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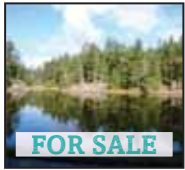
HARBOUR SPIEL

April 2016
Issue 304

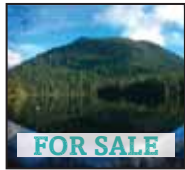


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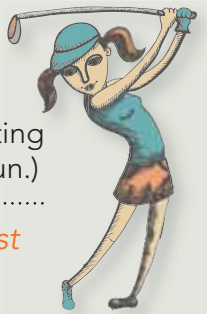
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MOUNTAIN GRIND: **April 23**

APRIL TOOLS WOODEN BOAT CHALLENGE: **April 30**

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The Independent Voice of Pender Harbour & Egmont since 1990.

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EDITOR

Brian Lee

CIRCULATION (2,500)

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CONTRIBUTORS

This month we thank: Sue Campbell, Vanessa Lanteigne, Frank Mauro, Shane McCune and Jan Watson.

Cover: Barge and boat at the head of Gunboat Bay. (Brian Lee)

ADVERTISING

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SUBSCRIPTIONS

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**MAY ISSUE:
APRIL 28**

editorial

Cell-abate with friends

By Brian Lee



At the risk of alienating readers and friends, I ask:

What is appropriate cellphone use?

They've been around for awhile but apparently not long enough to establish a standard of etiquette for their use.

And it's created a rift.

Not between Berners and Trumpists or fans of Nicki Minaj and Miley Cyrus, but between people who take their phones everywhere and those who do not.

I fall in the latter camp.

Actually, it's stronger than that — I felt empathy for that retired cop in Florida who shot a guy for texting in a movie theatre.

I own an iPhone and appreciate having Internet access anywhere I go.

I also appreciate my cat but when I'm dining out, I leave her at home.

This social absurdity has crept into dinner parties and onto restaurant tables everywhere but science has yet to explain why only some of us see it.

Like the kid in *Sixth Sense* who sees dead people, I see inappropriate smartphone use.

It's a woeful affliction.

I can't help but notice people faking lively engagement with friends while holding a screen in front of their face, pretending to be present while they check Facebook and text.

And please, if you don't see a problem here, stop reading now — otherwise it will be awkward next time our eyes meet at the Grasshopper while you send a text reassuring your kid that you'll avert the crisis by picking up bananas on the way home.

I see some nodding — I'm not the only one, am I?

After dining out, I've returned home to learn dinner companions were commenting on Facebook while we socialized.

Of course I noticed them typing into their screens but I hoped their kid had been mauled by a dog or suffered some other exceptional emergency.

No, I am so boring that friends would rather "like" a status update than listen to a story about the time I met David Duchovny at Starbucks.

Here's a scenario I witnessed recently in a restaurant.

Three adults, two kids:

Two adults and two kids were so completely focused on their screens that the third adult pulled out hers so as not to be left out.

Yes, I was judging and badly wanted to document the fascinating scene with a photograph.

There's plenty of cell phone etiquette advice on the net and it's pretty much unanimous:

Turn them off or leave them in the car when out with others.

Yet scan the tables next time you're out and you'll find more cell-phones than cutlery.

I took up golf (for the second time) last year.

It's a game with a reputation for longstanding codes of etiquette.

Since I hadn't played for 20 years, I was unsure of how the sport tolerated cellphone use on the course.

But it didn't seem right that I should hear the ding from an incoming text while preparing to tee off.

Or, with a foursome bearing down from behind, to wait while one of ours attempts to swing one-handed on the fairway — while holding a cellphone to his ear.

So, I wait politely, unsure if I'm just intolerant or if these people really do need a friendly beat-down.

it ain't real if it's not in the spiel.

PENDER HARBOUR TRASH BASH: April 22 and 23

An annual local tradition is revived. Join fellow community members to clean up the Pender Harbour area. For more information: www.penderharbouradvisorycouncil.com or David Pritchard at davidpritchardph@gmail.com.

APRIL TOOLS WOODEN BOAT CHALLENGE: April 30, 10 a.m.

It's the 15th annual April Tools Wooden Boat Challenge and, as always, it starts at 10 a.m. at Millennium Park in Madeira Park. Teams of up to four people build a boat from materials provided (and no one knows what they will be until the day of the race) and race around the harbour for cash prizes. There will be youth races and mini boat building for the kids as well. Entry forms are downloadable from www.apriltools.ca.

P. H. CHAMBER OF COMMERCE 'WHAT GOES AROUND, STAYS AROUND:' March 30, 5 p.m.

In the quiet months, many local businesses enter survival mode. What if it doesn't have to be that way? This workshop intends to explore what's possible. Business owners are invited to meet and collectively create ways to support each other during the quiet months. Bring your thoughts, questions and open mind to the P. H. Secondary School. What comes out of these two sessions will be the basis for a six-month series that will begin in October.

