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HARBOUR SPIEL

August 2022
Issue 380





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EDITOR

Brian Lee

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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: Ron Badley, Leonard Lee, Robert Livingston, Shane McCune and Peter Nattall.

COVER

A Thormanby Island seagull.

(Brian Lee photo)

ADVERTISING

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(Advertising bookings before Aug. 15)

editorial

Preparing for the ride back down



Brian Lee

The Coast has experienced phenomenal growth in the past few years.

While it's left us all brimming with wealth, it has also strained access to housing and services.

But it wasn't always like this.

A fresh crop of newcomers have yet to live through a crushing downturn in our micro-economy.

As regular as promises from BC Ferries to upgrade the Langdale run, every five to 10 years or so we seem to just crawl out of a slump only to stumble backwards into another one.

Many of you have never shopped at the IGA when there weren't full check out lines.

Or known times when local restaurants reduced hours because of a lack of customers — not a lack of staff.

But bad economic stuff has suddenly blown our inflation rate up to 8.1 per cent.

In 1981, Madeira Park had three banks and inflation hit 12.5 per cent.

The Bank of Canada recently raised its overnight lending rate a full point to 2.5 per cent and is expected to raise it another 0.75 per cent or more this fall.

In September 1981, it peaked at 21.46 per cent.

Back then I didn't know what interest rates were.

I was too busy mastering long division and working odd jobs to fulfil my financial obligations to the Columbia House Record and Tape Club.

But I do remember the stress in my parents' voices when they talked money.

COVID helped drive the BoC's prime rate (the interest rate that banks use to determine the interest rates for

loans and lines of credit) to record lows of 2.45 per cent in 2020.

Since then, it has arced up to 4.7 per cent.

Nobody expects prime to hit 22.75 per cent as it did in 1981 but we have been assured that rates are rising.

That should dent our hot housing market and the construction boom we've enjoyed over the past decade.

But don't take the shotgun out to the back shed just yet.

Current momentum should fuel employment for a while as legions of baby boomers and young families continue to exit the Lower Mainland.

But it's naive to think that the Coast's established pattern of cyclical boom and bust won't show itself again.

If you haven't been through a downturn in the local economy, here's what to expect.

First, there will be a lot of excavators for sale.

They're the glorious symbol of land development but when things go south, the newcomers who flood in during the good times start selling.

In the mid-2000s, just about everyone offered excavator services.

By 2011, only the familiar local names remained.

Where the rest moved on to, nobody knows.

Probably Fort Mac.

Downturns also bring fewer visitors and shipments of goods, which frees up space on our ferries.

Consequently, locals will reacquaint themselves with lost friends and relatives who live on the other side.

Housing prices will drop and approach parity with income levels.

In turn, landlords will covet tenants again, homelessness will be eased and tradespeople will return calls.

You'll like it.



submitted

This photo of the volunteers who run Madeira Park's Bargain Barn was taken at the thrift store's volunteer appreciation tea on July 10. Despite what looks to be a robust group, the P. H. Health Care Auxiliary, the not-for-profit society that raises funds for the Pender Harbour Health Centre and operates the Bargain Barn, says it is always looking new volunteers.



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Some Gunboat Bay docks ordered to be removed by Aug. 31

The owners of at least one Gunboat Bay property have until Aug. 31 to remove their docks according to a May 18 letter from the province.

Gunboat Bay is listed as a “red zone” in the Pender Harbour dock management plan, a controversial document handed down by the province in 2018 after consultation with the shíshálh Nation.

Susan Armstrong told the *Harbour Spiel* that because she and husband Craig were in Ireland, she didn’t receive the letter until June.

The letter from Hugo Sloos, Coast area natural resource officer, said the province considers the Armstrong’s dock as “occupying Crown land without authorization.”

“The compliance review of information related to your dock or foreshore structure did not reveal any lawful justification or current authorization for the structure to occupy Crown land,” wrote Sloos.

“Additionally, the structure is not eligible for authorization as it falls within zone 1 area under the Pender Harbour dock management plan.”

An attached “trespass notice” threatens that failure to comply could bring \$1,000 in fines and removal of the structures by the province with associated costs “billed back to property owners through cost recovery mechanisms under the Land Act.”

Like most of Gunboat Bay, the province lists her property as containing a registered archaeological site requiring a site alteration permit from the archaeology branch of the Ministry of Forests before she can begin removing the dock.

Armstrong told the *Harbour Spiel* that at least four of her neighbours have received similar notices.

Armstrong knew the dock wasn’t



Susan Armstrong

Susan Armstrong’s dock in Gunboat Bay recently was ordered removed as part of the shíshálh Nation and BC government’s dock management plan.

permitted when they bought their property in 2015 but there was no way to get a permit at that time.

She said they’ve been in the dark ever since.

In 2003, the province initiated discussions about the management of docks in Pender Harbour with the shíshálh Nation at which time they announced they were issuing a moratorium on new dock applications and renewals of current tenures.

Since April 2015 when the first draft of the shíshálh Nation and province’s Pender Harbour dock management plan was released, residents questioned its politics and lack of consultation.

The DMP will eliminate many of the docks in zone 1, or red zone, (Gunboat Bay and western Francis Peninsula) while forcing dock owners in more favourable zones to rebuild theirs to meet new requirements.

Armstrong said that it wasn’t until after they purchased the property that they learned the DMP designated Gunboat Bay as an area in which “new applications for docks or boat-houses tenure will not be accepted.”

“And then, about two years ago, we got a more official letter saying, ‘We are looking specifically at your

property. Do you have any information to add?’” said Armstrong.

“So, we said we only use the dock for swimming and to launch kayaks or paddleboards.”

Armstrong’s dock dries at low tide but her property drops into the ocean steeply so, without it, there is no practical way to access the water.

In an email, a Ministry of Forests spokesperson told the *Harbour Spiel*:

“The investigation into unauthorized docks is ongoing, and more notifications for zone 1 (the red zone) may be sent out in future.

“At this time, 16 landowners (or landowner groups) within zone 1 have been sent notices for noncompliance.

“There are numerous docks and structures within the red zone that are not in violation and will not be cleared.”

When asked if an appeal mechanism is available, the ministry said:

“Yes. These trespass notices are eligible for judicial review through the BC Supreme Court.”

“I feel for our neighbour,” said Armstrong.

“She’s 78 and stays in great shape swimming and kayaking every day and now she’s been told to take her dock down as well.”



submitted

The 'pirate ship of Gunboat Bay,' *The Shandy*, was recently removed from Pender Harbour and trucked away to be demolished. Extensive rot had set in and its owner did the right thing by removing it before it became an environmental threat.

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Most burning activities now prohibited on the Coast

Effective July 15, most open burning activities are now prohibited throughout the Coastal Fire Centre's jurisdiction, which includes the Sunshine Coast.

Category 2 and category 3 open fires are now prohibited throughout the Coastal Fire Centre's jurisdiction.

This prohibition will be in place until Oct. 28, or until the order is rescinded.

A category 2 open fire refers to an open fire, other than a campfire, that:

- Burns material in one pile not exceeding two metres in height and three metres in width;
- Burns material concurrently in two piles each not exceeding two metres in height and three metres in width, or
- Burns stubble or grass over an area that does not exceed 0.2 hectares.

A category 3 open fire is an open fire that burns:

- Material concurrently in three or more piles each not exceeding two metres in height and three metres in width;

- Material in one or more piles each exceeding two metres in height or three metres in width;

- One or more windrows, or
- Stubble or grass over an area

exceeding 0.2 hectares.

Also prohibited are the activities listed below (Wildfire Act, section 12):

- Fireworks;
- Sky lanterns;
- Binary exploding targets;
- Burn barrels or burn cages of any size or description, and
- Air curtain burners.

This prohibition does not apply to campfires that are a half-metre high by a half-metre wide or smaller, or to cooking stoves that use gas, propane or briquettes.

Anyone lighting a campfire must maintain a fireguard by removing flammable debris from around the campfire area and have a hand tool or at least eight litres of water available nearby to properly extinguish the fire.

The Coastal Fire Centre covers the

area west of the height of land on the Coast Mountain Range from the U.S.-Canada border at Manning Park, including Tweedsmuir South Provincial Park in the north, the Sunshine Coast, the Lower Mainland, Vancouver Island, the Gulf Islands and Haida Gwaii.

