	14.8	14.5
Wed 26	13.3 1			7.0	5.3	4.2	4.1	4.8	6.1	7.8	9.7	11.3	12.5			12.4		11.3						
Thu 27	13.8 1			8.6	6.5	4.9	3.9	3.7	4.3	5.6	7.4	9.3	11.2					12.7						
Fri 28	13.8 1				8.2	6.2	4.6	3.6	3.4	4.1	5.4	7.3	9.4					13.9					12.0	12.6
Sat 29	13.1 1					7.9	5.9	4.3	3.4	3.2	4.0	5.6	7.6	9.9	12.1			14.6					11.1	
Sun 30	12.2 1					9.8	7.7	5.7	4.1	3.2	3.2	4.2	6.0	8.3	10.7			14.9						
Mon 31	11.0 1	1.9	12.7	13.0	12.7	[11.5]	9.6	7.5	5.4	3.9	3.2	3.5	4.7	6.8	9.2	11.6	13.5	[14.7]	14.9	14.2	13.0	11.6	10.4	9.8

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.

# Canoe Pass:



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- Marine charts
- Fishing tackle

MERCURY





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Mark Brezer/Slo Cat Harbour Tours

Boaters and neighbours were treated to a free concert in Gunboat Bay on July 18. The Mellquist family hosted the Peter Van Deursen Trio to play on their dock and welcomed others to come by boat to enjoy the music. The weather co-operated and a dozen of more boats sat at anchor on a warm and still evening while the band played.

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.)

Harbour Seal of Disapproval to the driver (a local) stopped in and completely blocking the wrong lane on Lee Road by Lee Bay, forcing me to go around you in a blind spot to oncoming traffic.

Please think of safety for yourself and others.

Stephanie Lomax

A happy Harbour Seal of Approval to **Sue Campbell** for donating three of her famous homemade lemon meringue pies to the Christ Redeemer Church's "Best ever live auction."

The pies brought in the fabulous sum of \$100 each.

Nick and Jayne Loenen

Multitudinous Harbour Seals of Approval to the P. H. Community Club and the P. H. Legion for being super supportive during these unusual COVID times. Thanks also to our Bargain Barn customers for not delivering donations until we have a safe donations policy in place.

Karen Wells Bargain Barn

A Harbour Seal of Approval to the S. C. Community Foundation for a grant for repairs to the P. H. Community School. The Harbour Learning Centre has a new entrance ramp and railing plus some overall touch-ups.

Francine Clohosey P. H. Community School

#### Take some time for YOU.



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- Frozen shoulder & carpal tunnel
- Muscle strain & whiplash
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DATE-TIME-SIZE (small, medium, large, extra large)
EBB (-), FLOOD (+) - Standing wave is best on large flood (tide flowing into Sechelt Inlet).

1. 10:45 AM -XL, 5:17 PM +XL

2. 11:36 AM -XL, 6:04 PM +XL

3. 12:20 PM -XL, 6:44 PM +XL

4. 12:51 PM -XL, 7:19 PM +XL

5. 12:40 PM -XL, 7:48 PM +XL

6. 1:06 PM -L, 8:11 PM +XL

7. 7:26 AM +M, 1:43 PM -L

8.8:29 AM +M, 2:26 PM -L

9. 9:37 AM +M, 3:05 PM -M

10. 10:41 AM +M, 4:04 PM -S

11. 11:52 AM +M, 5:24 PM -S

12. 1:05 PM +L, 6:38 PM -S

13. 2:15 PM +L, 7:49 PM -S

14. 7:12 AM -L, 3:16 PM +L

15. 8:29 AM -L, 4:11 PM +XL

16. 9:31 AM -XL, 5:01 PM +XL

.\_ .\_ .. .. ... ... ... ... ...