Let us know by March 28 if you would like to attend. Contact Deb Cole at deb.cole@scrd.ca or call (604) 885-6866 ext. 6692.

Did you know...

If you fail to appoint a guardian in your Will, you risk leaving your child's guardianship up to the Crown?

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photojournal



Robin Millar

Large tides combined with strong southeast winds to create some high-water events like this one at Pender Harbour Resort on March 10. The photographer, Robin Millar, estimates this peak is three feet higher than the highest summer high water mark.



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WCWL to open health and wellness centre on former fish plant property

There's a new resort coming to Egmont.

On April 4, Paul and Patti Hansen, the owners of the West Coast Wilderness Lodge, take possession of the former Egmont fish plant property at 6719 Maple Road.

Paul Hansen says they plan to build a "health and wellness spa."

The two properties are close to each other but not connected.

Hansen said the new enterprise would be a separate business that would complement the WCWL as well as provide "overflow" accommodation for the resort.

"We want to focus on nutrition, exercise and spiritual growth," said Hansen.

In March 1997, the Hansens bought seven acres of land from a in Egmont and established the West Coast Wilderness Lodge.

The WCWL already provides 26 guest rooms and Inlets Restaurant overlooking Jervis Inlet.

"We plan to spend the next four months applying for zoning changes and then we'll work on the property design," said Hansen.

"Our goal is to build it over four phases. The first will be to build 10 units, the second phase will be another 10 units and the third phase is rehabilitating the existing warehouse into a health and wellness centre which will be a spa, meeting space and dining facility with a commercial kitchen."

Hansen says a final stage will be to build a further 10 units to make a total of 30 rooms.

The property comes with 525 feet of ocean frontage that will provide guests enhanced access to marine activities like sightseeing and adventure tourism, but Hansen says he's keeping an open mind about possibi-



West Coast Wilderness Lodge

What was a former fish plant in Egmont may soon be repurposed as the West Coast Health and Wellness Centre.

ties for the site.

"When you start a project like this, you never know the end result because there's people who come to you with this and that, so we're going to be open to a lot of different things," he said.

The Egmont Fish Plant opened in 1987 and operated for close to 25 years processing farmed salmon.

Grieg Seafood purchased the property in 2007 from Target Marine.

Prior to the sale, the property was listed for \$1,050,000.





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Carly Gooldrup
604-740-7512

Bill Hunsche
604-740-1411

Teresa Sladey
604-740-7535

Mary Mackay
604-883-9525

Dave Milligan
604-885-5414

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604-740-6188

Corky II: The last surviving killer whale captured in Pender Harbour

Seaworld Entertainment announced last month that it would bring an end to its captive breeding program of killer whales.

One of those whales, Corky II, was netted in Pender Harbour in 1969 and has lived in captivity longer than any other killer whale — 47 years.

The announcement came after public pressure brought about by the 2013 release of *Blackfish*, a documentary detailing the negative impact of captivity on Killer whales; specifically Tilikum, an orca involved in the deaths of three people including her trainer Dawn Brancheau in 2010.

In the three years since the movie's release, the number of visitors to SeaWorld's parks has dropped substantially while its stock price has fallen by more than half.

Corky was four years old when she was shipped to California to become showgirl Shamu in Marineland of the Pacific's aquatic amphitheatre.

For 10 years between 1977 and 1986, Corky was almost continuously pregnant.

She birthed six calves; none survived longer than 42 days.

In 1987, she was moved to SeaWorld San Diego and remains the only living captive orca from BC waters.

SeaWorld has 29 orcas in its care and has pledged to end its captive breeding program and to eventually



Marineland of the Pacific

Corky performing 1970s as Shamu at Marineland of the Pacific in Palos Verdes, CA.

phase out its theatrical orca shows.

That's not enough for those who think Corky II should be repatriated to her natural environment.

Paul Spong has known Corky II since she was penned in Pender Harbour awaiting transport.

The former whale researcher for the Vancouver Aquarium now runs OrcaLab, a whale research station based on Hanson Island.

For decades, Spong has advocated returning Corky II back to the wild.

Seaworld claims the whales can't be returned to the wild because they lack the skills to compete for food or the immune systems to deal with new diseases or man-made pollutants.

On the Orcalab website, Spong admits to that concern but offers an alternative:

"We have modified our goal by proposing that Corky be retired to a facility in the ocean.

"There she would feel the ocean around her, and be able to reconnect with her family and community."

The concept of a sea pen sanctuary involves a large marine enclosure near wild orca populations that would enable communication with relatives — in Corky's case, the A5 pod — while still receiving human care.



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Local publishers crack short list for 32nd BC Book prizes

The shortlists for the 2016 BC Book Prizes have been announced, and Sunshine Coast-based publishers have been nominated for six awards celebrating the best books written and published in the province.

