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HARBOUR SPIEL

FEBRUARY 2014
ISSUE 278



No injuries or arrests reported at BC Ferries protest
(story p. 6)



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Editor

Brian Lee

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- Sechelt Public Library

Contributors

This month we thank: Kathy Bergman, Francine Clohosey, Theresa Kishkan, Frank Mauro, and Shane McCune.

Cover photo: BC Ferries protest in Madeira Park Jan. 18.. (Brian Lee photo.)

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NEXT ISSUE MAILS FEB. 27

editorial

The glass is filling

By Brian Lee



At the risk of being labelled “a glass is half full” kind of guy, I’m going to step out on an alder limb and say the worst is behind us.

There are a few cautious signals that things are picking up on the Coast.

I know it’s possible that, after six years of pay cuts, my observation is distorted by the prism of lowered expectations.

If that’s so, it’s also forced me to accept a few things.

Like many, I recognize clearly the pattern of seasonality that is to be the future for our area.

To that I’m reluctantly resigned.

For instance, I’m barely fazed by the fact that this issue contains the fewest number of pages I’ve ever sent off to be printed.

But now, confident in the pattern of local commerce, I know the number of pages will rise in direct proportion to the angle of the sun’s arc.

I take a little comfort in knowing my business isn’t the only one to run lean during the winter.

Machine operators, retail stores, restaurants — we all have learned to accommodate the precipitous decline in winter business.

That may never change.

So what fuels my spurt of optimism?

Well, first of all, if you’re reading this, you have survived one of the hardest economic periods in living memory.

In Darwinian terms, you are “fit.”

And while others may have moved on, you have managed to cling to one of the nicest places to live (according to a *Harbour Spiel* readers poll) in all of North America.

It doesn’t have Fort McMurray’s employment rate but our lungs don’t hurt when we breathe either.

If our community was a stock, analysts would describe it as having “value” — we’ve been battered but our fundamentals are still sound.

And things *are* looking up.

I’ve heard rumours about some realtors calling 2013 the best in half a dozen years for home sales.

The recent turnover in ownership of a few local businesses promises to inject some fresh enthusiasm into our micro-economy.

And though I haven’t heard of Apple or Amazon shortlisting Kleindale as a site for their new international headquarters, I have received an unusual number of calls from new business people moving to the area.

For the most part, they are small but they decided to move *here*.

Don’t go out and buy the Land Rover just yet because if things are turning around — if we’ve finally hit the bottom — then it means we’re still at the bottom.

But at least we have something that seemed to all but evaporate in the last few years — hope.

It’s February, spring is right around the corner and this summer will be the busiest ever.

We have improved and improving water systems, limitless recreation opportunity, excellent health-care infrastructure and still plenty of industrial potential.

People are quietly moving here and they are going to want your house and you will sell it to them for more than you paid.

You will get more work.

Our schools will grow.

It’s not over yet.

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if it's not in the Spiel.



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spiel picks

P. H. LEGION VALENTINE'S DAY DINNER: Feb. 14

Three courses of delicious lovin' with the soothing sultry sounds of acclaimed pianist Ken Johnson and vocalist Robin Edgar. Tickets costs \$25 and with limited availability, you better get them quick from the Legion or Harbour Insurance.

COMMUNITY POT LUCK AND PHCC AGM: Feb. 24 - 6 p.m.

Come out break bread with fellow community members, share your food and meet new people. Stay for the P. H. Community Club annual general meeting immediately after and add your voice to one of the more essential volunteer-run societies in Area A. Guest speaker Dave Crosby, SCR D manager of utility services, will update the community about our water system upgrades. The P. H. Community Club manages the community hall and property in downtown Madeira Park and has been responsible for hosting countless events since the 1950s.

photojournal

How many lawyers...
...does it take to change a light bulb?

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And one to sue the ladder company.



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Glen Bonderud photo

The Pender Harbour Rotary Club filled the golf course clubhouse with whisky fans on Jan. 11 for their annual Rotary Hop Scotch event. Here the evening officially gets underway with the piping in of the Scotch. The evening was MC'ed by Dr. Rick Smalley. Smalley was joined by Dan Volway, Macallan's representative and brand ambassador who gave an overview of the Macallan brands. Rotarian John King stood as auctioneer. Money raised will support local youth, our local community and the Rotary International 'Polio Plus' campaign to eliminate polio around the world.

PHSS community 'welcomes the wood'

Two halves of a massive cedar log were ceremonially prepared for a carving project at the Pender Harbour Secondary School on Jan. 13.

The carved logs will eventually welcome visitors at the entrance to the school but before carving begins, Coast Salish tradition dictates the wood and the site must be purified.

Carver Arnie Jones and students were joined by teachers and guests as members of the Sechelt and Squamish Indian Bands honoured the event with traditional songs and storytelling in the gymnasium.

All moved out to the entrance of the school to witness the PHSS students move one of the 25-foot logs into the carving shed.

The logs were then ceremonially cleansed with cedar bows by shishalh women before moving back in to the gymnasium for a traditional feast.

The poles will replace the two that previously stood at the entrance, constructed by PHSS students in the 1970s.

Principal Paul Bishop says the final design of the carving project is still being contemplated by students and the carver. Bishop says that, when completed, the installation will be part of a larger upgrade to the entrance.

The school is currently undergoing interior renovations and its exterior will be repainted as early as this summer.



Brian Lee photo

Carver Arnie Jones guides students as they carry one of two massive halved cedar logs into the hut where it will be transformed into one of two welcoming poles that will adorn the entrance to Pender Harbour Secondary School.



Brian Lee photo

Shishalh members purify the logs outside Pender Harbour Secondary School as carver Arnie Jones and about 150 spectators look on.



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Area A adds voice to opposition of BC Ferries cuts and fare hikes

One day after a 3.5-per-cent fare hike went into effect, large groups of protesters showed their irritation with BC Ferries by lining the side of the Sunshine Coast Highway on Jan. 18.

The protest was organized by the BC Ferry Coalition, which opposes BC Ferries' proposed service cuts.

The protests were staged in a number of spots along the highway including Earls Cove and Madeira Park.

Over 30 people and a fire truck greeted traffic along the highway at the entrance to Egmont Road and over 90 people set up at the entrance to Madeira Park.

In Madeira Park, Frank Mauro, Area A SCRCD director, prefaced the protest with some background:

"We discuss this on a constant basis [at the SCRCD] and there's a lot of documents being produced but this just shows we have the support going forward," said Mauro.

"If the ferry system isn't economical and doesn't allow the traffic, our economic ideas are just impossible to implement."

It's been estimated that over 1,000 people took part throughout the Sunshine Coast.

In November 2013, BC Trans-



Brian Lee photo

Close to 100 protesters kept it light as they greeted cars at entrance to Madeira Park on Jan. 18. This location was one of seven on the Sunshine Coast where people gathered to voice displeasure about BC Ferries proposed service cuts and fare hikes.

portation Minister Todd Stone announced a proposal to cut 6,900 sailings per year on 16 minor routes.