17. 10:21 AM -XL, 5:44 PM +XL

18. 11:04 AM -XL, 6:22 PM +XL

19. 11:46 AM -XL, 6:54 PM +XL

20. 12:29 PM -XL, 7:23 PM +XL

21. 1:17 PM -XL, 7:46 PM +XL

22. 7:38 AM +L, 2:01 PM -XL

23. 8:44 AM +L, 2:54 PM -L

24. 9:54 AM +L, 3:58 PM -M

25. 11:12 AM +L, 5:13 PM -M

26. 12:35 PM +L, 6:27 PM -S

27. 1:54 PM +XL

28. 8:03 AM -L, 3:04 PM +XL

29. 9:23 AM -XL, 4:04 PM +XL

30. 10:21 AM -XL, 4:54 PM +XL

31. 11:10 AM -XL, 5:37 PM +XL



# RACE IN CANADA

\$37,000

Average income for first-generation Black Canadians.

\$50,000

Average income for new immigrants who are not members of a visible minority.

12.5%

Unemployment rate for Black Canadians (2016 census).

7.3%

Unemployment rate for those who are not a visible minority (2016 census).

1,798

The number of criminal incidents in Canada in 2018 that were motivated by hate.

31%

In 2018, the percentage of hate crime incidents that were solved.

68%

Of those incidents, the percentage that resulted in charges laid against one or more individuals.

44%

The percentage of Canadian hate crimes in 2018 that were motivated by hatred of a race or ethnicity.

10%

Percentage of 2018 hate crimes motivated by hatred of sexual orientation.

84%

Land Bridge Control of the Control o

The percentage of persons accused of hate crime targeting race/ethnicity who were male (2010 to 2018).

~ Stats Can (2016 & 2018)

### **AUGUST WEATHER**

**TEMPERATURES (Merry Island)** 

Our average August daily high temperature is 21 C and our average daily low is 14.6 C, giving us a mean daily temperature of 17.7 C. August averages 22 days with temperatures above 18 C, and the highest August temperature recorded is 32.2 C (Aug. 4, 1961); the lowest is 8.9 C (Aug. 18, 1973).

PRECIPITATION (Merry Island)

August averages seven days with rainfall and a total of 38.1 mm for the month (the lowest of the year). The highest daily rainfall recorded in August was 42.4 mm (Aug. 4, 1962). August averages 275.3 hours of sunshine.

These are estimates only and not intended for navigation.

#### **AUGUST ASTROLOGY**



#### LEO: July 23 - August 22

Lions are idealists and romantics, honourable and loyal. Always individualistic, they are usually stylish, charismatic and flamboyant. This month, things are looking up

for yoru sign. After a rocky three mothhs, your career will soon get a boost. Be prepared to capitalize on an upcoming opportunity. Be bold in all arenas of personal growth as planetary retrograde activity is decreasing. Your life will feel like you're jogging with a tailwind — just watch ahead for dog poo.



#### VIRGO: August 23 - September 22

Virgos value knowledge highly and their methodical approach to life ensures that nothing is left to chance. Although you can be tender, your heart might be closed

to the outer world. That's too bad because this month you will find yourself under the warm glare of the spotlight. How it turns out depends on your attitude. It may feel safe and responsible to avoid the present circumstance but the time is now to accept the world as it is — a roiling mass of infection and desperate people in search of love. Overcome your fear and reap the benefits until Aug. 23.

#### BC BESTSELLERS

#### For the week ending July 18, 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 by Iona Whishaw (TouchWood Editions)
- 2. One Drum: Stories and Ceremonies for a Planet by Richard Wagamese (Douglas & McIntyre)
- 3. Edible and Medicinal Flora of the West Coast by Collin Varner (Heritage House Publish-
- by Robert Budd, illus. by Roy Henry Vickers (Harbour Publish-lishing) ing)
- 5. Cataline: The Life of BC's Legendary Packer by Susan Smith-Josephy & Irene Bjerky (Caitlin Press)

- 6. Family Walks and Hikes on **Greater Vancouver's North Shore** by Harry Crerar (Rocky Mountain Books)
- 7. Can You Hear the Trees Talking? by Peter Wohlleben (Greystone Books)
- 8. From Where I Stand by Jody Wilson-Raybould (UBC Press)
- 9. On Their Own Terms: True Stories of Trailblazing Women 4. Raven Squawk, Orca Squeak of Vancouver Island by Haley Healey (Heritage House Pub-
  - 10. Spirits of the Coast: Orcas in Science, Art and History eds. Martha Black, Lorne Hammond, Gavin Hanke, with Nikki Sanchez (Royal BC Museum)