The titles in the running include *Orca Chief* (Harbour Publishing), an illustrated children's book in the Northwest Coast Legend series by Roy Henry Vickers and Robert Budd.

The book is a finalist for both the Christie Harris illustrated children's literature prize and the Bill Duthie booksellers' choice award.

Also vying for the Bill Duthie booksellers' award is the BC bestseller *Light Years: Memoir of a Modern Lighthouse Keeper* (Harbour Publishing), by Caroline Woodward, a light keeper who lives off the westcoast of

Vancouver Island.

Made in British Columbia: Eight Ways of Making Culture (Harbour Publishing) by Maria Tippet is a book that celebrates BC culture by looking at the careers of eight groundbreaking British Columbian producers of painting, aboriginal art, architecture, writing, theatre, and music.

It is a finalist for the Hubert Evans Non-Fiction Prize.

Nightwood Editions author Raoul Fernandes has been nominated for the Dorothy Livesay Poetry Prize for his debut book, *Transmitter and Receiver*.

Fernandes' book is a masterful and carefully depicted exploration of one's relationships with oneself, friends, memories, strangers, and technology.

Halfmoon Bay's Caitlin Press picked up a nomination for the Roderick Haig-Brown regional prize thanks to Derrick Stacey Denholm's *Ground-Truthing: Reimagining the Indigenous Rainforests of BC's North Coast*

In *Ground-Truthing*, Denholm combines his experience as a forestry field worker planting trees, marking cutblock boundaries and timber-cruising with his perspective as a poet and artist to guide us through the tangle of social, ecological, and economic slash piles that dominate BC's North Coast.

The BC Book Prizes celebrate the finest books published in the province.

Winners will be announced at the Lieutenant-Governor's BC Book Prizes Gala on April 30 at Government House in Victoria.

photojournal



Brian Lee

It's not just derelict boats that seem to be ignored in Pender Harbour. This dock broke free of its mooring near the Skardon Islands during one of last month's storms. Concurrent high tides allowed it to beach high on the shore where it looks like it might stay for awhile.

MADEIRA PARK MVA

Late on Feb. 25, police attended a single vehicle incident on Highway 101 near Madeira Park Road after a passerby noticed an empty Toyota Tacoma that had struck a utility pole.

The P. H. Volunteer Fire Department attended and used specialized equipment to search for any injured parties in the bushes nearby but no one was located.

Police are still trying to determine who was driving the vehicle.

BREAK AND ENTER

Sometime between March 7 and 8, a thief gained access to a residence in the 12700 block of Warnock Road, Madeira Park, through a patio door.

The thief stole several bottles of liquor, woodworking tools, a 42-inch plasma television, two laptop computers, an iPhone 3, a Sony camcorder and skydiving rigging equipment.

If anyone has any information about this break and enter, please contact RCMP, file No. 16-1326.

COLLISION

On March 8, police attended a single vehicle incident in the 13700 block of Highway 101, Pender Harbour, after a northbound vehicle lost control on a corner and ended up on its side in a ditch.

The driver advised he drove onto the soft shoulder, panicked and hit the gas instead of the brake.

No serious injuries were reported by either the driver or passenger.

The driver was not impaired and was issued a violation ticket for failing to stay right.

HIT AND RUN

On March 10, a hit and run was reported at a business in the 13500 block of Highway 101, Pender Har-

bour, after the suspect vehicle struck a parked vehicle and fled the scene.

A staff member attempted to detain the suspect driver but he refused to remain on the scene.

The driver was later determined to be an unlicensed driver.

MENACHER MVA

On March 13, police attended a single vehicle incident on Menacher Road, Garden Bay, after a vehicle lost control and flipped over.

The driver and two passengers suffered minor injuries and were taken to hospital for treatment.

The cause of the accident appears to be a faulty tire.

The driver, who did not possess a valid driver's licence and was exhibiting signs of intoxication, failed a roadside alcohol screening test.

The driver was issued violation tickets, an administrative driving prohibition and was released on a promise to appear.

The file is under investigation.

IMPAIRED DRIVER

On March 15, a possible impaired driver was reported in the 13500 block of Highway 101, Garden Bay, after a witness noticed the driver exhibiting signs of intoxication before getting behind the wheel.

Police located the vehicle a short distance away and initiated a traffic stop.