Stone said most of those sailings were identified as running at roughly 20 per cent of capacity or less.

Locally, BC Ferries plan to cut the last round trip daily from the Earls Cove/Salter Bay run year-round while nipping the first round trip sailing from the Langdale run during off-peak months.

The cuts, which are to take effect in April, will coincide with an-

other 4-per-cent fare hike added to the recent 3.5-per-cent hike that went into effect Jan. 17.

April will also mark the end of seniors' free passage (not including vehicle) when travelling Monday to Thursday with the discount slashed to 50 per cent on all routes.

Stone also said that "BC Ferries will also implement further changes to the major routes prior to April 2016 to achieve \$4.9 million in savings. Minor and northern routes will not be affected by these changes."

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Sale pending for the Garden Bay Pub

It looks like the Garden Bay Hotel may have new owners, but not yet.

Longtime owners of the historic pub and restaurant, Ron and Marita Johnson, have a deal in place with all subjects removed and a deposit but the new owners requested an extension to the completion date from Jan. 15 to March 15.

At that time, the Johnsons hope to retire.

Ron and Marita Johnson purchased the Garden Bay Pub in 1982 and have already sold it once.

During the 1990s, they self-financed a purchaser but when the new owner couldn't keep up with the payments, the two were forced to re-assume management of the operation.

Ron Johnson says he still be around helping the new owners during the transition.

Johnson says he and Marita will still continue to be involved with many of the community events that are associated with the Garden Bay Hotel including the annual fishing derby, golf tournament, Rotary Art Auction and the Show and Shine.

"But probably the biggest concern is what is going to happen to the music. I have people who don't even come in concerned about what is going to happen to the live music," says Johnson.

"These folks (the new owners) said they don't want to see anything change."



Brian Lee photo

The iconic Garden Bay Hotel and Marina has been sold. Owners Ron and Marita Johnson expect to hand over the keys on March 15.

SEEKING INVESTOR/PARTNER

For a major music festival (contemplating headliners Deep Purple and Jimmy Buffett) on the Sunshine Coast during the last weekend of August 2014.



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**Royal Canadian
Legion #112**

NON-MEMBERS ALWAYS WELCOME

Pender Legion hoping to revitalize itself

The Royal Canadian Legion Branch No. 112 has voted in a new board and with it a renewed commitment to to revitalize the hall and the experience of its members.

Walt Wickson was president of

the board for five years and recently stepped down.

Incoming president Pat Wenger says the board held elections this past December

“A lot is new in the sense that we’ve had a lot of changes at the branch that some people might not be aware of,” says Wenger.

“We’ve got new faces behind the bar and in the kitchen.”

Wenger says the board recognizes there is a gap in the community after the Grasshopper Pub fire and they plan to offer expanded hours for lunch and dinner between Wednesdays and Saturdays.

Wenger estimates the branch has seen about 30 new members since the fire in September.

“We welcome new membership. We need to grow the branch and we’re vital to the community,” says Wenger.

“There are benefits to memberships that I don’t think people are aware of.

Memberships cost \$45 per year which allows voting and signing in four guests.

Members also receive affiliate corporate discounts through Legion partners like Accent Inns, Carlson Wagonlit Travel and Dell Computers.

At the same time, Wenger says the board recognizes the interior might be considered a little “drab” and she hopes plans to renovate the interior will re-establish the Legion as a desirable place to visit.

“We’ve already changed the lighting and plan to update the decor, which has to go through approval at the membership level,” says Wenger.

“But, you know, give it a nice atmosphere for events and to sit and relax and feel comfortable in.”

Sleep Apnea?

Many people — and their partners — suffer from snoring and that may be a symptom of Obstructive Sleep Apnea. Snoring, daytime sleepiness and fatigue are all commonly reported OSA symptoms.

Sleep apnea occurs when the airway tissues collapse and block the airway, thereby reducing the supply of oxygen to the body and brain during sleep. Long term effects of OSA can include heart attack, stroke, high blood pressure, memory and cognitive impairment, diabetes and car accidents. The risk of developing OSA rises with increased body weight, smoking and age.

In patients with OSA, each pause in breathing can last from 10 seconds to several minutes and may occur 5 to 30 times or more an hour. Sleep apnea is often diagnosed with an overnight sleep test called a “sleep study” which is used to determine disease severity and to decide what type of therapy to use.

Currently, the preferred method for treating sleep apnea is with a Continuous Positive Airway Pressure, or CPAP, machine which forces the airway open using pressurized air pumped via a mask into the throat.

While extremely effective, the CPAP machine can also be very uncomfortable leading to poor long term patient compliance. For mild and moderate cases, an oral appliance can be used to reposition the mandible forward, thereby preventing the collapse of the tissues around the airway.

The first step in determining if you have sleep apnea is by getting your doctor to order a sleep study. If you have any questions please ask the friendly staff at Pender Harbour Dental who can help you get the process started towards getting a better nights sleep.

Note: On CPAP, bed partners get an average of 62 extra minutes of sleep per night!



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Madeira Park Elementary School buzzing through the winter

After a busy end to 2013, principal Barry Krangle predicts there'll be little rest for students at Madeira Park Elementary School in the New Year.

Krangle still bubbles effusively about his school's record at the recent district volleyball championships at Elphinstone Secondary.

The tournament attracted 28 girls teams and 13 boys teams from schools on the Sunshine Coast.

"Both our boys and girls teams did very well coming home with three consolation final victories and the Grade 6 girls B division championship," said Krangle.

Krangle says that Literacy Week, Jan. 6 to 1, was the dominant event this past month with activities including a parents' advisory committee-sponsored pancake breakfast where each student received a book.



Barry Krangle photo

Keno Krangle (middle) is a trained 'reading dog' who attended Literacy Week. He was so effective, principal Barry Krangle said he might even get his own class next year.

This month Krangle and the staff at MPES are focused on the Olympics, which will see the school divide into 10 teams representing various countries with an opening ceremony.

The students will then compete in a variety of mock events such as a pseudo-biathlon event on the school field with cardboard skis.



Thank you for shopping in Pender Harbour this Christmas!

The Chamber sponsored "Light up the Community" contest was a huge success for its first year!

Winners (prizes donated by your local businesses were):

1. **Bill Hunsche & Barb Watt** ~ 4733 Billy Goat Rd.
2. **Cindy Schroeder & Rob Stiglitz** ~ 4575 Esquire Rd.
3. **Bruce & Donna Brown** ~ 4541 Rondevue Rd.
4. **Richard & Tanya Massullo** ~ 12558 Warnock Rd.
5. **The Bogerts** ~ 4339 Sea Otter Rd.

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Guardian

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Looking ahead...