Anyone found in contravention of an open fire prohibition may be issued a violation ticket for \$1,150, required to pay an administrative penalty of up to \$10,000 or, if convicted in court, fined up to \$100,000 and may be sentenced to one year in jail.

If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

To report a wildfire, unattended campfire or open fire violation, call 1 (800) 663-5555 toll-free or *5555 on a cell phone.

For the latest information on current wildfire activity, burning restrictions, road closures and air quality advisories, go to www.bcwildfire.ca.

photojournal



Peter Nattall

Anyone who has driven through the mess in Lower Kleindale recently probably has a theory as to what this recent edit to the Garden Bay entrance sign refers to.



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1. Who of the following has never been elected as director for SCRCD Area A?

- ☐ a. Jane Reid
- ☐ b. Myrtle Winchester
- ☐ c. John Rees
- ☐ d. Joe Harrison

2. What body of water separates the Sechelt Peninsula from Nelson Island?

- ☐ a. Hotham Sound
- ☐ b. Sechelt Inlet
- ☐ c. Jervis Inlet
- ☐ d. Agamemnon Channel

3. Known locally, what is 'Red Top?'

- ☐ a. dog
- ☐ b. fishing buoy
- ☐ c. mountain
- ☐ d. beer

4. Local family associated with mining the slopes of Mt. Hallowell in the 1940s and 1950s.

- ☐ a. Klein
- ☐ b. Reid
- ☐ c. Mackay
- ☐ d. Higgins

5. Name of the Sunshine Coast's well-known 'Cougar Lady' who died in 2002.

- ☐ a. Emilie Berg
- ☐ b. Frida Hansen
- ☐ c. Ingrid Gundersen
- ☐ d. Bergliot Solberg

6. Number of 2022 PHSS grads?

- ☐ a. 6
- ☐ b. 11
- ☐ c. 17
- ☐ d. 24

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Health centre society changes voting rules

Some are questioning recent changes to the voting structure of the not-for-profit society that manages the Pender Harbour Health Centre.

The health centre officially opened on Dec. 8, 1976 and is owned and operated by the Pender Harbour and District Health Centre Society (incorporated in 1974).

Last April, the PHDHCS passed a special resolution restricting voting on board matters to a maximum of 20 voting members.

Of those 20 voting members, eight will sit on the board of directors.

The remaining 12 will be chosen by the board and all 20 voting members get one vote on board matters.

Non-voting members can attend members meetings but not vote, and have some but not all participatory rights.

Les Falk, chair of the PHDHCS, told the *Harbour Spiel* that the BC government introduced the concept of voting and non-voting membership in 2016's Societies Act.

"Initially, non-profit societies were of the nature that they provided social services and they didn't have any business attributes," said Falk.

"As non-profits started having many more business characteristics, this broad change intended to streamline and modernize it."

As an example, Falk points to the Pender Harbour and District Health Centre Auxiliary Society, the organization that raises funds for the health centre through the Bargain Barn, which has set up a similar voting membership structure for its society.

Falk said it is hoped these changes will allow the board to react quicker to business matters by having a dedicated base from which to establish a quorum.

"It also provides the ability to utilize the voting members in committees and can provide a transition where, as people become familiar with the organization, they can be groomed for board membership," said Falk.

"So, it's an attempt to get closer involvement and a more reliable source of board members."

Falk said another key mandate of the society's governance structure is to maintain gender equity in both the board and voting membership.

Falk said the society still accepts, and encourages, non-voting members and there is no longer a fee involved.

Opponents (including a letter on p. 13) say they don't trust that PHHC business should be concentrated in so few voting members and have concerns about the lack of public consultation regarding the decision.

"Look, it's been absolutely concentrated during the time I've known it because it's just been the board," said Falk.

"In reality, this has the potential to open it up to additional contributions."

Anyone interested in applying to become a voting member can contact susann.richter@penderharbourhealth.com with questions or to request an application.

Applications are due by Aug. 31, 2022.

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Look out! The SCRD election is coming Oct. 15



*Leonard Lee
Area A director, SCRD*

Nominations for Area A director close Sept. 9 at 4 p.m. for the Oct. 15 election (advance voting is available on Oct. 5 and 12).

If you're not on the voters list and have lived or owned property in the jurisdiction for at least 30 days, you can register until Sept. 14.

Happily, my wife Linda has given me her approval to run again as director for Pender Harbour and Egmont, so I'll most likely throw my hat into the ring.

Halfmoon Bay director Lori Pratt has a strong history in Pender Harbour but will be leaving the Coast after living here for 28 years and thus not be

seeking re-election.

Elsewhere on the coast, Darnelda Siegers (SCRD director/chair and Sechelt mayor) and Alton Toth (SCRD director and Sechelt councillor) have stated they will run.

Andreas Tize (Roberts Creek), Mark Hiltz (West Howe Sound), and Bill Beamish (SCRD director and Gibsons mayor) will not be seeking re-election and are moving on to focus on other commitments and situations.

Democracy is fragile, as recent events have shown, and it's up to each of us to recognize that and, at least, vote when we have the opportunity.

For more about our regional election, see www.scrd.ca/elections.

FIRE SEASON IS UPON US

The recent Egmont wildfire showed us that, in spite of a cool and

rainy spring, risk quickly elevates with a bit of warm, dry weather.

Both droughts and wildfires are becoming more common even here on the Sunshine Coast.

Pender-Egmont is currently under an open-fire ban for all but campfires 0.5 metres high by 0.5 metres wide or smaller.

Restrictions change quickly, depending on environmental conditions, and may progress to a complete open-fire ban and possibly closures of lakes, parks and backcountry areas.

Check before lighting any open fire and note that it is illegal to burn construction waste or toxic material and garbage unless authorized by written permit.

Restrictions are described in the BC Wildfire Act, BC Wildfire Regulation, BC Environmental Management



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www.scrd.ca/transfer-station

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



New Disposal Regulations for Pender Harbour and Egmont

**As of October 1, the following
cannot be put in your garbage:**

FOOD WASTE AND FOOD SOILED PAPER

All cooked and uncooked food from food preparation or uneaten plate scrapings, paper napkins and paper towels.

Drop off Option

We are working to secure a food waste drop off option within the Pender Harbour area by October 1.

Until this drop off option is available, you are encouraged to utilize the food waste drop off at Salish Soils.

PAPER

Printed paper and paper boxes that we use for packaging.

What should you do?

Continue to bring paper to a local recycling depot.

Information on depot locations and what is accepted can be found at

www.scrd.ca/recycling-depots

Please call 604-885-6806 or email infrastructure@scrd.ca if you have any questions.



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Act, SCRD bylaw 631, and by your local fire department.

See scrd.ca/fire_rescue and www.bcwildfire.ca for more information.

To report a wildfire or irresponsible behaviour that could start a wildfire, do not hesitate to call 1(800) 663-5555 or cell *5555.

\$6 MILLION GRANT TOWARDS WATER METER INSTALLATION

Water supply is a challenge on the Sunshine Coast and water meters are proven to reduce water use by 20 to 30 per cent, so they are in our future if not here already.

Meters identify previously unknown leaks and allow more efficient repair of leaks as their location is quickly found.

Meters also allow users to reduce their consumption habits as they can see where water is being unnecessarily wasted.

The first two stages of meter installation in the North and South Pender water systems are complete, with funding provided by provincial and federal grants.

Because there were no grants available to install nearly 5,000 water meters in the Sechelt area serviced by the Chapman water system, the SCRD authorized borrowing up to \$7.2 million over 15 years, to be repaid through rate increases for everyone in

the regional water service, including Earls Cove/Egmont users.

Last month the SCRD applied for a \$6 million Canada Community-Building grant towards the universal water metering project, which will cover about 80 per cent of the costs and thus reduce the need for borrowing.

We expect a formal decision and approval before year-end, and will soon issue requests for proposals on this multi-year project partially funded by the province and slated to begin by early next year.

See scrd.ca/Water-Metering for more information, including benefits to all SCRD water-system users.

APPLIANCE DISPOSAL UPDATE

Disposal of large household appliances at the Pender Harbour Transfer Station now costs \$150/tonne and \$30/item containing freon, but we're hoping to offer the service free of charge by the end of the year.

The SCRD is in discussions with the Major Appliance Recycling Roundtable about their program for large household appliance recycling in BC, which would allow us to end the current charges.

TEXTILES RECYCLING UPDATE

GRIPS no longer accepts textiles because the Return-It textiles program was discontinued.