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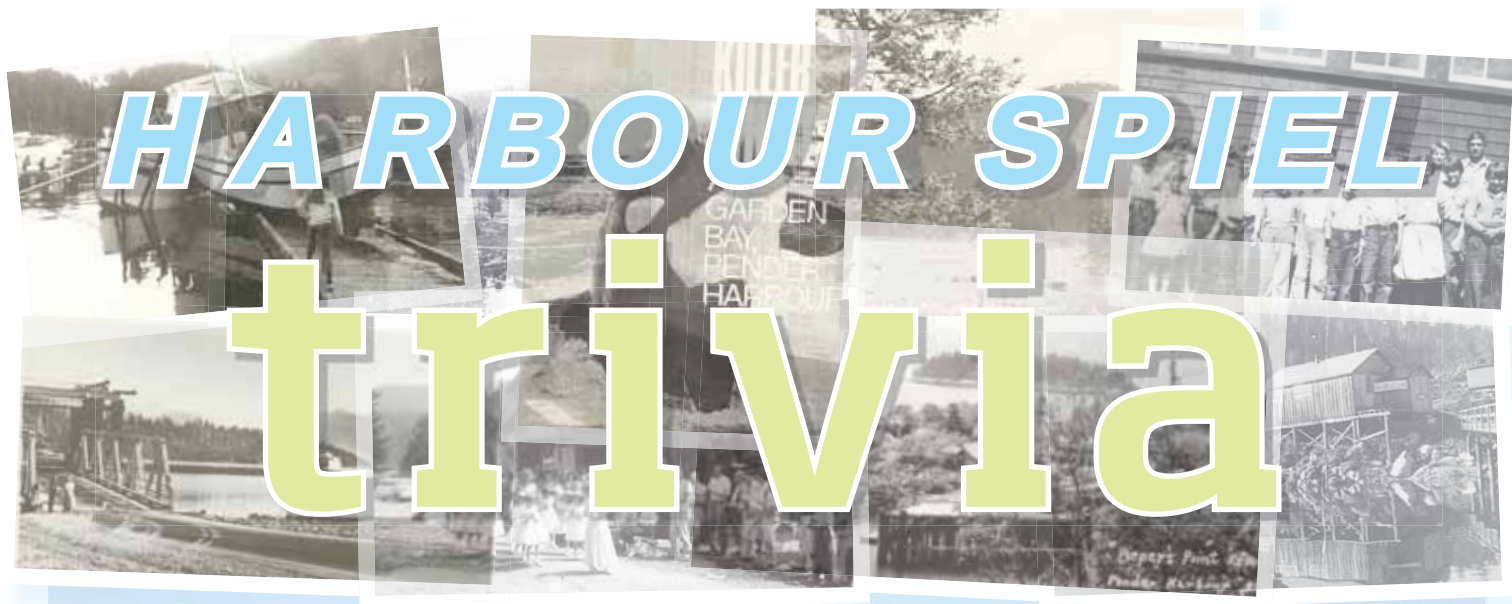
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1. Captive killer whale in San Diego that was netted in Pender Harbour in 1969?

- ☐ a. Skana
- ☐ b. Hyak
- ☐ c. Tillikum
- ☐ d. Corky

4. What is the maximum speed of tidal flow at the Sechelt (Skookumchuck) Rapids?

- ☐ a. 9+ knots
- ☐ b. 11+ knots
- ☐ c. 13+ knots
- ☐ d. 16+ knots

2. Name of the roaming bloodhound that ruled Madeira Park for much of the 1970s and 1980s.

- ☐ a. King
- ☐ b. Duke
- ☐ c. Earl
- ☐ d. Prince

5. What year did St. Mary's Hospital in Garden Bay close?

- ☐ a. 1946
- ☐ b. 1957
- ☐ c. 1964
- ☐ d. 1967

3. Where's Cecil Hill?

- ☐ a. Pender Harbour
- ☐ b. Hotham Sound
- ☐ c. Nelson Island
- ☐ d. Jervis Inlet

6. Secret Cove pub that closed @ 2010?

- ☐ a. The Peninsula Motor Inn
- ☐ b. Jolly Roger Inn
- ☐ c. Lord Jim's Lodge
- ☐ d. The Roost

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**



Brian Lee

Barrie Farrell (r) not only read from his book at the launch for *Boats in My Blood: A life in Boat Building* on March 19, he told a few stories and even sang a couple of his songs with Skinny Jimmy Dougan (l).



The RESTAURANT Opening April 15th



The RESTAURANT at Painted Boat is proud to welcome our new Chef Steven Doucet who has prepared a tapas-styled menu featuring wild and fresh, locally-sourced ingredients. Open five days a week, from Wednesday to Sunday, 4 pm to 9 pm.



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Budgets and bylaws



*Frank Mauro,
Area A Director*

As reported last month, the SCRD board has focused on stabilizing taxation in keeping with the strategic plan goal to “ensure fiscal sustainability.”

The expectation that capital investment will be required in the future and put upward pressure on taxes makes it important to control costs now.

Budget deliberations are now complete and I am pleased to report that we have managed to hold the average overall tax increase for the entire regional district to 1.5 per cent over last year.

This translates to an average regional residential tax decrease of 0.73 per cent.

Area A fared better than the average with a smaller overall tax increase of 0.14 per cent and a residential tax decrease of 2.73 per cent.

This was achieved despite the higher than average increase in assessments in Area A of approximately two per cent.

This was higher than in most of the other areas and resulted in an increase of approximately 0.5 per cent in the area’s tax apportionment.