By Frank Mauro,
Area A Director

BC FERRIES

I was encouraged to see the participation at the BC Ferry Coalition rally on Jan 18.

The great turnout reflects the level of concern residents have regarding the increased costs of ferry travel.

What is particularly evident is that people clearly object to the way BC Ferries' commercial and vehicle rate increases are a serious and growing impediment to the economic health of the entire Sunshine Coast.

The ferry corporation, from its inception in 2002, has been put in the impossible position of providing a service, retire a massive debt and recovering most of the fare costs.

The fare and service policies BC Ferries has had to make to meet their mandate limit tourism, one of our main economic drivers, and increase our costs of goods and services.

The last five-year trend of fare escalation causing decreased ridership and fewer economic opportunities must be reversed.

We, as residents, subsidize the highway system in the entire province through taxation and then we must also pay most of the costs of our marine highway system.

It must be communicated to the provincial government that this inequity is unacceptable.

Ferry transportation is part of the highway system for ferry-dependent communities such as ours.

There are ongoing discussions between local governments of these

communities and the BC government to impress upon the premier and ministers that the governance and funding of the system needs revision.

Support from residents is critical to this effort — more information and discussion papers can be found at www.bcferrycoalition.com.

BUDGET AND 2014 LOOK FORWARD

Round one budget discussions for the regional district start on Jan. 20.

The third and final round will be March 10, 11 and 12.

There are scores of budget proposals to evaluate.

Listed here are the items having the most visible effect on Area A:

- Construction of the resource recovery facility for dealing with solid

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

Infrastructure Services Committee
February 13 at 9:00 a.m.

Community Services Committee
February 13 at 1:30 p.m.

Regular Board
February 13 at 7:30 p.m.

Special Infrastructure Services Committee
February 14 at 9:30 a.m.

Special Corporate and Administrative Services Committee - Round 1 Budget Review

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-2014.

February 17, 18, 19 and 21 at 9:00 a.m.

Planning and Development Services Committee
February 20 at 9:30 a.m.

Corporate and Administrative Services Committee
February 27 at 1:30 p.m.

Regular Board
February 27 at 7:30 p.m.

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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waste and recycling including MMBC implementation.

- Seismic and safety upgrades for the McNeill Lake dam structure.
 - Universal metering for North and South Pender water systems and several water main replacements.
 - South Pender Harbour water treatment plant completion.
 - Bikeway/walkway construction of the Madeira Park to P. H. Health Clinic connector along Lily Lake (some hurdles yet to be overcome).
 - Pilot project along with HMB (economic development) joint funding proposal working with Progress Plan/Community School.
 - Possible joint use project including the Pender Harbour Fitness and Aquatic Centre and School District 46 for a geothermal heating system to reduce operating costs.
 - Area A official community plan review (will be looking for strong community participation to form a review committee).
 - Possible public transit trial as defined in the transit future plan for Area A (may delay to evaluate use of Lagoon Society community bus operation).
 - Continue to press the provincial government for resolution of the private dock issue in Pender Harbour.
 - Support the possible inclusion of Skookumchuck Rapids as a UNESCO World Heritage site (met with MP John Weston), and
 - Extension of a regional park on Nelson Island.
- Region-wide issues include:
- Cell phone and internet coverage coast-wide, especially along the highway and the Egmont area (meeting with MP Weston and provincial industry ministry already occurred);
 - Economic development con-

sultation regarding the SCRD's Hillside Industrial Park in Port Mellon.

- Increased penalties for development permit/variance/building permit infractions, and
- Determining and budgeting for the implementation priorities of the recently completed parks and recreation master plan.

OPEN DISCUSSION

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

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

GRIPS.

GARBAGE RECYCLING IN PENDER SOCIETY

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2. In 2013 the GRIPS bottle depot returned \$99,316 to patrons and donated \$82,927 to subsidize Area A recycling while diverting many tons from the garbage landfill.
3. B.C. has ordered the SCRD to close the Pender Landfill by December 2014.
4. All residents will be paying extra to haul every tin can, milk container, glass jar and each bit of cardboard, plastic, and compost to the Sechelt Landfill.

DO YOUR SHARE. YOUR NEIGHBOURS EXPECT IT.
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ORGANIZATIONS DIRECTORY

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• Bridge Club	883-2633
• Chamber of Commerce, P. H. & Egmont	883-2561
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Club, Egmont	883-1379
• Community Club, Pender Harbour	741-5840
• Community Policing.....	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• 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. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-1366
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• Piecemakers (quilters, 1st & 3rd Wed. 10 a.m.).....	883-9762
• 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.....	883-2022
• Sunshine Coast SHROOM.....	883-3678
• TOPS (Take Off Pounds Sensibly).....	883-3639
• 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

organizations

P. H. WOMEN'S CONNECTION

Wear red to honour the past and celebrate Valentine's Day on Feb.11 for the Women's Connection 15th birthday celebration. Bring your oldest and best memories of Women's Connection to share, and celebrate Women's Connection history. Lots of fun and fellowship for this very special annual event — there will be cake, too.

On Feb. 25, join Adrienne Fox of Truffles Café and Confectionary in Gibsons as she shares her secrets to producing the café's delicious scones and pastry. There will be samples, too. Both meetings are at 10 a.m. at the P. H. School of Music in Madeira Park.

S. C. BETTER AT HOME SEEKS VOLUNTEERS

Better at Home is a program designed to help Harbour seniors stay living at home but we need volunteers. Most of us will be using this service in the future. Pay it forward now so the program will be in place down the road when you need it. Call (604)883-2022 to apply for friendly visiting, transportation of clients (50 cents/km) grocery shopping, and more.

P. H. LIVING HERITAGE AGM

The Pender Harbour Living Heritage Society annual general meeting is on Monday, Feb. 24, at 2 p.m. at Sarah Wray Hall (the old Irvines Landing School) at the corner of Irvines Landing Road and Hotel Lake Road. We'll report on our past year's activities, offer a sketch of future plans and give everybody a cup of coffee and a sneak peak at the nearly complete renovations to the old schoolhouse.

P. H. WILDLIFE SOCIETY AGM

The Pender Harbour Wildlife Society will meet on Feb. 18 at 7:30 p.m. at Pender Harbour Secondary School. This is the annual general meeting of the society. Annual reports and election of officers will take place. Our speaker will be Anayansi Cohen-Fernández.

Cohen-Fernández is a biologist and reclamation specialist. She has extensive experience in ecological and reclamation research, reclamation and restoration planning and implementation, environmental consulting, teaching and community stewardship. She recently relocated to Gibsons and is delighted to be part of the Sunshine Coast Wildlife Project, a group dedicated to wildlife protection, habitat restoration and community outreach. Cohen-Fernández will give a presentation about owls, focusing on the western screech-owl (coastal kennicottii subspecies), and how we can help this precious and threatened species.