Clothing donated to the Bargain Barn and Egmont Thrift Store not sold to the public, previously taken to GRIPS for free recycling, will now likely be discarded as garbage at an additional expense to everyone.

The SCRD is currently exploring other options to make textile recycling available free of charge at the Pender Harbour Transfer Station and other locations.



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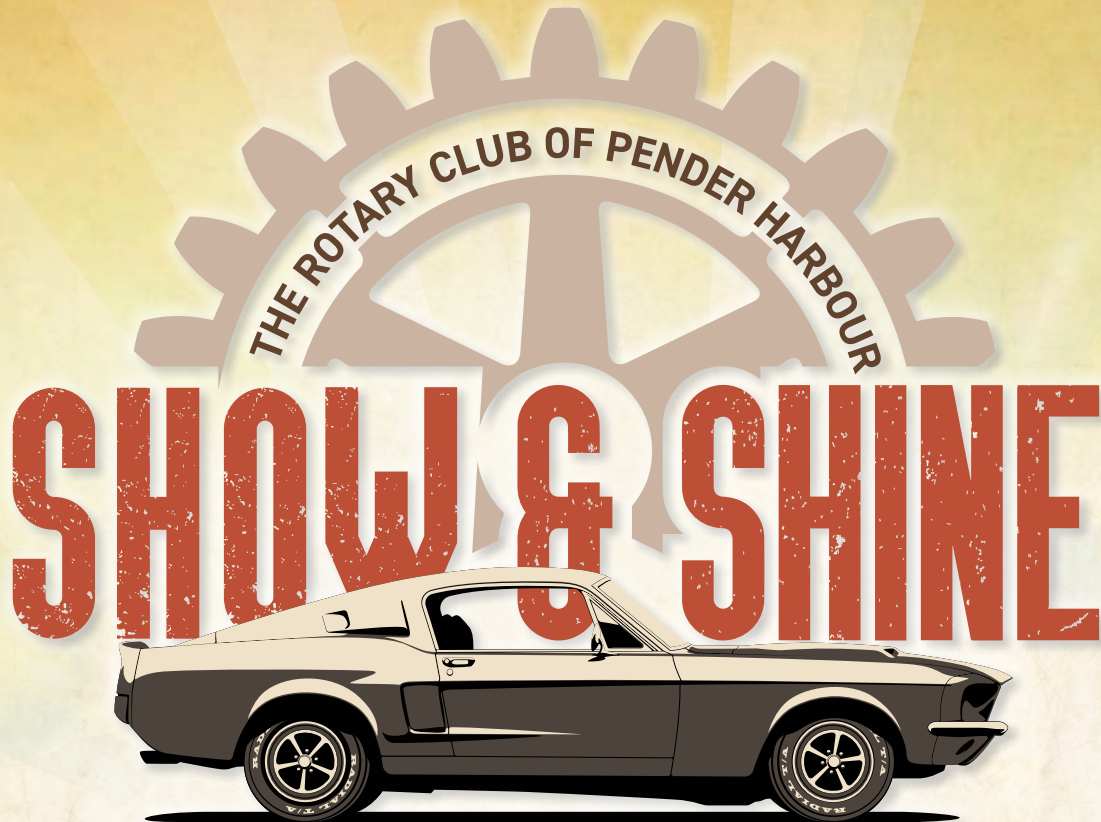
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Health centre board should explain changes to voting membership

Editor,

It has come to my attention via the proverbial “moccasin telegraph” that the board of trustees of our health centre has changed its bylaws and constitution.

I am wondering why this was necessary and if so why a public meeting wasn’t called to explain the changes to the community and allow input from the membership.

I understand that there are two kinds of membership now, voting (10) and non-voting (unlimited).

Interested parties must apply for voting membership which has to be approved by the board.

So in effect we now have eight board members and 10 voting members directing the future of the health centre with no input from the community.

The Pender Harbour Health Cen-

tre was built by the community, for the community.

These changes to the bylaws effectively leaves the community out of any decision-making regarding its future.

I feel very strongly that this is wrong and the board owes it to the community to hold a public meeting to discuss the changes.

Linda Curtiss
RN Ret.

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

seals



Note your seal of approval or **disapproval**.

By email only: editor@harbourspiel.com. Include full name and telephone number. (Editor will edit for length.)

A bark of gratitude and a community-wide Seal of Approval to **all those who helped rescue a rescue dog** who bolted from our home on the morning of July 4.

Many friends and locals (plus Susan, an SPCA volunteer from Sechelt) spent six hours or more combing the Hotel Lake and Irvines Landing area.

Roxy was reunited with her owner at about 8 p.m. Well done Pender Harbour.

Bob and Carole Stickley

Harbour Seals of Approval to volunteers **carpenter Mike Bathgate** for fixing and resealing the Chamber of Commerce’s new distance sign at Silver Sands creek and to **Joel Landry/Pioneer Tree Service** for trimming the overgrowth around it.

Your community applauds and thanks you.

Dave Milligan

P. H. & District Chamber of Commerce

A Harbour Seal of approval to **Lesley D. of Sunshine Villa B&B** for hosting the volunteer appreciation tea for the hard working volunteers of the Bargain Barn.

So thoughtful and appreciated. Watch out Empress Hotel!

Janet Thomas

A many paws salute and oodles of Seals to **Logan at Pender Harbour Diesel** for the emergency delivery of oxygen when we needed it.

Dr. Rick Smalley & the gang at Madeira Park Veterinary Hospital

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Saturday, August 13 • 2PM

- Modified Texas Scramble (P. H. Golf Course)
- Golf plus dinner at Legion — \$55 per person
- Power cart fee extra
- Prizes and fun format

Register at the Legion in Madeira Park.

Denny Bohmer

JULY 26, 1950 — MAY 12, 2022



Denny Bohmer was an eclectic, electric and generous human being.

His friends and loved ones can all attest to watching the cogs turn when Bohmer listened to a story.

He could easily dazzle with a smile often followed with that unforgettable laugh.

Bohmer was born in Whitehorse, Yukon, in the summer of 1950, the eldest child of four to Dennison and Edith Bohmer (Dickson).

He was a proud member of the Carcross/Tagish First Nation, Gaanaxte'di (Crow) clan.

Early family years were spent in Dawson Creek while his father worked for Northwest Tel and taught

his boys how to navigate the bush.

As a young man, his analytical mind found an outlet at BCIT which led to a lifelong career with BC Hydro.

One of his favourite responsibilities of the job was mentoring apprentice technicians and planning socials with his crew, especially the “team building barbecue.”

Passions included playing his guitar, jamming with friends, hockey, curling and golf.

Planning his next meal as he finished his last also kept him very busy. His creativity knew no bounds — sometimes mechanical, sometimes woodworking and even more recently windvane and pumpkin crafting.

Bohmer's favourite kind of vacation was a leisurely road trip in his custom-made truck “Ethel,” lovingly named after his mother's best friend.

He loved to meet up with all his old school pals from Fort Nelson and South Peace and visit his daughter in the Prairies.

His later years were spent enjoying the West Coast with his sweetie Susie — first in Egmont, then NanOOSE Bay and finally Parksville.

He and Sue shared a love for boating which led to new friends and the West Coast Workboat club.

Many of their weekends were also spent working and relaxing at The Edge, their special Denman Island getaway.

Bohmer lives on in his wife Susie, daughter Paige (Joel) and her mother Lynette, granddaughter Billie Violet, his only sister Zena Dee, youngest brother William, nephew Denny, nieces Kristal (Anson), Dawn and Ellen (Sean) and their sons Eddie and Arnold.

He was friend to Susie's son Yolan (Jennifer) and Grandpa Denny to their daughters Shae and Tayah, as well as to Sue's step-children, grandchildren and great-grandchildren.

His family will miss watching him meticulously prep a meal and his celebration of their successes with such pride and love.

He adored all the children in the family, taking an interest in everything they did.

His family pledges to continue to make him proud by reflecting on the joie de vivre that was so apparent in his attitude towards life.

OBITUARIES: The *Harbour Spiel* publishes obituaries without charge as a longstanding effort to recognize and record those who lived in Pender Harbour and Egmont. Submissions must be timely, include the date of birth and 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.

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Superb weather for 33rd Annual Malaspina Regatta on July 2

Ron Badley

The on-again/off-again weather turned on for the 33rd annual Malaspina Regatta on July 2.

The Saturday morning start saw 27 boats line up eager to race under a mix of sun and cloud, warmer temperatures and a good breeze.