~ Association of Book Publishers of BC

#### **AUGUST BIRTHDAYS**

- Aug. 1: Linda Drought, Kelly Marko and Jen Hardwick.
- Aug. 2: Enya Delaney and Jessica "Lu-Lu" Kammerle.
- Aug. 4: Kathleen White, Daniel White, Carol Reid, Jessica Sutherland and Gloria Keene.
- Aug. 5: Genevieve Patterson and Bill Purnell.
- Aug. 9: Shirley Adams.
- Aug. 10: Bryan Clerx and Norma Martin.
- Aug. 12: Ileana McBain, Mary White and Helga Morin.
- Aug. 13: Peter Kenny.
- Aug. 15: Shane Hennan.
- Aug. 16: Sandy Hegyi, Paul McKimm, Anna-Maria Massullo and Justin Tiefenbach.
- Aug. 17: Bob Forsyth.
- Aug. 18: Charles Dougan.
- Aug. 20: June Reeder, Glen Spencer, Helga Thiele and Rachel Wilson.
- Aug 21: Kory Francis and Klisala Harrison.
- Aug. 22: Buzzard Edwardson.
- Aug. 23: Kelly Reid.
- Aug. 25: Aubree Daniel.
- Aug. 27: Warne Clay, Kailee Yablonski and Danette Raaflaub.
- Aug. 28: Wilma Thompson, Mike Ough and Brent Metcalfe.
- Aug. 29: Karen O'Leary.
- Aug. 30: Donna Hobson, Megan Watters, Barbara Loften and Roman Rand.
- Aug. 31: Eric English, Bryce Higgins, Corinne Gamble and Lillea Hohn.





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

#### REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

• Monday (alternate), Tuesday, Thursday, Friday

#### Ellen Luchkow, RMT (778) 888-2012

• Monday (alternate), Wednesday, Saturday, Sunday

#### **PHYSICIANS** – (604) 885-2257

Drs. Forgie, McDowell & Robinson

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

#### **CHIROPRACTORS** – (604) 883-2764

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.

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

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### Isolated, anxious or sad? Get some fresh air

Michele Pearce, RN

Trying to live our healthiest life during a world-wide pandemic has its challenges.

It may lead some to feel isolated, anxious or depressed.

Luckily, we are fortunate to live in a paradise overflowing with opportunity to enjoy nature.

For those unable to go for a walk, hike or cycle, simply spending time outdoors listening to the symphony of birds provides welcome therapy.

There are endless opportunities on land and water to take in all that our little slice of heaven has to offer.

Over the past decade, especially the last couple of years, there has been much research published pointing to the benefits to one's physical, emotional and psychological well-being when exposed to "green space."

You don't have to live in the middle of the forest to reap the benefits.

There is evidence that living near a park and taking time to spend a couple of hours a week there improves one's mental well-being.

If you're stuck about where to go, visit www.vancouvertrails.com/regions/sunshine-coast.

The more time spent on the ocean, in the forest or even gardening in your yard the happier and more content you will be.

In fact, studies show that regular use of natural settings can reduce mental health problems by up to 50 per cent.

Time spent in nature can have a measurable effect in providing relief for many health issues, including:

- Anxiety;
- Depression;
- Irritability;
- Insomnia;

- Tension headaches;
- Indigestion;
- Muscle tension;
- Reducing the amount of cortisol (stress hormone) present, and
- Boosting endorphin and dopamine levels (chemicals released from the brain that contribute to a feeling of happiness).

But sometimes we may need something more.

If you have been experiencing feelings of sadness or anxiety for more than a couple of weeks or if you have been feeling overwhelmed by these emotions, contacting your family doctor would be a great first step.