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Brooks Eagles swoop in for two basketball games vs Sakinaws

Two basketball teams from the Arbutus Coast crossed Jervis Inlet to take on Pender Harbour Secondary last month.

Brooks secondary junior boys team faced off first against Pender's team who suited up for the game with only one extra player on the bench.

Pender went up early but Brooks' rebounding kicked in and stole nearly everything that rattled off the boards.

It made all the difference, allowing Brooks to come back to tie it at 10 points each to start the second quarter.

A couple of three-pointers and good ball movement looked to turn things around for Pender but the Eagles' rebounding kept them in it to end the half with the visitors up, 27-24.

The third quarter was much the same with Brooks boosting their lead to 31-39.

Pender's two big men, Cameron Biddulph and Angus Venalainen, both fouled out leaving the team with only four players to start the fourth quarter.

Playing a man down, the Pender duo of "Jordan squared," (Jordan Haines and Jordan Kammerle) took the game to the floor, dribbling down and shooting as much as they could.

They won the final quarter 20-18 but it wasn't enough as the game ended 51-57.

Haines was the top scorer with 30 points and Kammerle with 12.



Brian Lee photo

Dani Pazur (1) streaks in for a layup, netting two of her 19 points in a game that Pender won handily, 53-43.

The senior girls played next.

The girls scored plenty but they were also polished rebounders, taking command of the glass at both ends and allowing them a lead of 25-17 at the half.

The Brooks girls couldn't match Pender's aggressive defence which often forced the visiting team to commit turnovers and rushed plays.

The third quarter ended 42-29.

But just as it looked like a win was assured, Brooks came out charging in the fourth.

After many fouls and free throws, Pender was still standing

when the dust settled and won the game 53-43.

Dani Pazur led the Sakinaws with 19 points and Nadine Jay-Reid had 14.

ALL WELCOME:

Carpet bowling

Every Wednesday at P. H. Community Hall. Drop-in between 1-3 p.m.

Walking Club

Meet at P. H. Aquatic Centre for Feb & March every Friday at 10:15 a.m.

Bring clean runners, exercise wear and water bottle for gym and a swim suit for later. Cost approx. \$5.

Lunch Club

Feb. 17: Ricky's (Sechelt) - 11:30 am.

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

Feb. 1	12:17 pm -L
Feb. 2	1:09 pm -L
Feb. 3	1:57 pm -XL
Feb. 4	2:44 pm -XL
Feb. 5	8:05 am +L, 3:30 pm -XL
Feb. 6	8:41 am +L, 4:19 pm -XL
Feb. 7	9:32 am +M
Feb. 8	10:35 am +M
Feb. 9	11:49 am +M
Feb. 10	8:20 am -S, 12:57 pm +M
Feb. 11	9:11 am -M, 1:46 pm +M
Feb. 12	9:51 am -M, 2:30 pm +M
Feb. 13	10:25 am -M, 3:11 pm +M
Feb. 14	10:57 am -M, 3:51 pm +L
Feb. 15	11:28 am -M, 4:32 pm +L
Feb. 16	11:57 am -L
Feb. 17	12:26 pm -L
Feb. 18	12:55 pm -L
Feb. 19	1:26 pm -L
Feb. 20	2:02 pm -XL
Feb. 21	7:47 am +L, 2:44 pm -XL
Feb. 22	8:41 am +L, 3:28 pm -XL
Feb. 23	9:50 am +M, 4:33 pm -XL
Feb. 24	11:16 am +M
Feb. 25	7:47 am -M, 12:32 pm +M
Feb. 26	8:45 am -M, 1:33 pm +L
Feb. 27	9:36 am -M, 2:27 pm +L
Feb. 28	10:22 am -L, 3:19 pm +L

These are estimates only and not intended for navigation.

THE DAYS OF FEBRUARY

FEBRUARY BIRTHDAYS

Feb. 1 ~ **Randy Rayment and Earl Stewart.**
 Feb. 2 ~ **Mary Cochet, Jennifer Jones and Paola Stewart.**
 Feb. 3 ~ **Chloe Campbell and Lorna Rousseau.**
 Feb. 4 ~ **Susan Hardie.**
 Feb. 5 ~ **Rick Hartley and Roland Fritz**
 Feb. 6 ~ **Lachlin Rand.**
 Feb. 9 ~ **Joyce Garbers and Jackie Crowell.**
 Feb. 10 ~ **Wendel Welander and Eddie Smith.**
 Feb. 11 ~ **Cody Pantages, Scott Smith and Chris Garbers.**
 Feb. 12 ~ **Ab Haddock and Tony Rabachuk.**
 Feb. 14 ~ **Dolly Clayton, Steve Morton, Christine Fenn and Elsie**

Rennie.
 Feb. 15 ~ **Shawna Lee Edwardson.**
 Feb. 16 ~ **Irene Boyd.**
 Feb. 17 ~ **Dot Farrell, Daniel Dore and Jessica Munro.**
 Feb. 18 ~ **Dr. Rick Smalley.**
 Feb. 19 ~ **Don & Joan McDougall.**
 Feb. 21 ~ **Ron Pratchett, Ryan Phillips, Helen LeBlanc and Cathy Silvey.**
 Feb. 22 ~ **Chelsea Scoular.**
 Feb. 23 ~ **Evelyn Cumming and Donna Campbell.**
 Feb. 24 ~ **Debbie Rand.**
 Feb. 25 ~ **Bruce Haines.**
 Feb. 27 ~ **Neale Smith and Rick Jones.**
 Feb. 28 ~ **Nolan Percival, Trevor Morin, Bob Walsh, Erin Fraser and Sharlene Gamble.**

FEBRUARY ASTROLOGY

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. You feel like socializing and being friendly. It is important to bank this joy because 2014 will bring terrific stress and hardship. So, for now, try to relax.

PISCES: FEB. 19 - MAR. 19

Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Pisceans are often religious or mystical. Keep your health strong from the very start of February to be sure you stay in strong shape for work demands at month's end. Financially, and in real estate, you will do so well you will need to pinch yourself. On Feb. 6, be sure to have some champagne chilled.

FEBRUARY WEATHER

TEMPERATURES, MERRY ISLAND

Our average February daily high temperature is 7.5 C; average low is 3.4 C, giving us a mean daily temperature of 5.5 C. The highest February temperature recorded is 14.3 C (Feb. 27, 1986); the lowest is -10.1 C (Feb. 13, 1990).

PRECIPITATION, MERRY ISLAND

February should have about 85.7 hours of bright sunshine (the most since October), 16 days with measurable rainfall and one day with measurable snowfall. February should have a total rainfall of 97.9 mm and a total snowfall of 6.7 cm. The highest February daily rainfall recorded is 49 mm (Feb. 11, 1983); the highest February daily snowfall recorded is 22.9 cm (Feb. 15, 1983).



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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.)