The start line was just outside the entrance to Pender Harbour and *Canik Too*, the Garden Bay Sailing Club's committee boat, got the racers underway at 10:30 a.m.

Sailors headed into Malaspina Strait to the first of three markers laid by local RCM-SAR at Hospital Reef.

The racers enjoyed a steady beat on the first leg with *Wings II* and *Sparkle Plenty* leading the way.

After rounding the first marker, up came the spinnakers for a down-wind run to the next waypoint near Nelson Island at Acland Rock.

Ideal conditions allowed for a longer course of 18.5 nautical miles this year.

So, instead of finishing near the mouth of the Harbour, the fleet sailed back out to Hospital Reef and then back into the Harbour for the finish.

Canik Too was positioned on the finish line near Duncan Cove to give the racers a toot of the horn and record each boat's time.

As often happens while racing in the Harbour, the winds faded off and several of the boats weren't able to complete the course before the cut off time of 4 p.m., but a good time was had by all.

That evening, racers gathered at the Legion in Madeira Park for burgers, trophies and laughter.

The winner for the day was *Sparkle Plenty*.

Sparkle Plenty was first across



submitted

Winner *Sparkle Plenty* at the finish.

the line, first on overall corrected time (taking into account individual boat sailing handicaps) and was first in division one.

Pretty good for a double-handed husband-wife crew.

Division two went to John Verver on *Equanimity*.

Division three saw David Twentymann on *Peregrine* taking the trophy.

Yippee-ki-yae took division four. Full results are at gardenbaysailingclub.com.

The club thanks David Twentymann for taking on the organization of the regatta and RCM-SAR unit 61, *Canik Too* (Bill and Lyn Charlton, Carol and Bob Stickley and Brian Croft), the Madeira Legion 112 and all regatta participants.

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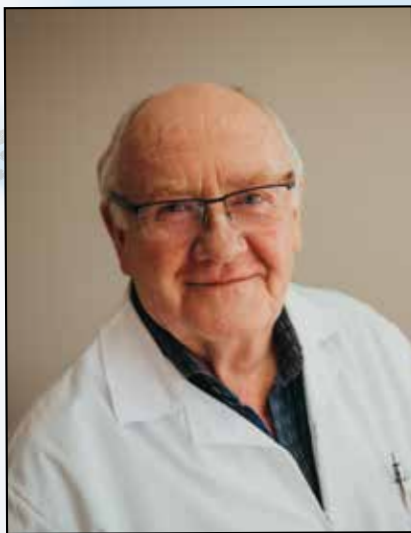
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Congratulating Dr. Rick Smalley for 50 years of dedication and love to the practice of veterinary medicine!

Local pet owners, veterinary colleagues, friends and family from across the country are congratulating and thanking Dr. Smalley for his dedication to the practice of veterinary medicine, and his love and compassion for all creatures and their caregivers.

*Thanks
Dr. Rick!*

We are so pleased to have had Rick for our veterinarian for approximately 30 years. He has been there for us looking after our three beloved family members: Sheba, Bimini and Salty.

His compassion and caring for them has and is one of the reasons we chose to have a family dog.

We will always be so grateful that we could call on him to look after them in good times and bad.

Thank you Dr. Rick Smalley!

Bob and Diane Fielding

I met Rick Smalley when I was five years old; then he moved away for 30 years until showing up in Pender in the late 1980's and we renewed our friendship where we left off.

The best part of this renewed friendship was our son, Brad, being invited to share an experience at Dr. Rick's Edmonton clinic.

Brad was 14 and an inspired animal lover. After that wonderful experience with Rick and Jan, a new veterinary student was born.

Brad carried on to a great career in veterinary, first as an emergency hospital doctor for 16 years and now moving onto animal radiology. Thanks Dr. Rick!

And to you, my friend, congratulations are due for your 50 year milestone in a very eventful life of animal care.

But, another 50 years? I doubt it!

Carol & Dennis Cotter

Celebrating a Wonderful Veterinarian

or

Why I am alive today: A letter to Dr. Smalley

It is hard for me to list all the many reasons why we are so grateful to Dr. Smalley.

As a dog I am not so fond of my visits to see Dr. Smalley which began in 2011. But I do recognize that I am alive today because of his loving care. I apologize for all the times I visited, hiding under the chair and exposing my backside for examination for all sorts of horrible ailments.

I apologize for my behaviour and for my excretions.

You always had a smiling face and I know that your calm capability was a huge assurance for my person.

A few times she was very nervous because I was very ill.

Don't eat toys.

A lesson I found hard to learn but because Dr. Smalley fixed this just in time, I am alive.

My person will be forever grateful for the loving care of Dr. Smalley.

She is my constant companion and her gratitude means a lot to me.

Even though I never showed my gratitude to you Dr. Smalley, know that in my heart of hearts I too am grateful, a bit.

Much love,

Carl Entlebucher

(and my person, Dana Brynelsen)

Dr. Smalley,

The Baum family thanks you so much for being the most compassionate and kind veterinarian doctor to all of us kids.

Our Mom, Motoko, and Dad, Rex, could always count on you and could sleep at night no matter what happens to us.

My mom asked us what we can do to thank Dr. Smalley and we have all suggested to create a nice colorful painting for you and here it is!



We hope you like the painting!

Thank you for all you do for us Dr. Smalley — we love you very much!

Hana, Choko, Jasmine, Barney, Mika, Emma,
Kiki, Gigi, Leo, Cooper and Hachi
(furry kids of Rex and Motoko Baum)

DID YOU KNOW?

1964 to
1966

- A young Rick Smalley travelled from his home on a 50cc motorcycle to Leduc, Alta., on weekends to work his first veterinary job for Dr. Roy Saito.

1966 to
1972

- Smalley completed his pre-vet program at the University of Alberta and went on to graduate from the Western College of Veterinary Medicine in Saskatoon

1972 to
1975

- Dr. Rick Smalley took his first job at Burnaby's Central Park Veterinary Hospital.
- He took up flying as a hobby after completing his pilot's licence at YVR.
- He also learned to scuba dive, making his first dives in the Egmont area.
- Survived an accidental sinking of a chartered dive expedition.



Dr. Smalley thanks his wife and daughter, staff, clients, friends, and community for the wonderful "surprise party" held in front of his office on May Day to celebrate his 50 years of practicing veterinary medicine:

The gifts, cards, cakes, and expressions of thanks are truly appreciated.

Serving this community for the past 22 years has been, and continues to be my pleasure, honour, and privilege.

Thank you all!



1975 to 1994

- Dr. Smalley moved to Edmonton and built Westbrook Veterinary Hospital while also acting as Edmonton SPCA president.
- Portrayed himself as "Doc Smalley" on the re-enactment of a historical wagon trail trek from Wainwright, Alta. to Fort Edmonton on his beloved horse Drifter. (photo, top right).
- Later, he and Jan fell in love with Garden Bay and purchased property.

1994

- Dr. Smalley sold Westbrook Veterinary Hospital and after Jan sold her company as well the two moved to Garden Bay.
- Dr. Smalley missed working with animals (and their people), so he hopped back in the saddle to work part-time as a locum on the Coast, Vancouver Island and Richmond.

2003 to present

- Built his current practice, Madeira Park Veterinary Hospital and continues to love his work and his present and past staff and clients.
- Dr. Rick Smalley is looking forward to attending his 50th year graduating class reunion in Cypress Hills, Alta., this fall.