For additional help, the following mental health supports are available for Sunshine Coast residents:

- Mental health support line (604) 310-6789;
- Vancouver Coastal regional distress line (604) 872-3311;
- Sunshine Coast/Sea to Sky Distress Line 1 (866) 661-3311;
- Seniors Distress Line (604) 872-1234;
- Online chat service for youth www.youthinbc.com (noon to 1 a.m.);
- Online chat service for adults www.crisiscentrechat.ca (noon to 1 a.m.)
- Anywhere in BC 1 (800) SUICIDE, or 1(800) 784-2433.

The Caregiver's Support Group which is a peer-led program offering support to those providing care to family members or loved ones in the home.

A "Caregiver's Support Group" meets every Thursday from 1 to 2:30 p.m.

For further information please call the Pender Harbour Health Centre at (604) 883-2764.



PHAFC PHSI PHCS



# Connect with us!

Keep up to date about when the Pender Harbour Aquatic & Fitness Centre will re-open and more!

View www.scrd.ca/myrecreation for updates.

Receive the Recreation e-Newsletter by subscribing to www.scrd.ca/newsletter-signup.

Like us on Facebook:

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

Thank you for your continued support and understanding.

PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

On lower level of PH Secondary School:

13639 S. C. Hwy. 604 885-6866

phaquatic@scrd.ca www.scrd.ca/myrecreation



# PENDER HARBOUR AQUATIC & FITNESS CENTRE MAINTENANCE WORK

A new circulation pump is being installed in the main pool at Pender Harbour Aquatic & Fitness Centre.

This will allow the water in the pool to circulate more efficiently, resulting in energy cost savings.



# PENDER HARBOUR SENIORS INITIATIVE

Sponsored by:

**Smart Fund** 

HARBOURSIDE FRIENDSHIP PROGRAM

Sponsored by:

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

FOR INFORMATION OR TRANSPORTATION,

CALL MARLENE: (604) 883-9900

#### CARPET BOWLING: Wednesdays, August 5, 12, 19 & 26

At both the Egmont & Pender Harbour Community Halls, 1-3 pm. Cost \$3.

#### CHAIR YOGA: Fridays, August 7, 14, 21 & 28

At the Pender Harbour Community Hall, 10:30 – 11:30am with Carole Logtenberg. Improve your balance, strength & flexibility with gentle moves Cost: \$3

#### HARBOURSIDE FRIENDSHIPS: Thursdays, August 6, 13, 20 & 27

Thursdays drop-in program. Outside behind the hall. If weather is not co-operative, we will move inside. Everyone is asked to bring their own folding chair and packed lunch.

Thursdays outside behind the P.H. Community Hall at 10:30am:

August 6 - Bocce Game

August 13 – Music with Ken Johnson

August 20 – "Possibilities for the Fall" with Ann Hopkins from Capilano Elder College

August 27 - Music with Eddy Edrick

# **AUGUST EVENTS FOR SENIORS!**



PENDER HARBOUR COMMUNITY SCHOOL

#### HARBOUR LEARNING CENTRE

5012 Gonzales Road Box 232 Madeira Park, VON 2H0

604.883.2826 phcs@dccnet.com

### LOOKING FOR COMMUNITY INFO?

Childcare ~ Churches ~ Cultural Groups ~ Festivals & Events Schools ~ Fire, Policing, Government ~ Heritage & Nature Health ~ Marine ~ Non-Profit Enterprises ~ Recreation Social & Community Clubs ~ Seniors Supports ~ Service Groups

# Community Resource Directory for Pender Harbour & Egmont

Learn all about our community groups ~
who to contact ~ where to volunteer ~ how to get involved
how to connect to services ~ a great resource for folks new to
the community and long-timers too

# www.pendercommunity.ca

Pender Harbour Community School Your Information & Referral Specialists

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# Sinclair Bay: A who's who of Hoo-Hoos (Harbour Spiel, May 1996)



By Al Lloyd

The bay got its name from Bertrand William Sinclair, Bill Sinclair as he was known to those who were fortunate enough

to be acquainted with him.