A Harbour Seal of Approval to **John, Phil & Mike of Clairemont Construction, Fred from Road-Runner Plumbing, Bill Reid Electric, Don Fraser, Les Gruber, Kim Thompson, John Schroeder, Don Orchard, Randy Picketts** and all those who helped and endured the noise and disruption. Thank you.

Janet Thomas

Bargain Barn Expansion Committee

To the **sponsors, donors and attendees** to the Rotary Hop Scotch on Jan 11. A very large thank you for your continued support over the years, you know who you are. We could not do it without you and the community is better for that support.

Glen Bonderud

A Harbour Seal of Approval to **Dianna Degraff, Carol Goodwin, Crystal Goodwin, Heather Smith, Heather Brown, Hazel Jay** and everyone else who helped make the NYE event a success. Special thanks to everyone who came out to support the Community Hall.

Michelle King

P. H. Community Club

Harbour Seal of Approval to **Rick Wagner of Lafarge (Earles Creek)** for donating five Turkeys when we were short for the Xmas hampers. Also, to **Coast Storage** for the use of their truck and **Glen Vincent** for plowing the road to the hall.

Cindy Schroeder

P. H. Lions

A big Harbour Seal of Approval to my dear friend (whom I missed in last month's approvals) **Anne Marie Kuzyk**, who got up early and made the best muffins on the Coast.

Cindy Cantelon

Harbour Seals of Approval to the **incognito Good Samaritan** who made my life much easier by letting Chris know that you found keys at GB Pub. Your act is one more example of why this place is a good place to live.

Alex Pernat

A Harbour Seal of Approval and a big thank you to **all those who so generously donated baking** to our sale on Nov. 30.

Muriel Cameron

P. H. Community Club

A hearty seal of approval to **Cathy Anderson, all the hardworking volunteers, the Pender Harbour Choir** and **anonymous Santas** who made the Harbourside Friendship Christmas lunch an enjoyable event.

Rose Everett

A great huge thank you to the **people of Pender Harbour who supported our food bank** run through the Community Church. The IGA has a box at the front of the store for donations and grocery tapes that benefit our clients and also the Oak Tree has a donation box.

Wendy Phillips

(on behalf of the food bank crew)

Harbour Seals of Approval to the helpers at the Serendipity Christmas craft fair Dec. 7: **Santa Bob, Chef Jennifer, Terri Scott, Kristy Roberts, Anne Pino, Oak Tree Market and Black Bill and the Madeira Firemen.**

Patti Soos, Mary Mackay and Sherri Haliday

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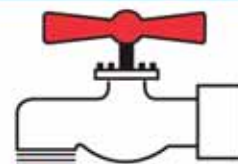


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Maureen Wright photo
The P.H. Hiking Club stumbled across this grisly scene, '... along with two bags of beer cans and an acre of shotgun shells and targets.' Who says locals don't know how to party?

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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 in the fall, trained volunteers are available. Call Kathy Bergman at (604) 883-2764.

ALCOHOLICS ANONYMOUS meets Wednesdays at 8 p.m. – everyone welcome.

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Diabetes, healthy feet and you

By Kathy Bergman, RN

Information in article was taken from the Canadian Assoc. of Wound Care brochure, "Diabetes, Healthy Feet and You."

STEPS FOR HEALTHY FEET

- Control your blood sugars.

Diabetics should monitor their daily blood sugars and get their hemoglobin A1C checked every three months. Before meals, blood sugar should be four to seven and A1C should be less than or equal to seven.

- If you are a smoker, you should get some professional help to assist you to quit.

- Exercise daily, as this is an important piece of your overall health.

CARING FOR YOUR FEET

- Check your feet for any signs of redness or blisters as this may mean your shoes are not fitting properly.

- Wash your feet daily. It is very important to dry your feet well especially between the toes. If your skin is dry, apply lotion but do not put it lotion in between the toes.

- Do not soak your feet.

- If you are unable to reach your toes or if you have numbness in your feet have a healthcare professional manage your foot care and trim your toenails for you.

FOOTWEAR FOR DIABETICS

- Shake out your shoes before you put them on. Small objects can cause pressure points on your feet and if you have numbness you may not be aware of the damage.

- It is very important to wear shoes at all times outside and inside your home.

- It is best to wear closed toe shoes as this protects your feet from injury.

- Change your socks daily.

- Buy your shoes late in the day as your feet tend to swell as the day progresses and this would give you the best fitting shoe.

- Have your shoes professionally fitted by a footwear specialist.

The staff at the PHHC will be calling diabetics to come for their HBA1C blood test every three months.

We encourage you to get this done and stay on top of your results.

At least once a year the nurse at the health centre will now be doing a quick foot screening on all diabetics, when you come for your three month blood test.

Our goal is to help keep your feet healthy.



HARBOURSIDE FRIENDSHIPS

Harbourside Friendships has moved to the Pender Harbour Community Hall.

Join the group for coffee starting at 10:30 a.m., followed by the programs listed below.

Hot lunch will be served at noon for \$10. Everyone is welcome. For information, please call Cathy at 604-883-9760.

Feb. 6: Retired Mountie Chuck Bertrand presents his book *Constable for Life* and his humorous presentation on *The Making of a Mountie*.

Feb. 13: Connect Hearing: Screening for hearing deficits. Also games galore.

Feb. 20: Sharing Circle: Current Events.

Feb. 27: Chair yoga with Judy.

PENDER HARBOUR AQUATIC & FITNESS CENTRE

February is heart month!
How do you make yours happy?

Friday Youth Night

Feb. 7, 6-9pm

Theme: February is Heart Month, how do you make yours happy? Share your answer, post a heart on our wall and you will be entered into a prize draw.

Family Day

Monday Feb. 10

Spend time together for fun and fitness. The facility will be open 1-4pm. FREE ADMISSION

Dryland Fitness Open House

NEW! Tues. Feb 11 to

Mon. Feb. 17

Drop-in to any of our dryland drop-in fitness classes for FREE! There are 8 each week!

Holistic Health and Wellness Series

Sat. Feb. 15

10:30-12:30pm \$25

How to manage and overcome stress with mindful practices. Registration required.

Swim-a-Thon

Thurs. Feb. 20, 3:15-4:45pm.

Harbour Seals Swim Club annual fundraiser for the club and the Heart and Stroke Foundation.

Zumba Fit/ Zumba Core

Feb. 19-March 12

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Let the music soothe

By Francine Clohosey

Go on.

Right now, head over to your iPod or record player and put on your favourite dance tune. Chances are you'll be feeling lighter and happier in no time.

Music, especially when upbeat, can take your mind off whatever is stressing you and help you feel more optimistic and positive. There's plenty of research documenting the health benefits of music.

Music is one of the few activities that involve using the whole brain. For example, researchers have shown that listening to music and singing can decrease cortisol levels — a hormone related with stress — at the same time as increasing immune-boosting hormones. Relaxing music reduces sympathetic nervous system activity, decreases anxiety, blood pressure, heart and respiratory rate and may have positive effects on sleep via muscle relaxation and distraction from thoughts. Research has also shown that music has the power to enhance some higher brain functioning including reading and literacy skills, spatial-temporal reasoning, mathematical abilities, and emotional intelligence.