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pender harbour tides ~ august 2022

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:



August	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Mon 01	11.3	10.1	9.4	9.6	10.2	11.1	11.9	12.3	11.9	10.8	9.1	7.2	5.6	4.6	4.5	5.3	7.0	9.3	11.6	13.6	14.9	15.2	14.6	13.4
Tue 02	11.8	10.2	9.1	8.7	9.0	9.8	10.8	11.7	12.0	11.6	10.6	9.0	7.5	6.2	5.6	5.8	6.9	8.7	10.9	12.9	14.5	15.1	14.9	13.9
Wed 03	12.3	10.5	9.0	8.0	7.8	8.3	9.3	10.4	11.3	11.8	11.5	10.6	9.4	8.1	7.2	6.9	7.4	8.7	10.4	12.3	13.9	14.8	15.0	14.3
Thu 04	12.9	11.0	9.2	7.7	6.9	6.9	7.5	8.6	9.9	11.0	11.6	11.6	11.0	10.1	9.2	8.6	8.5	9.1	10.3	11.8	13.3	14.4	14.8	14.5
Fri 05	13.4	11.7	9.7	7.8	6.4	5.7	5.8	6.6	7.9	9.4	10.7	11.6	11.9	11.7	11.1	10.5	10.1	10.0	10.6	11.6	12.8	13.8	14.5	14.6
Sat 06	13.9	12.4	10.4	8.3	6.5	5.1	4.5	4.7	5.6	7.0	8.7	10.4	11.7	12.5	12.6	12.3	11.8	11.4	11.3	11.7	12.4	13.3	14.1	14.4
Sun 07	14.2	13.2	11.5	9.3	7.1	5.2	3.9	3.3	3.6	4.6	6.3	8.2	10.2	11.9	13.1	13.5	13.4	12.9	12.4	12.1	12.3	12.8	13.5	14.1
Mon 08	14.3	13.9	12.7	10.7	8.5	6.1	4.2	2.8	2.3	2.6	3.9	5.8	8.0	10.4	12.4	13.8	14.4	14.2	13.7	13.0	12.5	12.4	12.8	13.4
Tue 09	14.0	14.2	13.8	12.4	10.3	7.9	5.4	3.3	1.9	1.4	1.9	3.4	5.6	8.3	10.9	13.1	14.6	15.1	14.8	14.0	13.0	12.3	12.2	12.5
Wed 10	13.2	13.9	14.2	13.8	12.4	10.2	7.5	4.9	2.7	1.3	0.9	1.6	3.4	6.0	8.9	11.7	13.9	15.2	15.4	14.9	13.8	12.6	11.8	11.6
Thu 11	12.1	12.9	13.7	14.2	13.8	12.4	10.1	7.4	4.7	2.5	1.1	0.9	1.8	3.9	6.7	9.8	12.6	14.7	15.7	15.5	14.6	13.2	11.8	11.0
Fri 12	10.9	11.5	12.5	13.5	14.1	13.8	12.3	10.0	7.3	4.6	2.5	1.3	1.3	2.6	5.0	7.9	11.0	13.6	15.3	15.8	15.2	13.9	12.3	10.8
Sat 13	10.0	10.1	10.9	12.1	13.2	13.8	13.6	12.2	10.0	7.3	4.8	2.9	2.0	2.4	3.9	6.5	9.4	12.3	14.5	15.7	15.7	14.7	13.0	11.2
Sun 14	9.7	9.0	9.2	10.2	11.6	12.8	13.5	13.3	12.0	10.0	7.6	5.4	3.8	3.3	3.9	5.7	8.2	11.0	13.5	15.2	15.8	15.2	13.8	11.9
Mon 15	10.0	8.6	8.1	8.5	9.5	11.0	12.3	13.0	12.9	11.8	10.0	8.0	6.2	5.1	4.9	5.8	7.6	10.0	12.4	14.4	15.5	15.5	14.5	12.8
Tue 16	10.7	8.9	7.6	7.2	7.7	8.9	10.4	11.7	12.5	12.5	11.7	10.3	8.7	7.4	6.6	6.7	7.8	9.5	11.5	13.5	14.8	15.3	14.8	13.5
Wed 17	11.6	9.5	7.8	6.7	6.5	7.1	8.3	9.8	11.2	12.1	12.3	11.8	10.8	9.7	8.7	8.3	8.6	9.6	11.0	12.6	13.9	14.7	14.7	13.8
Thu 18	12.3	10.4	8.5	6.9	6.0	6.0	6.6	7.8	9.3	10.7	11.8	12.2	12.1	11.5	10.8	10.2	9.9	10.2	11.0	12.0	13.1	13.9	14.2	13.9
Fri 19	12.8	11.2	9.3	7.6	6.2	5.5	5.5	6.2	7.3	8.8	10.3	11.5	12.3	12.5	12.3	11.9	11.4	11.2	11.3	11.8	12.5	13.1	13.6	13.6
Sat 20	13.0	11.8	10.2	8.4	6.8	5.7	5.1	5.1	5.8	7.0	8.4	10.0	11.4	12.5	13.1	13.1	12.8	12.4	12.0	11.9	12.1	12.5	12.9	13.1
Sun 21	12.9	12.2	10.9	9.4	7.7	6.2	5.2	4.7	4.8	5.5	6.8	8.4	10.2	11.8	13.0	13.7	13.7	13.4	12.9	12.4	12.1	12.0	12.2	12.5
Mon 22	12.6	12.5	11.7	10.4	8.8	7.2	5.7	4.7	4.2	4.5	5.4	6.8	8.7	10.6	12.3	13.5	14.1	14.1	13.6	13.0	12.3	11.8	11.7	11.9
Tue 23	12.2	12.4	12.3	11.4	10.1	8.4	6.7	5.2	4.2	3.9	4.3	5.4	7.1	9.1	11.1	12.9	14.0	14.4	14.1	13.4	12.5	11.7	11.3	11.3
Wed 24	11.7	12.2	12.4	12.3	11.4	9.9	8.0	6.2	4.7	3.8	3.6	4.2	5.7	7.7	9.9	11.9	13.5	14.3	14.3	13.7	12.7	11.7	11.0	10.7
Thu 25	11.0	11.6	12.2	12.6	12.3	11.2	9.5	7.6	5.7	4.2	3.4	3.6	4.6	6.4	8.6	10.9	12.8	14.1	14.4	14.0	13.0	11.8	10.8	10.2
Fri 26	10.3	10.9	11.7	12.4	12.7	12.3	11.0	9.1	7.0	5.2	3.9	3.4	3.9	5.3	7.4	9.8	12.0	13.7	14.4	14.3	13.4	12.1	10.7	9.8
Sat 27	9.5	10.0	10.8	11.9	12.6	12.8	12.1	10.6	8.6	6.5	4.8	3.8	3.7	4.7	6.5	8.8	11.2	13.2	14.4	14.5	13.8	12.5	10.9	9.6
Sun 28	8.9	9.0	9.7	10.9	12.0	12.8	12.8	11.9	10.2	8.2	6.2	4.7	4.1	4.5	5.9	8.0	10.4	12.6	14.1	14.6	14.2	13.0	11.3	9.6
Mon 29	8.4	8.0	8.5	9.6	10.9	12.2	12.8	12.7	11.6	9.9	8.0	6.2	5.1	4.9	5.7	7.4	9.7	11.9	13.7	14.6	14.5	13.5	11.8	9.9
Tue 30	8.3	7.3	7.3	8.1	9.5	11.0	12.3	12.8	12.6	11.5	9.8	8.1	6.6	5.9	6.1	7.3	9.1	11.2	13.1	14.4	14.6	14.0	12.4	10.5
Wed 31	8.5	7.0	6.4	6.7	7.7	9.3	11.0	12.2	12.8	12.5	11.5	10.0	8.6	7.5	7.1	7.6	8.9	10.7	12.5	13.9	14.5	14.2	13.0	11.1

Sunshine Coast writers' festival: There's still tix for three top picks

Biographies from Sunshine Coast Festival of the Written Arts program

It's not too late to get tickets for some of the talent appearing at the 40th running of the Sunshine Coast Festival of the Written Arts.

Here are three shows that still have seats available and promise an entertaining and thought provoking experience at Sechelt's Rockwood Centre.

But hurry — they will likely sell out before opening night on Aug. 11.

SHELAGH ROGERS - THE ROCKWOOD LECTURE Saturday, Aug. 13, 8:30 p.m.

Shelagh Rogers has been a broadcast journalist for over 40 years and is the current host of the CBC award-winning program, *The Next Chapter*.



Shelagh Rogers

She has interviewed some of Canada's big-

gest names in arts and culture while also raising awareness and funds for adult literacy initiatives.

In 2011, she was named an Officer of the Order of Canada "for her contributions as a promoter of Canadian culture."

She is a strong advocate for mental health wellness, receiving a Champion of Mental Health award, and is open about her own trials with depression.

Also in 2011, she was inducted as an honorary witness for the Truth and Reconciliation Commission and has co-edited three books on the subject: *Speaking My Truth: Reflections*



on Reconciliation and Residential School, Reconciliation and the Way Forward, and Speaking My Truth: A Journey to Reconciliation.

ALL THE NEWS THAT'S FIT TO PRINT

Kamal Al-Solaylee, Charmaine de Silva, Marsha Lederman, and André Picard with Kathryn Gretsinger
Sunday, Aug. 14, 10:30 a.m.

That's the famous slogan of the New York Times, but these days what is "news" and what is "fit" have become difficult to discern.