Bill was born in Scotland in 1881 and moved with his family to the Northwest Territories at the age of eight (at that time the Northwest Territories was everything west of Manitoba to the Rockies).

They settled in Regina — "Pile of Bones," as it was known locally — and at that time cattle were replacing the buffalo as farmers from the south pushed onto the fertile plains with their herds of longhorns.

Before Bill reached his teens he was tending a small herd and at the age of 14 he decided to go on his own.

He rode south and found work as a cowboy in the Billings area of Montana.

There he met Betty Bower, an author of cowboy novels who had success with her book *Chip of the Flying U*.

Bill decided that if a woman could write about cowboys, he could

too.

A brief attendance at Stanford University polished up his English (he had little prior schooling).

For some years he wrote novels and short stories for the pulp magazines of the day on the cowboy life.

Before World War I he moved to the BC Coast and wrote novels of the area like *Big Timber* and *Down the Dark Alley*.

He acquired a boat, the *Hoo-Hoo*, and explored the coast, gather-

The

ing material as he went.

His writing was going well and it provided him with the finances to convert the *Hoo-Hoo* into a troller.

It seemed that the life on the water and the fishing was crowding out the writing.

Much of Bill's writing reflected his op-

position to war and its waste of of life and effort.

I am not sure when Bill Sinclair, with his wife Ora, finally moved to

Pender Harbour but he was well established by 1943.

(Editor's note: According to Betty Keller's *Pender Harbour Cowboy*, Sinclair purchased a three-acre lot in Pender Harbour in 1923.)

His boat *Hoo-Hoo*, with an owl painted on the steady sail, was part of the off-season Harbour scene.

Bill had a great gift of friendship. He was always ready for new ideas, new people, new adventures and a

drink of whiskey. He had a great voice and with the advent of the radio-telephone on fishing boats, he would broadcast news and views in his inimitable way to his fellow fishermen.

Bill lived to be 91 and his passing left a real gap in the fabric of the local and coastal fishing community.

Twenty-five years after his death. he is still

fondly remembered by those who had the privilege of knowing him.

Seems they just don't make many people like Bill... pity.

Pender Harboun Cowboy Betty C. Keller

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Note: Betty Keller's 2000 book, *Pender Harbour Cowboy*, is a well-researched and very interesting history of Bertrand Sinclair's life.

Pender Harbour figures prominently in the book offering a fascinating history of the area as it does Sinclair himself.

*Pender Harbour Cowboy* is available at local bookstores.

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# Richard (Rick) Dale Northcott Cooke

**AUGUST 25, 1960 — JUNE 21, 2020** 



Rick Cooke died in Sechelt at the age of 59.

He was born in Calgary but grew up in Fort McMurray.

He is predeceased by his father Richard Dale Northcott Cooke, his mother Elizabeth Martha Cooke, and brother Darryl Charles Ashley Cooke.

He is survived by his brother Gerald (Jerry) Cooke, his ex-wife Jenny, many cousins, friends and supporters.

He came from an illustrious and rather eccentric family.

In his earlier years he was a drummer and a guitarist and played in many bands.

The family bug is boats, and he

was infected severely.

Cooke loved the water and tended to always have a collection of boats of various description.

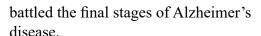
Workwise, he spent his time repairing things, whether industrial kitchen equipment or marine equipment.

And of course, doing anything on the water.

Cooke was known as quite the character and was well-liked.

His ashes will be scattered on the ocean and a wake will be held in August if possible, given the current circumstances.

# Bruce Faulkner JUNE 6, 1936 — JUNE 7, 2020

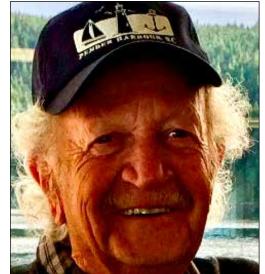


Faulkner was born in Vancouver where he attended Vancouver Technical School and became an auto mechanic and proprietor of Bruce's Automotive at Vernon Drive and Hastings Street.