"Listening to and playing music just feels good," says musician and artist Patti Soos.

"When someone is feeling blue, they may play or listen to a soaring, melodic piece of music, feeling the music and the experience with their whole body and being. Emotions may be released, tears may come or a song may trigger a memory from long ago. On the other hand, we have all been moved to dance when we hear an upbeat, driving rhythmic song on the radio."

Music is intrinsic to all cultures and can have surprising benefits not only for learning language, improving memory and focusing attention, but also for physical co-ordination and development.

For Soos, getting together with friends to make music is one of the greatest joys in life.

"It connects us," says Soos.

"We are smiling and laughing and blending our voices to create harmonies within us and the group.

"Gathering around a piano or a kitchen table and making music with your friends and family is an age-old tradition, something that we can benefit from especially in this age of so many distractions."

Let's face it, singing and making music is just plain old fun, and good for the heart and soul.



With this in mind, Patti will be spearheading a new initiative of the Community School by hosting a “Family Music Night” once a month at the P. H. School of Music. It’s open to everyone — bring along whomever you can — and just come for the fun of it. No experience is necessary, just a desire to share some time and music with other people.

The next music night will be on Friday, Feb. 21 from 6:30-8:30 p.m.

TOP 10 HEALTH BENEFITS OF MUSIC

- Reduces stress and aids relaxation
- Calms, relaxes and aids sleep
- Improves mood & decreases depression
- Reduces blood pressure
- Boosts immunity
- Enhances intelligence, learning and IQ
- Improves memory performance
- Improves concentration & attention
- Improves movement & coordination
- Improves productivity

PENDER HARBOUR COMMUNITY SCHOOL

FEBRUARY 2014

Grant Writing Workshop

Sat Feb 1, 1-4pm
School of Music, \$70
Find the funding for your project, present your project effectively, prepare budgets and follow up.

Soup for You! with Joi

Feb 3, 17 & 20, 6-9pm,
PHSS food room, \$10/night!
Learn the process and take some soup home to enjoy - two different soups each night.

Ladies Night at the Shooting Range

Starts Tue Feb 4 for 6 nights,
Sechelt Gun Range, \$25/night plus ammunition. Age 16+
Have fun and learn and practice safe shooting! Ladies only!

Chocolate Truffle Making Workshop

Feb 10, 6-9pm,
P. H. Community School, \$25
Learn to make Joi’s famous and delicious chocolate truffles in time for Valentine’s Day! Take home what you make.

Family Music Night

Feb 21, 6:30-8:30pm,
School of Music, \$3 (2 for \$5)
Bring songs you would like to sing or just come and join in. Will be fun and welcoming! No experience necessary - just a desire to sing. All ages welcome, 12 and under must bring an adult.

Computer Basics with Greg

Feb 11 & 18, 9:30-11:30am,
Community School, \$45
From turning on your computer to handling emails, get to know your computer — terminology, tips and tricks, email and internet basics.

Intro to Excel with Billy

Feb 12, 19 & 26, 9:30-11:30am,
Community School, \$55
Learn how to set up a simple budget spreadsheet, and perform “what if” analysis on the data.

Coming in March:

- Red Cross Babysitters Course
- Intro to Word with Billy
- Canadian Firearms Safety
- C.O.R.E. Program

**Sign up for a class by calling 604.883.2826 or drop by the Community School (at Madeira Park Elementary School):
Open Tuesday, Wednesday and Friday, 9am-4pm**



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

Two books from Halfmoon Bay's Caitlin Press probe the past and



Keith Shaw photo

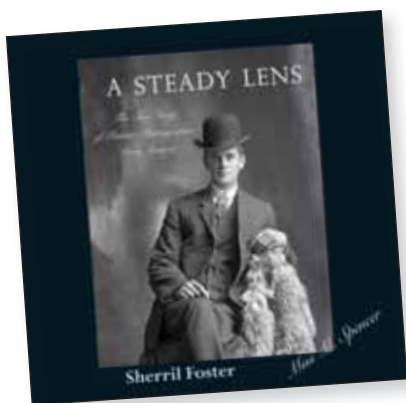
By Theresa Kishkan

In the late 1990s, I was writing my first novel, *Sisters of Grass*, set in the Nicola Valley

in the early years of the 20th century. Part of the narrative involved the capture of Bill Miner on the Douglas Plateau in 1906. I spent a fair bit of time looking at old photographs in the Kamloops Museum and I watched Phillip Borso's film, *The Grey Fox*, several times in order to have details clear in my head.

The wonderful mugshots of Miner and his accomplices were taken by Mary Spencer. She ran a photographic studio in Kamloops from 1899 to 1909. It's almost certain that the character Kate Flynn in *The Grey Fox* is based on Mary Spencer but just as certain that considerable poetic licence was used in the process. Still, the film brought attention to the area and to Mary Spencer's legacy. (I gave her a tiny role in my novel: she sells a Sanderson field camera to Margaret Stuart, my main character, and steers her toward a career in photography.)

Sherrill Foster's *A Steady Lens: The True Story of Pioneer Photog-*



rapher Mary Spencer (Caitlin Press) is an excellent source of information about Mary Spencer and her work.

Foster pieces together biographical and historical material, some of it a little scanty, to provide a fascinating study of a woman who captured the lively place she lived in, complete with its buildings (including a harness shop which has just lost its false front), its citizens (including Chinese families in traditional dress), and a

marvellous series of shots of the Miner gang — their arrival at the Kamloops jail, and their trial — taken for the *Vancouver Daily Province*.

There is such clarity in Mary Spencer's photographs. I love the views taken above Kamloops, showing the city, the huge sky above it, and the endless hills beyond. And her iconic images of Bill Miner, Shorty Dunn and Louis Colquhoun show us the men behind their reputations as bank and train robbers. Each is portrayed as an individual first — Miner politely holds his hat on his lap, Colquhoun has a slightly

enigmatic smile, and Dunn (the one who shot wildly at officers attempting to arrest him) sits awkwardly, his eyes skittish.

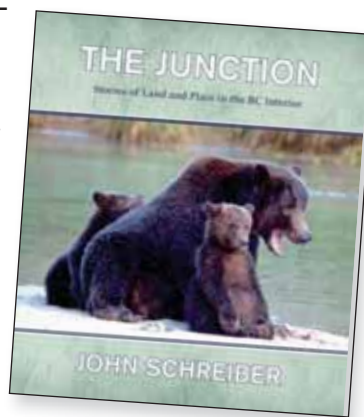
I was surprised to learn that Mary Spencer left Kamloops in 1911 for Summerland and took very few photographs after that. And the images she did make are ordinary: a house, a few family portraits, nothing as dramatic and lovely as her skies and hills, the North Kamloops ferry, the studio portrait of Anne St. Paul (daughter of Chief Lolo).