Kamal Al-Solaylee Marsha Lederman André Picard

Social media and other non-mainstream digital news sources have become the preferred way for Canadians to receive their news.

We read that on the internet so it must be true, right?

Globally, journalists of both mainstream and independent sources have come under attack, labelled propagandists and accused of spreading misinformation, while also being harassed, assaulted and even killed while trying to do their jobs.

Veteran broadcaster Kathryn Gretsinger will moderate an open conversation on the state of journalism and journalistic integrity in these

difficult times.

Joining her is journalist and director of the UBC School of Journalism Kamal Al-Solaylee, Globe and Mail correspondents Marsha Lederman and André Picard, and CityNews news director Charmaine de Silva.

THE FUGITIVES Sunday, Aug. 14, 7:30 p.m.

For the closing event, the festival is pleased to present award-winning folk collective The Fugitives.

Known for their high energy music, the band has hosted sold-out shows while touring North America and Europe.

Their album, *The Promise of Strangers*, won best folk record from the German Record Critics Association while also picking up multiple nominations at the Western Canadian Music Awards.



The Fugitives

Their most recent album, *Trench Songs*, reimagines the songs written in the trenches by soldiers during the First World War.

Modern melodies and instrumentation were created to accompany lyrics that speak of despair, anger, and class tensions, giving new voice to "protest" songs.

The album earned the band best vocal group and best ensemble nominations at the 2022 Canadian Folk Music Awards.

The Fugitives consists of Brendan McLeod and Adrian Glynn, songwriters and guitarists, banjoist Chris Suen, and violinist Carly Frey.

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. 30: **Donna Hobson, Megan Watters, Barbara Loftin** and **Roman Rand.**
- Aug. 31: **Eric English, Bryce Higgins, Corinne Gamble** and **Lillea Hohn.**

AUGUST ASTROLOGY

LEO: JULY 23 – AUGUST 22



Lions are idealists and romantics, honourable and loyal. Always individualistic, they are usually stylish, charismatic and flamboyant. The sign of Leo wants to see and be seen, just like the sun that rules it. Over 67% of all social media influencers are Leo, as are 100% of people at parties who yell, "Let's go streaking!" This month, the Sun, the ruling lord of the Leo zodiac sign, will transit in Leo, which should yield favourable results in different areas of life, particularly love.

VIRGO: August 23 - September 22



Virgos value knowledge highly and their methodical approach to life ensures that nothing is left to chance. Virgos have high standards for themselves, and their goal is to be perfect in everything they do, but they get frustrated when they see it's not possible and tend to lash out at their pets. It's one of the reasons people find it hard to like Virgos. This month, Saturn sits in control of your fifth house and you know what that means — more family squabbles. Watch out for your brother.

BC BESTSELLERS

For the week ending July 16, 2022

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. **Return to Solitude: More Desolation Sound Adventures with the Cougar Lady, Russell the Hermit, the Spaghetti Bandit and Others** by Grant Lawrence (Harbour Publishing)
2. **Mushrooms of BC** by Andy MacKinnon & Kem Luther (Royal BC Museum)
3. **Whitewater Cooks Together Again** by Shelley Adams (Alicon Holdings)
4. **Framed in Fire: A Lane Winslow Mystery** by Iona Whishaw (TouchWood Editions)
5. **Be a Good Ancestor** by Leona Prince & Gabrielle Prince (Orca Book Publishers)
6. **Best Hikes and Nature Walks with Kids in and Around Southwestern BC** by Stephen Hui (Greystone Books)
7. **Using Power Well: Bob Williams and the Making of BC** by Bob Williams, w/ Benjamin Isitt & Thomas Bevan (Nightwood Editions)
8. **Richard Wagamese Selected: What Comes from Spirit** by Richard Wagamese (Douglas & McIntyre)
9. **Let's Go Biking Vancouver Island** by Colleen MacDonald (Let's Go Biking)
10. **Ben the Sea Lion** by Roy Henry Vickers (Harbour Publishing)

~ Association of Book Publishers of BC



PETS

49%

Percentage of BC households that have at least one pet.

18%

Percentage of British Columbians who added a new pet to their household during the first eight months of the pandemic.

62%

The percentage of households with a pet that have a dog.

56%

The percentage of households with a pet that have a cat.

13%

The percentage of households with a pet that have a fish.

28.1 million

The total pet population in Canada in 2021.

1,881

The number of veterinarians in BC.

\$910 million

The amount British Columbians spent on pet food in 2020.

\$662.5 million

The amount British Columbians spent on vets and other pet care in 2020.

100

According to a 2019 labour study, the number of new vets that BC will fall short of each year, resulting in a cumulative shortfall of 500 vets by 2024.

~ BC Business magazine

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.

SKOOKUMCHUCK VIEWING TIMES

AUGUST

DATE-TIME-SIZE (small, medium, large, extra large)

EBB (-), FLOOD (+) - Standing wave is best on large flood (tide flowing into Sechelt Inlet).

1. 1:26 PM -XL, 8:27 PM +XL
2. 8:06 AM +M, 2:11 PM -L
3. 9:17 AM +M, 3:08 PM -L
4. 10:30 AM +M, 4:10 PM -M
5. 11:53 AM +M, 5:47 PM -S
6. 1:18 PM +L, 7:12 PM -S
7. 2:09 PM +L
8. 7:02 AM -XL, 3:50 PM +XL
9. 8:32 AM -XL, 4:48 PM +XL
10. 9:44 AM -XL, 5:39 PM +XL
11. 10:41 AM -XL, 6:22 PM +XL
12. 11:34 AM -XL, 6:59 PM +XL
13. 12:25 PM -XL, 7:31 PM +XL
14. 1:17 PM -XL, 8:00 PM +XL
15. 7:39 AM +L, 1:55 PM -XL
16. 8:38 AM +L, 2:42 PM -L
17. 9:45 AM +L, 3:36 PM -M
18. 11:01 AM +L, 4:43 PM -S
19. 12:17 PM +L, 5:49 PM -S
20. 1:32 PM +L, 7:04 PM -S
21. 7:50 AM -L, 2:39 PM +XL
22. 8:54 AM -L, 3:43 PM +XL
23. 9:44 AM -L, 4:27 PM +XL
24. 10:23 AM -L, 5:11 PM +XL
25. 10:50 AM -XL, 5:48 PM +XL
26. 11:07 AM -XL, 6:18 PM +XL
27. 11:31 AM -XL, 6:41 PM +XL
28. 12:11 PM -XL, 7:07 PM +XL
29. 12:39 PM -XL, 7:13 PM +XL
30. 7:19 AM +L, 1:25 PM -L
31. 8:14 AM +L, 2:11 PM -L

These are estimates only and not intended for navigation.



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

Rosa Seda – Hygienist

- Braces • Cosmetic Dentistry
- Restorative Dental Care Consulting
- Implants • 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

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 883-2764

Dr. Colin Sutton

By appointment only

CHIROPRACTORS – (604) 883-2764

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

- Wednesdays, call (604) 883-2764 or visit coastlinehealth.janeapp.com to book appointment

HEARING CLINIC – (604) 885-0155

Hear on the Coast

Terra Dannes – Registered Hearing Instrument Practitioner

- Full diagnostic hearing evaluations
- Fitting, cleaning, & maintenance of hearing instruments



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.

ADULT DAY PROGRAM: Dementia Care-Giver Support Group. Call (604) 883-2764 ~ Community Coordinator.

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

What you need to know if you are taking blood thinners

*Compiled by Pender Harbour Health
Centre nursing staff*

We all look forward to this time of year and part of summer's appeal is the variety of fresh greens and vegetables available from the garden.

But for some, the increased intake of vitamin K in foods from the garden can cause problems.

Folks who take warfarin (Coumadin) might find fluctuations in the results of their international normalized ratio blood tests.

This month's article is aimed at helping those on warfarin enjoy the fruits (and vegetables) of their labour, with minimal fluctuations in their INR level.

WARFARIN

Warfarin is a medication used to reduce the formation of blood clots.

It is prescribed for conditions such as irregular heartbeat, artificial heart valves, clotting in the veins, post heart attack and stroke.

Too much warfarin may lead to serious bleeding and too little will not prevent clotting.

To prevent this from occurring, your doctor will request that you have frequent blood (INR) tests.

Your doctor will determine the range of INR that is right for you and decide how frequently it should be checked.