Some projects that were approved in the area include:

- North Pender waterline replacements at Potts Lane and Pool Road;

• South Pender water air-release automation system, and

• North and south Pender water rates study and water meter installations.

Some other projects that apply to the entire region and will be noticeable in our area include:

- Regional economic development funding approved for a four-year term starting 2016;
- All playground surface replacements;
- Parks furniture replacements, and
- Completion of bikeway-walkway projects.

As can be seen by the approved projects, the focus has been on the core regional district services.

SUNSHINE COAST REGIONAL DISTRICT



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UPCOMING MEETINGS

Infrastructure Services
Committee
April 7 at 9:30 a.m.

Planning and Development
Services Committee
April 21 at 9:30 a.m.

Community Services
Committee
April 14 at 9:30 a.m.

Corporate and
Administrative Services
Committee
April 28 at 9:30 a.m.

Regular Board
April 14 at 1:30 p.m.

Regular Board
April 28 at 1:30 p.m.

Meetings are held at 1975 Field Road, Sechelt.
Agendas are available at www.scrd.ca/Agendas-2016.

Pender Harbour Transfer Station

The Pender Harbour Transfer Station is located at 5545 Garden Bay Road. For a list of accepted materials and tipping fees visit: www.scrd.ca/Tip-Fees.

Winter Operating Hours:

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Monday to Friday 8:30 a.m. to 1:30 p.m.

Area A Director: Frank Mauro
frank.mauro@scrd.ca
604-740-1451



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info@scrd.ca



Regional economic development, while perhaps not a core service, has been identified by all Sunshine Coast residents as being a very high priority for some time.

Several attempts to have all local governments co-operate to establish such an entity have been made for a number of years.

While not fully in place, significant effort has been expended by all local governments on the Coast to get it established and, with the approval of the budget, we are almost there.

Another small taxation decrease is expected for the Sunshine Coast Hospital District due to an overcharge in 2015 which is being returned to the taxpayers.

BYLAW ENFORCEMENT

A change in bylaw enforcement has been implemented at the SCRD.

The system in place for many years at the SCRD has been the municipal ticket information which is used for prosecution of minor local government bylaw matters.

After successful trials for a number of years on contraventions with respect to water, civic addressing and ports, a newer system, the bylaw enforcement notice (BEN) system, will be extended to the

remaining regulatory bylaws for all SCRD electoral areas.

The implementation is expected to improve efficiency, fairness, and consistency in the SCRD's bylaw compliance division.

The system provides wider options for serving contravention notices and is well suited to the Sunshine Coast, particularly since there are many non-resident property owners and serving the notices under BEN can be done by mail.

Also, the adjudication system saves time and money and makes more efficient use of court resources as it eliminates the roles of court and court registries in the administration and hearing of disputes.

For individuals, the new BEN system is simpler, less time-consuming and less costly than the MTI bylaw ticketing system.

It should be noted that the BEN system is widely used in the province and, locally, has been operating in the District of Sechelt and the Town of Gibsons for a number of years with no reported problems.

CONTACT

For answers to your questions or concerns please contact me at (604) 740-1451 or by email at Frank.Mauro@scrd.ca.

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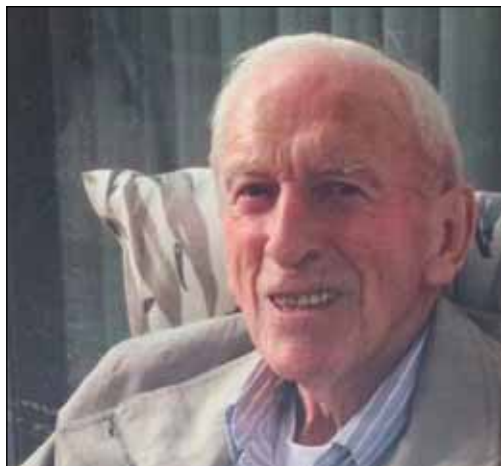
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James Low Barnett

AUGUST 20, 1920 — MARCH 3, 2016



It is with great sadness that his family announces the peaceful passing of beloved dad, grandpa and great-grandpa, James Low Barnett on March 3, 2016 with family by his side.

Born Aug. 20, 1920 at Balquhin-

dochy, Scotland, he immigrated to Canada with his family in 1929, finally settling in Calder, Alta.

In 1941 he enlisted in the RCAF where he proudly served his country overseas until his honourable discharge in October 1945.

While stationed in Limivady, Northern Ireland he met his "Irish colleen," Jeanette Lawson, who emigrated from Ireland in 1947 to marry him.

He worked for Edmonton Telephones for 30 years, retired in 1980 and moved to Garden Bay where he lived until 2011 when he was moved to Baillie House, an extended care facility in Maple Ridge.