Also from Caitlin Press is John Schreiber's third book, *Junction: Stories of Land and Place in the BC Interior*. This is a collection of essays based on Schreiber's travels around the province, talking to old-timers and

walking old trails, using topographical maps, early pre-emption records, fence lines, and rumours to find his way through landscapes dotted with forgotten orchards, traces of wagon roads, and tumbled cabins claimed by and target shooters.

packrats

In the beautiful "An Ascension of Cranes," Schreiber and his partner drive up above Cawston on an Easter



COMMUNITY POT LUCK

All welcome ► P. H. Community Hall
Feb 24, 2014 at 6pm.

P. H. Community Club AGM to follow. Plus, a speaker from the SCRD, Dave Crosby, will update us on our community water system.

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present of BC's Interior

weekend, “in the open sage and along the brushed bottom of Blind Creek, high with snowmelt,” scanning the sky and listening. They hope to see something they’ve seen there before: sandhill cranes. And here’s what they see and hear:

“They fly in a long, broad stream of loose, straggling vees, one after the other, vee after vee after wavering vee of great birds winging and gabbling and talking their way up the valley. They come out of the south, from far beyond and far above the range of our sight, from empty space into existence, it seems. From nothingness to substance . . . Their low musical rattling is unique, inimitable, ages old and as immutable as the mountains and moving rivers.”

There is such care and attention in this writing. Schreiber knows his geography and his natural history but he also knows the power of myth and its own timeframe, where “we slip more easily into a kind of myth-mindedness . . . another way of seeing, one that allows us to experience and know more thoroughly the range of possibilities in this world. That range is wider than we imagine. This is a wild and watchful and reciprocal world we walk through.”

John Schreiber is a poet of that world. He takes the time to get to know the contours of the land and its history; he follows Grinder Creek and

Earl Creek, and sleeps where coyotes yip and the shadows of bighorn sheep haunt the mountainsides. His descriptions make me want to drive to the dry sagebrush country above the Fraser River right now and take my chances in the snow and moonlight for the chance to see the herd of horses at Lone Creek:

“A dark speckled grey, a small black and white pinto, at least one sorrel and the big chestnut, all playing it safe and ready to run.”

BC Bestsellers:

(For the week of Jan. 19, 2014)

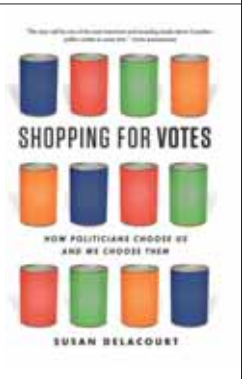
1. **Burgoo** by Justin Joyce and Stephan MacIntyre
2. **Haunting Vancouver** by Mike McCardell
3. **The Lonely End of the Rink** by Grant Lawrence
4. **Raven Brings the Light** by Roy Henry Vickers and Robert Budd
5. **The War on Science** by Chris Turner
6. **The Oil Man and the Sea** by Arno Kopecky
7. **Raincoast Chronicles 22** by David R. Conn
8. **Vancouver Was Awesome** by Lani Russwurm
9. **Salmonbellies vs. the World** by W.B. MacDonald
10. **The Girl with No Name** by Marina Chapman w/ Lynne Barrett-Lee

~ Assn. of Book Publishers of BC

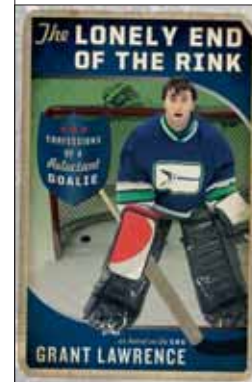
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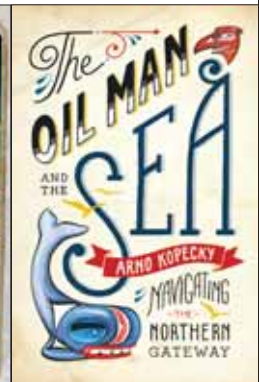
BUILDING THE ORANGE WAVE
The Inside Story Behind the Historic Rise of Jack Layton and the NDP
Brad Lavigne, with a foreword by Olivia Chow
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SHOPPING FOR VOTES
How Politicians Choose Us and We Choose Them
Susan Delacourt
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THE LONELY END OF THE RINK
Confessions of a Reluctant Goalie
Grant Lawrence
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THE OIL MAN AND THE SEA
Navigating the Northern Gateway
Arno Kopecky
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FEBRUARY

- Sun. Feb. 2.....Sunday Jam: Russell Marsland & Mark Vance - Garden Bay Pub, 2 p.m.
 Fri. Feb. 7.....Friday Youth Night - P. H. Aquatic Centre, 6-9 p.m.
 Sun. Feb. 9.....Sunday Jam: Joe Stanton & Simon Paradis - Garden Bay Pub, 2 p.m.
 Mon. Feb. 10.....P. H. Food Bank pickup - P. H. Community Church, noon
 Fri. Feb. 10.....Family Day - P. H. Aquatic Centre, 1-4 p.m.
 Fri. Feb. 14.....SoM Coffee House - P. H. School of Music, 7:30 p.m.
 Fri. Feb. 14.....Three course Valentine's Day dinner & entertainment by Ken Johnson - P. H. Legion
 Sun. Feb. 16.....Sunday Jam: Gary Comeau & Simon Paradis - Garden Bay Pub, 2 p.m.
 Mon. Feb. 17.....P. H. Seniors Initiative lunch club - Ricky's Restaurant, 11:30 a.m.
 Tues. Feb. 18.....P. H. Wildlife Society AGM - PHSS, 7:30 p.m.
 Fri. Feb. 21.....Family Music Night - P. H. School of Music, 6:30 p.m.
 Sun. Feb. 23.....Sunday Jam: Peter B3 & guests - Garden Bay Pub, 2 p.m.
 Mon. Feb. 24.....P. H. Food Bank pickup - P. H. Community Church, noon
 Mon. Feb. 24.....P. H. Health Centre Auxiliary monthly meeting - P. H. School of Music, 1 p.m.
 Mon. Feb. 24.....P. H. Living Heritage Society AGM - Sarah Wray Hall, 2 p.m.
 Mon. Feb. 24.....Community Pot Luck & P. H. Community Club AGM - P. H. Community Hall, 6 p.m.
 Thurs. Feb 27.....March *Harbour Spiel* hits the mail



FERRY DEPARTURES

~ Effective to March 9, 2014 ~

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.
 9:20 a.m.
 11:20 a.m.
 1:20 p.m.
 3:30 p.m.
 5:30 p.m.
 7:25 p.m.
 9:15 p.m.