You should take your medication at the same time everyday, and store it in a cool dry place (i.e. not in the bathroom cabinet).

There are many factors that can affect your INR including illness, heavy alcohol consumption and use of herbs and supplements.

Common over-the-counter products that can affect your INR are



Aspirin, Tylenol, ibuprofen (including Motrin, Advil, Aleve etc.) and herbs such as ginkgo, danshen and devil's claw.

All of these can increase the effect of warfarin so you need to discuss this first with your doctor.

VITAMIN K

Vitamin K helps our blood clot.

Therefore an increase in vitamin K will cause warfarin to be less effective leading to possible complications.

The best way to avoid these problems is to keep the vitamin K content of your diet consistent.

You shouldn't avoid vitamin K rich foods but simply ensure that the content in your diet remains consistent.

Should you introduce big changes

to your diet, you should inform your doctor.

OTHER SUMMER CONSIDERATIONS

Summer is also a time where we engage in new activities that may result in injury.

Be aware of injuries that result in new bruising and bleeding.

Continue to use soft toothbrushes and brush softly, as well use an electric razor if possible.

If you have any bruising or bleeding concerns, contact your family doctor as soon as possible.

If you have to see any other health care providers like specialists, emergency room physicians, dentists or pharmacists etc., make sure to tell them you are taking warfarin.

*Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program*



Service will resume September 12.

**FOR EMERGENCY SERVICE:
call Linda – 604.883.2819, Wendy – 604.883.2514 or Anky – 604.883.0033**

PENDER HARBOUR AQUATIC & FITNESS CENTRE

www.scrd.ca/pender-harbour-aquatic-fitness-centre

Annual Pool Maintenance Closure

July 30 to September 5

The facility will be CLOSED while annual maintenance work is completed.

This extends the life of the facilities and minimizes unexpected closures.

During this time, the Sechelt Aquatic Centre and Gibsons & District Aquatic Facility will be open.

THE FACILITY WILL REOPEN ON SEPTEMBER 6.

Important Information about Fall Swim Lessons

Same lessons, same price, new names!

Starting Fall 2022, Sunshine Coast Regional District swim lesson programming will transition to the Lifesaving Society Swim for Life program.

Swim for Life is a well-recognized national program with a proven track record and leads seamlessly into the Lifesaving Society's lifesaving and lifeguard training programs.

If you are planning to register someone for swim lessons this fall, get familiar with the new names.

FALL REGISTRATION STARTS ON AUGUST 17.

SWIM LESSONS WILL BE VIEWABLE ONLINE STARTING AUGUST 5.



**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.
604 885-6801**

www.scrd.ca/myrecreation

Fall Fitness Classes

Check out the upcoming drop-in and registered fitness classes that are coming this fall.

Dates and times can be found on our website starting August 5.

REGISTERED CLASSES – Register starting August 17

- Preschool Tumble Tots
- Better Balance
- Beginner Total Body & Core

DROP-IN CLASSES – Start in September

Visit the website and check the Fitness DROP-IN Schedules

- Land Meets Water
- Circuit Training
- Mat Pilates
- Morning Power Up

REGISTRATION FOR FALL PROGRAMS

Starts August 17 at 6am. Although the facility will be closed, here's how you can register for Fall programs:

- Online www.scrd.ca/myrecreation
- By phone: 604-885-6801
- In person at: Sechelt Aquatic Centre and Gibsons & Area Community Centre

GET READY FOR REGISTRATION!

- Preview Fall programs online starting August 5.
- Watch for the Coast Reporter centre page spread on August 12.
- Login or create your online account before August 17: www.scrd.ca/myrecreation

We invite you to subscribe to our
Recreation Newsletter at
www.scrd.ca/Newsletter-Signup

Follow us on facebook:
www.facebook.com/Pender-Harbour-Aquatic-and-Fitness-Centre-206667126014598



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HARBOURSIDE FRIENDSHIP PROGRAM

Sponsored by:
**P. H. Health Centre &
P. H. Health Auxiliary**

FOR INFORMATION
OR TRANSPORTATION,
CALL MARLENE:
(604) 883-9900

AUGUST EVENTS FOR SENIORS:

HARBOURSIDE FRIENDSHIPS: Thursday drop-in, 10:30am – noon

In the P. H. Community Hall. No lunch will be served at this time. We do encourage all to bring your own packed lunch to enjoy as a group following the program.

August 4 – Music from the Harp

August 11 – Jeopardy played Harbourside Friendships style

August 18 – Come learn a new game

August 25 – It's a surprise!

CARPET BOWLING: Wednesdays, Aug. 3, 10, 17, 24 & 31

At the Pender Harbour Community Hall, 1-3 pm. Cost \$3.

CHAIR YOGA: Mondays & Fridays, Aug. 5, 8, 12, 15, 26 & 29

At the P. H. Community Hall 11am – 12pm with Kristin Tracey. Cost: \$3

Improve your balance, strength & flexibility with gentle moves.

PENDER HARBOUR COMMUNITY SCHOOL SOCIETY Celebrating 25 Years in 2022 !

Did you know ...

The Community School Society has recently been certified as a **Living Wage Employer in BC**. We, along with 400 other employers across the province, are committed to paying our employees and contractors the living wage in our region. It's a small step towards poverty reduction and setting a higher standard of living in our community. More info at www.livingwageforfamilies.ca

Closed for the summer ~ reopen Tue, September 6 ~ phcs@dccnet.com ~ 883.2826

www.pendercommunity.ca

Pender Harbour Music Society's 2022-23 concert series

The Pender Harbour Music Society annual concert series kicks off this month with two concerts on Aug. 13 and 14. Tickets (\$30) are now available on the PHMS website (www.penderharbourmusic.ca) or at Harbour Insurance in Madeira Park and Strait Music in Sechelt. All concerts are held at the Pender Harbour School of Music at 12956 Madeira Park Road, Madeira Park. Music lovers are urged to check the website (www.penderharbourmusic.ca) for COVID updates on health and safety protocols. This season's menu:



Midsummer Chamber Music Weekend:

VETTA STRING QUARTET

Saturday, Aug. 13, 2 p.m.

Featuring Joan Blackman (violin), David Gillham (violin), David Harding (viola) and Zoltan Rozsnyai (cello), the Vetta String Quartet will bring to life masterworks inspired by other composers, great literature, and even famous muses.



Midsummer Chamber Music Weekend:

THE FOUR JAYS

Sunday, Aug. 14, 2 p.m.

On Sunday Joan becomes one of the Four Stellar Jays—Jane Hayes, piano, Julia Nolan, saxophone, and Jodi Proznick, bass—who invite you to join composers such as Ravel, Gershwin and Piazzolla on the jazzy side of the street.



VAN DJANGO

Sunday, Sept. 25, 2 p.m.

A standout act in the gypsy-jazz niche, Van Django returns to us with their clever mix of contemporary standards, classical ditties, rock homages, and solid originals. The group has toured extensively in Canada as well as internationally. Their concerts, with driving rhythms and boundless creativity are joyful events.



FALL CHAMBER MUSIC WEEKEND

JAMES CAMPBELL & THE LAFAYETTE STRING QUARTET

Saturday & Sunday, Oct. 22 & 23, 2 p.m.

Recently, after 40 years of teaching and working together, members of the Lafayette announced that they will bring their internationally respected collaboration to a close in 2023 and so this weekend will have special significance to our audience.



DAWN PEMBERTON

Sunday, Nov. 13, 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. In solo performances and in her work with well-known artists such as Marcus Mosely, Dawn sings from the bottom of her heart and delivers pure joy.



A PRAIRIE CHRISTMAS W/ JANELLE NADEAU

Saturday, Dec. 11, 2 p.m.

Always a favourite on the School of Music stage, harpist Janelle Nadeau brings us an intimate portrait of Christmas on the Canadian Prairies featuring music fondly remembered from her childhood in rural Manitoba. Nadeau will be joined by medieval instrumentalist Joaquin Ayala.



MONTRÉAL GUITARE TRIO

Sunday, Jan. 29, 2 p.m.

Described by the CBC as the “hottest” guitar ensemble in Canada, MG3, composed of guitarists Sébastien Dufour, Glenn Lévesque, and Marc Morin, has quickly established itself as a force to be reckoned with, as well as an interactive power in various musical forms.



ROSS DOUGLAS

Sunday, Feb. 19, 2 p.m.