Jim was predeceased by wife Jeanette in 1989 and is survived by sisters Jean Sloane (Susie), Joanne Towers and brother Alex (Scotty) Barnett, all of Edmonton and cousin Rachel Discombe of Scotland.

Jim leaves a wonderful legacy that will live on in his children, grandchildren and great-grandchildren.

He will be dearly missed by daughter Jennifer (Rick) Howard, son Gordon Barnett, granddaughters Lyndsey (Jason) Hotell, Lisa (Brad) Dean, Carly (Jason) Frank, and Katie (Peter) Chapman; great-grandchildren Kayden, Joshua, Matthias, Heidi and Duncan as well as numerous nieces and nephews.

He was a true gentleman who dedicated his life to his family and friends and was so blessed to have lived 31 retired years in his "il Paradiso" of Garden Bay.

He had a love of operatic and classical music, Scrabble and cribbage.

He will be fondly remembered for his Scottish shortbread, oatcakes, deep fried cod, recycling, his delivery of Robbie Burns' "Selkirk Grace" and his Churchill quotes:

"If the British Empire and its Commonwealth last for 1,000 years, men will still say, 'This was their finest hour.'"

A memorial service will be held in late May in Garden Bay.

Donations in memory of Jim can be made to the Pender Harbour Living Heritage Society.

The family wishes to express their heartfelt thanks to the staff of Baillie House for their wonderful care of Jim over the past five years.

They shall not grow old, as we that are left grow old:

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning

We will remember them.

"For the Fallen"

Robert Laurence Binyon



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Harbour Spiel

Olli Peter Sladey

SEPTEMBER 1, 1923 — FEBRUARY 24, 2016



Olli passed away peacefully in Sechelt, B.C. at the age of 92.

He is survived by his children Pat, Doug (Betty), Susan (Dwayne),

Mark (Teresa), grandchildren Steven (Raylene), Victor (Beau) and Megan (Mat) as well as great-grandchildren Jordan, Riley, Emilia, Nathan and Olivia.

Olli was predeceased by his wife of 62 years, Jean.

Olli was born in Riihimäki, Finland to Peter and Enny Sladey.

His family immigrated to Canada in 1926 and settled in the Egmont area.

Olli spent his life working in commercial fishing, logging and in real estate development and sales on the Sunshine Coast.

Olli's family would like to thank Lee Ann Flores and Liza Garma, for their long-term care and devotion to Olli.

No service and please no flowers, per Olli's request.

Joseph William Adams

APRIL 11, 1931 — FEBRUARY 26, 2016



On Feb. 26, Joseph William Adams passed away.

Joe was a resident of Madeira park for 35-plus years, and was well known throughout the community.

April 2016

He is survived by his wife Gayle Adams and children Bill, Doug, Judy and Ron as well as many grandchildren.

Joe enjoyed the meat draw, poker nights, coffee at Triple B's and fishing.

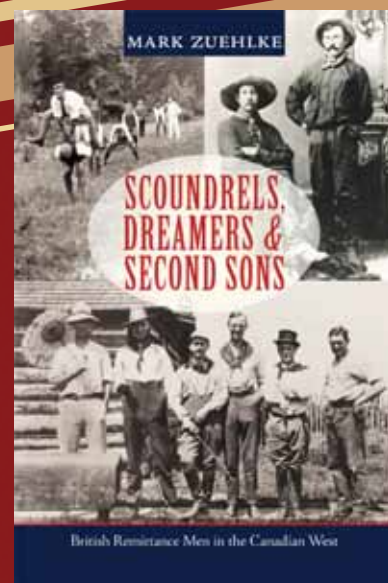
He will be remembered for his friendliness around the community, and by everyone else as "Grumpy."

Joe's happy place was on the ocean, so surely he is back out on *Sea Miss*, fishing and playing crib.

There will be no funeral, but a celebration of life will be held in Richmond on April 23 at 7711 Eperson Road.

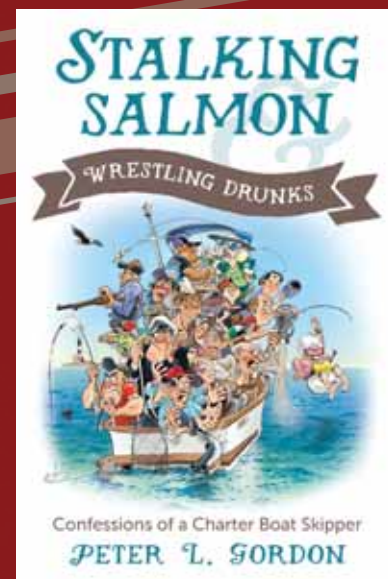
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The Mountain Grind turns annual when it returns April 23

The second running of the 10-kilometre obstacle race, The Mountain Grind returns April 23.

Organizer Silke Linnman said organizers are on track to surpass last year's registration of close to 300 participants as the March 31 deadline nears.

Linnman said competitors should expect more obstacles this year and many new ones.