Langdale

*6:20 a.m.
 8:20 a.m.
 10:20 a.m.
 12:20 p.m.
 2:30 p.m.
 4:30 p.m.
 6:30 p.m.
 8:20 p.m.

Earl's Cove

*5:20 a.m.
 7:50 a.m.
 10:15 a.m.
 12:45 p.m.
 4:00 p.m.
 6:25 p.m.
 8:50 p.m.
 11:00 p.m.

Saltery Bay

*4:15 a.m.
 6:35 a.m.
 9:05 a.m.
 11:30 a.m.
 2:40 p.m.
 5:15 p.m.
 7:40 p.m.
 9:55 p.m.

*Daily except Jan. 1

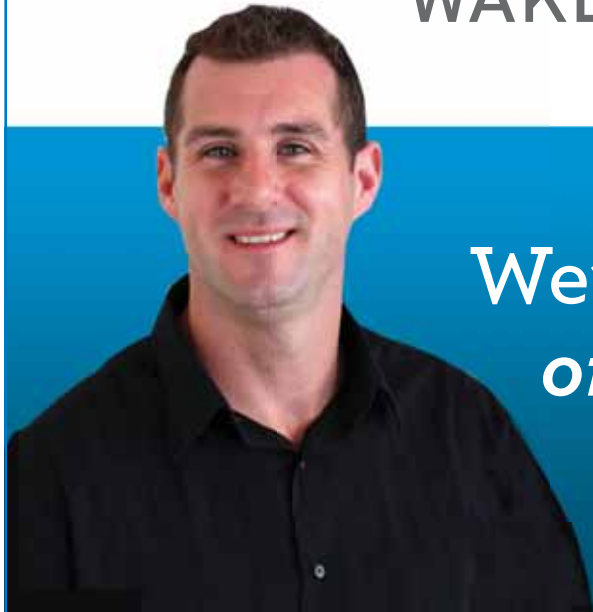
*Daily except Sunday and Jan. 1

"A kiss is a lovely trick designed by nature to stop speech when words become superfluous."

~ Ingrid Bergman

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Canucks Game? Pizza.



DATE TEAM TIME

Mon, Feb. 3....Canucks at Red Wings....4:30 pm, SNET-P
Tue, Feb. 4....Canucks at Bruins.....4 pm, SNET-P
Thu, Feb. 6....Canucks at Canadiens....4:30 pm, RDS, SNET-P
Sat, Feb. 8.....Canucks at Maple Leafs..3 pm, CBC, NHLN-US
Wed, Feb. 26...Blues at Canucks.....7:30 pm, SNET-P
Fri, Feb. 28.....Wild at Canucks.....7:00 pm, SNET-P

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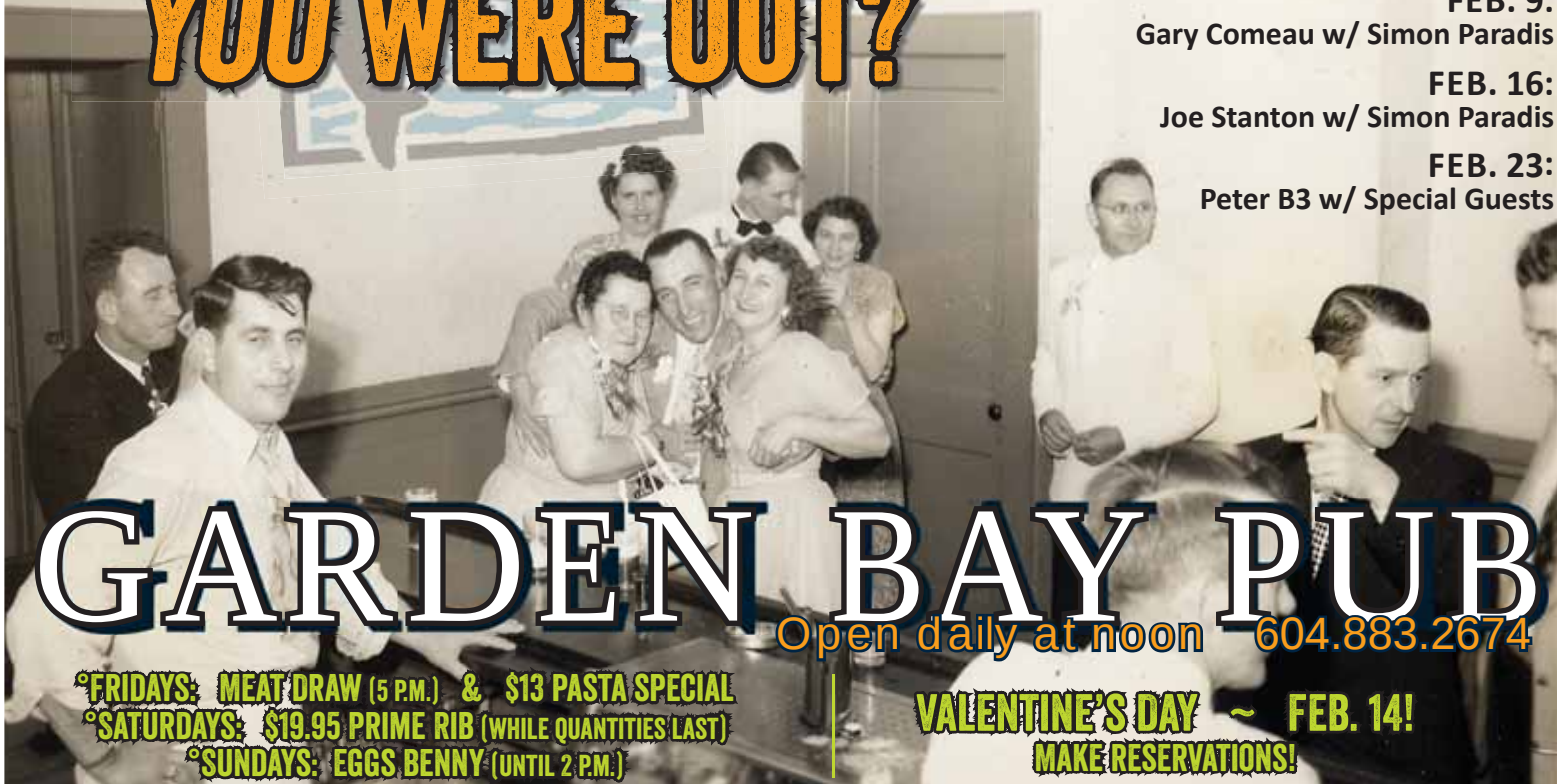
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FEB. 9:
Gary Comeau w/ Simon Paradis

FEB. 16:
Joe Stanton w/ Simon Paradis

FEB. 23:
Peter B3 w/ Special Guests

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°SATURDAYS: \$19.95 PRIME RIB (WHILE QUANTITIES LAST)

°SUNDAYS: EGGS BENNY (UNTIL 2 P.M.)

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