Ross Douglas’ songwriting has wonderful eclectic appeal, full of wit, observation and story-telling. He has four albums of original material and award-winning songs to his credit. His return to our stage with his charismatic solo performance, delivered with great gusto, is most welcome.



BLUE MOON MARQUEE

Sunday, March 12, 2 p.m.

Blue Moon Marquee is a swinging blues band born of the wild rose country. Their original compositions are influenced by anything that swings, jumps or grooves, with a strong tradition of story telling. Their smouldering on-stage chemistry delivers passionate performances that makes you want to get up and dance.



SLOCAN RAMBLERS

Sunday, April 2, 3:30 p.m.

The Slocan Ramblers, Canada’s hottest roots band whose Queen City Jubilee album was nominated for a 2019 Juno Award. Their fearless acoustic approach to playing bluegrass, folk and old-time country music with lightning fast instrumentals and tight vocals will challenge your ability to sit still.



MEAGAN & AMY

Sunday, April 23, 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.

Celebrating
40 years
in 2022

Sunshine
Coast
FESTIVAL of the
WRITTEN ARTS

Rockwood Centre | Sechelt

August 11-14
2022

Kamal **Al-Solaylee** | S. Bear **Bergman** | Columpa **Bobb**

Cedar **Bowers** | Tania **Carter** | Ivan **Coyote**

Farzana **Doctor** | Norma **Dunning** | Francesca **Ekwuyasi**

Shaena **Lambert** | Marsha **Lederman** | Jen Sookfong **Lee**

André **Picard** | Jael **Richardson** | Shelagh **Rogers**

Harley **Rustad** | Isabella **Wang** | Betsy **Warland**

Jesse **Wente** | Joshua **Whitehead** | Sam **Wiebe**
with

Megan **Cole** | Charmaine **de Silva** | Kathryn **Gretsinger**
and

The Fugitives

Tickets
to most
events still
available!

For more information call

604-885-9631

1-800-565-9631

www.writersfestival.ca

Illustration by Carol La Fave

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WHAT MATTERS, TOGETHER

Join a financial cooperative
focused on enriching your
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join.sunshineccu.com



Sunshine Coast
CREDIT UNION

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Canadian
Heritage

Patrimoine
canadien



Canada Council
for the Arts

Conseil des Arts
du Canada



BRITISH
COLUMBIA
ARTS COUNCIL



District of
SECHULT



SUNSHINE
COAST
FOUNDATION

Tips from the SCRD's 'Good Neighbour Guidelines,' No. 6



The Sunshine Coast Regional District's "Good Neighbour Guidelines" provide thoughtful recommendations and a summary of SCRD bylaws governing neighbourhood issues intended to protect and enhance the peaceful enjoyment of our community.

If you have any questions or require more information regarding specific bylaws, visit www.scrd.ca/bylaws, or call the SCRD at (604) 885-6800. While informal communication with neighbours is the best way of addressing many neighbourhood concerns, in situations where this is not a viable option, contact the SCRD to make an inquiry, or to file a complaint for investigation.

RESPONSIBLE PET OWNERSHIP

DOG LICENSING

The SCRD encourages responsible pet ownership through licensing, public education and enforcement.

Although there is no dog control service in Pender Harbour and Egmont, the SCRD provides dog control services in Halfmoon Bay, Roberts Creek, Elphinstone, Sechelt Indian Government District, and West Howe Sound.

Keats Island is the only island in West Howe Sound that receives the dog control service.

The SCRD issues your dog a "permanent tag" — you will not receive a new tag every year.

Dog licences are valid from Jan. 1 to Dec. 31.

A licence for spayed or neutered dogs is \$25 while a licence for an unaltered dog is \$50.

Dog licences purchased after Jan. 31 double in price.

A senior discount of two per cent applies to individuals aged 65 or older.

DOGS RUNNING AT LARGE

The dog control officer responds to complaints from the public regarding violations of the Sunshine Coast Regional District Dog Regulation and Impounding Bylaw.

To report a dog running at large or to file a complaint, please call the SCRD dog control officer at (604) 885-6817 or email bylaw.compliance@scrdd.ca.

ance@scrdd.ca.

Dogs found running at large can be impounded and taken to the Sunshine Coast Branch of the BC SPCA located at 4376 Solar Road (off Field Road in Sechelt) where the dog will be cared for until it is collected by its owner.

Impoundment fees start at \$60, and for vicious dogs, the fee starts at \$250.

For more information about dog licensing, go to www.scrd.ca/DogControl.

LOST PETS AND NUISANCES

If your pet has gone missing, or you are in the possession of a stray pet, please contact the Sunshine Coast Branch of the BC SPCA at (604) 740-0301 or a local veterinarian.

When off their property, pet owners must pick up and properly dispose of their animal's waste.

Owners must ensure that their animals do not disturb neighbours by barking or howling.

A good way to make sure you are reunited with your lost pet is to get a dog licence.

PETS IN PUBLIC PLACES

Dogs must be on a leash in all SCRD parks, sports fields, and trails as per the parks regulation bylaw.

Make sure that dogs are wearing a licence tag on their collar and all dogs must be under the control of their handler at all times.

Keep pets away from streams — animal waste is polluting and harmful to wildlife and the environment.

Pets entering streams can erode stream banks, cause siltation and disturb wildlife.

Dogs are not permitted on playgrounds, waterparks and cemeteries.

Owners should not leave their pet unattended in a vehicle unless there is suitable ventilation and weather conditions are appropriate.

When in a vehicle, a pet's movement must be restricted to prevent access to people outside the vehicle.



Brian Lee

Two new friends at Egmont Day, June 4. Unlike much of the rest of the SCRD, there is no SCRD dog control service in Area A (Pender Harbour and Egmont) because the community voted not to fund it.

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

AUGUST

Mon. Aug. 1.....BC Day

Thurs. Aug. 4.....Harbourside Friendships - P. H. Community Hall, 10:30 a.m.

Fri. Aug. 5.....P. H. Music School Coffee House - P. H. School of Music, doors 7 p.m., music 7:30 p.m.

Sun. Aug. 7.....Rotary Club of Pender Harbour Show and Shine - Royal Canadian Legion 102, 11:30 a.m.

Mon. Aug. 8.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.

Thurs. Aug. 11.....Harbourside Friendships - P. H. Community Hall, 10:30 a.m.

Thurs. Aug. 11.....Sunshine Coast Festival of the Written Arts kicks off (runs for four days)

Thurs. Aug. 11.....Full moon

Sat. Aug. 13.....Royal Canadian Legion No. 102 golf tournament - P. H. Golf Course, 2 p.m.

Sat. Aug. 13.....P. H. Music Society presents the Vetta String Quartet - P. H. School of Music, 2 p.m.

Sun. Aug. 14.....P. H. Music Society presents the Four Jays - P. H. School of Music, 2 p.m.

Sun. Aug. 14.....Trio Diamond and Gold jewellery event - P. H. Community Hall, 9:30 a.m. to 3:30 p.m.

Wed. Aug. 17.....Registration opens for fall programs at the P. H. Aquatic and Fitness Centre, 6 a.m.

Thurs. Aug. 18.....Harbourside Friendships - P. H. Community Hall, 10:30 a.m.

Fri. Aug. 19.....P. H. Blues Society presents Cannery Row - P. H. Community Hall, 8 p.m.

Mon. Aug. 22.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.

Thurs. Aug. 25.....Harbourside Friendships - P. H. Community Hall, 10:30 a.m.

Wed. Aug. 31.....Deadline for applications for voting member positions on the PHHCS board

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



FERRY DEPARTURES

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

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

Service schedules change regularly,
visit www.bcferrries.com for current schedules.

Happiness often sneaks in through a door you didn't know you left open.

~ John Barrymore



HAVE A SAY IN YOUR LOCAL HEALTH CENTRE'S FUTURE

The Pender Harbour Health Centre is seeking applications from interested community members for the role of "voting member."

Voting members will be kept up to date about the ongoing business of the Centre and called upon to vote on matters of importance at annual and special general meetings.

There are 11 positions available and the board of directors will be called on to vote for applicants, giving preference to individuals with skills and an interest in becoming directors in the future.

Please contact susann.richter@penderharbourhealth.com with questions or to request an application. Applications to be received at the Pender Harbour Health Centre (5066 Francis Peninsula Road, Madeira Park) on or before August 31, 2022.



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COMMUNITY HALL**

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9:30am to 3:30pm

ROCKWOOD LODGE

5511 Shorncliffe Ave, Sechelt

August 6

9:30am to 3pm

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