She was tight-lipped about what they might be but confirmed that some of last year's favourites, such as the mud pit, over-and-under and the monkey bars, would be returning.

Grinders will pick up their registration package containing start time, T-shirt and swag on Friday, April 22, at Source For Sports in Sechelt.

The next day is race day when, starting in waves at 10 a.m., Mountain Grinders (aged 10 and up) will set off through 10 kilometres of "nature-influenced" obstacles on the beautiful Suncoaster Trail.

The event will be "chip-timed" — competitors race with a transponder that records finish times digitally.



Brian Lee

Cold but happy was the predominant feeling after competitors exited the waterslide at last year's running of the Mountain Grind.

The event is open to the public with viewing areas set up along the course.

Maps can be viewed at the Lions Park race headquarters.

After the race, an awards ceremony

will be followed by a barbecue dinner provided by the Back Nine Bistro.

The cost is included in the registration fee for competitors but non-racers wanting to get in on the dinner, music and entertainment at the barbecue can pre-purchase a \$20 dinner ticket by calling (604) 740-2514.

Organizers welcome the public to come out and watch.

Vendors, food, music, kids' games and a beer garden will be at the Lions Park for spectators to enjoy while their friends and families race.

RACE DAY: APRIL 23

10 a.m. — Race start.

10 a.m. to 2 p.m. — Kids' games and "Mini-grinders."

10 a.m. — Beer garden opens.

3 p.m. — Awards.

4 p.m. — Barbecue starts.

For more information, visit www.mountaingrind.ca.

2016 ANNUAL UTILITY INVOICES

Due to a change in software systems, annual utility invoices for 2016 will be mailed earlier than usual to owners of properties serviced with water, sewer or refuse collection by the Sunshine Coast Regional District. New this year! Register at www.scrd.ca/mySCRD to pay online with a credit card and choose to receive future invoices by email.

As a result of the new software system, utility account numbers have changed. Online banking information will need to be updated accordingly.

Payments are due no later than 4:30 p.m. on Wednesday June 15, 2016. Outstanding balances as of the close of business on June 15 will incur a 2% penalty per month. Balances unpaid on December 31, 2016 will be transferred to property taxes.

If an eligible property has not received a 2016 utility invoice by mid-April, please contact the Infrastructure Services department at 604-885-6806 or infrastructure@scrd.ca.



www.scrd.ca



Spring marks the return of the snowbird



Jan Watson

The snowbirds are slowly filtering back and the season is getting underway.

The red tee box on the ninth hole is undergoing a rebuild so the temporary tees will be on the fairway a few yards closer to the hole.

There are a few wet spots on the course but it is in remarkably good shape in spite of all the rain.

Special thanks go to all the volunteers who picked up branches after the windstorms.

The ladies had their first day set up for March 10 with the traditional coffee and muffins followed by a nine-hole scramble.

Unfortunately, Mother Nature had other ideas with a big storm causing power outages and road closures.

However, being resilient, the ladies had their coffee and muffins anyway.

Coffee was generously provided by Richard at the Petrocan and muffins by Wendy Haddock and Kathy Bergman.

Poor Wendy didn't get to enjoy her own muffins, however, because she was stuck with the school bus behind downed power lines north of the golf course.

LORNA'S BIRTHDAY SCRAMBLE

On Feb. 27, the club celebrated a special birthday for Lorna Lycan with a scramble.

Of 41 golfers participating, the

THE 19th HOLE

The difference between golf and government is that you can't improve your lie.

— George Deukmejian

winning team with a two-under-par 34 consisted of Blake Priebe, Rosemary Whittaker and Bill and Linda Klikach.

A tiebreaker for second place was won by the birthday girl Lorna Lycan and her team of Bev Provost, Rob Metcalfe and Rusty Ellis, with 35.

KP winners on No. 3 were Stephanie Garner and Blake Priebe, and on No. 6, Jamie Tufford.

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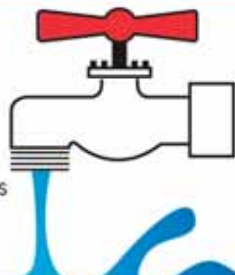
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• Coast Guard Auxiliary, Unit 61	883-2572
• Community Policing.....	883-2026
• Egmont Community Club	883-1379
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club.....	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	885-1365
• 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. Community Club.....	989-0720
• P. H. Community School Society	883-2826
• P. H. Garden Club.....	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2930
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society	883-3678
• P. H. Piecemakers (quilters).....	883-2573
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-2086
• P. H. Ramblers (walkers, every Tues. a.m.).....	883-1191
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• P. H. Reading Room (library)	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
• S. C. Health Care Auxiliary (2nd Wed., 1:30 p.m.).....	741-8413
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre.....	883-2316
• Sunshine Coast Better At Home.....	989-6171
• Sunshine Coast SHROOM.....	883-3678
• TOPS (Take Off Pounds Sensibly).....	740-1509
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services.....	741-5246

organizations

P. H. GARDEN CLUB

This month's garden club meeting will be on Monday, April 11 at the P. H. School of Music from 1 to 3 p.m. Paddy Wales from the Sunshine Coast Botanical Garden will present an overview of the factors in fostering a more resilient garden during a time of changing climate patterns.