In 1990 he and wife, Dorothy, built their dream home in Garden Bay overlooking the ocean where he could be close to his love of fishing and boating.

Faulkner was an avid outdoorsman enjoying hiking on the coast and fishing and hunting at his lakeside log cabin in the Cariboo.

He will be remembered for his kind gentle smile and his willingness to lend a hand to his many friends.



Bruce Faulkner died on June 7, on the day after his 84th birthday.

He spent the last 11 months at Shorncliffe care home where he received excellent care and respect as he

**OBITUARIES:** The *Harbour Spiel* publishes obituaries without charge as a long-standing 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.

He leaves his wife, Dorothy of 61 years of marriage, his daughter Selena Todd (Rick), grandchildren Ben and Emmi, son Paul (Lisa) and sister Jeanette Bradley and family.

There will not be a service at this time.

Donations in his memory may be made to the Pender Harbour Health Centre to support caregivers of Alzheimer's patients.



3 cords of fir firewood split to 16" lengths

Call Sieg @ (604) 741-2039

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

# **AUGUST**

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

Sun. Aug. 2.....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Thurs. Aug. 6........Harbourside Friendship (bocce game) - P. H. Community Hall, 10:30 a.m.

Sun. Aug. 9....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Mon. Aug. 10......Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon

Thurs. Aug. 13.......Harbourside Friendship (musician Ken Johnson) - P. H. Community Hall, 10:30 a.m.

Sun. Aug. 16....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Thurs. Aug. 20.......Harbourside Friendship (Ann Hopkins) - P. H. Community Hall, 10:30 a.m.

Sun. Aug. 23.....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

Mon. Aug. 24......Pender Harbour food bank pickup (all clients) - P. H. Community Church, noon

Thurs. Aug. 27.......Harbourside Friendship (musician Eddy Edrick) - P. H. Community Hall, 10:30 a.m.

Sun. Aug. 30.....Live music on the patio - Clubhouse Restaurant, 3 to 5 p.m.

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



# FERRY DEPARTURES

The Harbour Spiel will resume posting the ferry schedules after summer.

Until then, please check www.bcferries.com for frequent

Intil then, please check www.bcferries.com for frequent schedule updates due to COVID-19.

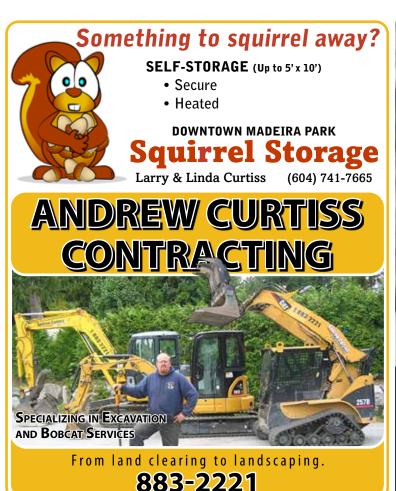
Crossing time: Langdale 40 min./Earl's Cove 50 min. Ticket sales end 10 min. before sailing for foot passengers, 5 min. before for vehicles. See www.bcferries.com for information on added sailings during peak periods.

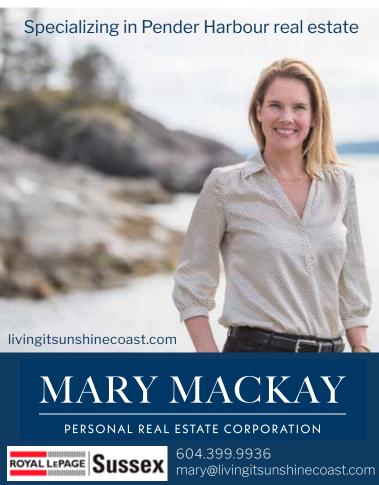
To comment on ferry service, contact MLA Nicholas Simons: (604) 741-0792 (Sechelt constituency office) or *nicholas.simons.MLA@leg.bc.ca* 

"Don't handicap your children by making their lives easy."

~ Robert A. Heinlein

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August 2020 Page 35

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johnhenrysresortmarina.com