P. H. WILDLIFE SOCIETY

Pender Harbour Wildlife Society presents "Mountain Gorillas of Northeastern Rwanda" with Dana Jantzen on Tuesday April 19 at 7 p.m. at Pender Harbour High School. Volcanoes National Park is known as a haven for the mountain gorilla and was the base for American zoologist Dian Fossey, who undertook an extensive study of mountain gorilla groups over a period of 18 years. Dana will be presenting close-up photos of adults and babies, in relationship to each other and to her, in this misty volcanic landscape of the Virunga Mountains. Open to everyone and refreshments will be served. No membership required. Updates at info@penderharbourwildlife.com.

SOM COFFEEHOUSE

The Friday, April 8 Coffee House will be another great one. The lineup is:

Definitely Diva, a dynamic ladies vocal trio, Lynne and Reg Dickson Duo, singing for the fun of it, Keiran Semple, talented songwriter and guitarist, and Teal Loverock, local guitarist singing originals.

Doors open at 7 p.m., with coffee, tea and homemade baking available.

P. H. WOMENS' CONNECTION

On Tuesday, April 12, the PHWC presents Lyn and Bill Charlton's world trip at 10 a.m. in the P. H. School of Music in Madeira Park

In 1996 Bill, a retired air force pilot, and Lyn, a retired teacher, made the monumental decision to shed most of their worldly possessions and embark on an adventure of a lifetime, sailing around the world. On July 11, 1997 they set sail aboard their 35-foot cutter *Canik*. Canik wouldn't return to her home port for the next 13 years.

On April 26 at 10 a.m. Ann Harmer will talk about the 17th International Fungi and Fibre Symposium, the largest (and only) international gathering of mushroom dyers, coming to Pender Harbour in October 2016. They will spend a week hovering over dyepots, taking in interesting workshops and exploring the lush trails of our West Coast rainforest. Visit www.fungiandfibre2016.org for more.

Pender Harbour cleanup slated for April 22 and 23

Submitted

For many years volunteers from the Pender Harbour Power Squadron conducted a spring cleaning, collecting garbage from local roadsides, trails and public areas.

It was initiated by John Rees and lately headed by Ted Taylor, and became an annual event taking the name "Trash Bash."

This year the Trash Bash will take place on April 22 (which, not coincidentally, happens to be the 25th Annual Earth Day) and April 23.

The list of supporting organizations has expanded and includes

the P. H. Power Squadron, the P. H. Community School, the Garden Bay Sailing Club, Rotary Club of Pender Harbour and the P. H. Hiking Club.

Both of the local schools are also expected to participate.

Of course, anybody else who wishes to help is welcome and may do so by contacting any one of the supporting organizations or by emailing the Pender Harbour Advisory Committee at phadvisorycouncil@gmail.com.

Receipts from the return of recyclable materials will be donated to the P. H. Community School's community dinner program.

In future, it is hoped that groups of residents may be encouraged to organize "Own the Road" programs in their own neighbourhoods and conduct ongoing cleanup.

The PHAC would like to help anyone who is interested in pursuing that.

Dave Pritchard from the PHAC is the organizer this year and contacted support groups and volunteers in March with details.

For more information please monitor www.penderharbouradvisorycouncil.com.

Or, contact David Pritchard at davidpritchardph@gmail.com.

harbour seals



Note your (dis)approvals.

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

Harbour Seals of Approval to **all who filled the Legion on Don's 80th surprise party.**

Thanks to **Cathy, Laura and Anita** who decorated and hosted guests as they arrived.

Huge thanks to **Legion staff and volunteers** and to **Rhonda Nichols** for her awesome clam chowder.

Thanks also to Janice for her unique birthday cake and to **Jimmy, Andrew and Kent** for the entertainment.

Thanks to emcee **Alan Moberg** and **Barrie Farrell** who composed and sang a special song (with Alan) for Donald.

Thank you from bottom of our hearts for the special blessings bestowed on us by you, our dear family and friends.

Brenda Scoular

Harbour Seal of Approvals to **everyone who made my 80th birthday celebration so special** with a scramble followed by a delicious potluck dinner with lots of good cheer at the Pender Harbour Golf Club.

Thanks to **Lyle of the Back Nine Bistro** for opening.

Lorna Lycan
P.H.G.C.



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Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Healthy Meals service has resumed.

For emergency service, call Linda or Anky.

Linda: 604.883.2819 or Anky: 604.883.0033.

SKOOKUMCHUCK viewing times

APRIL

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

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

1. 11:42am +S, 5:44pm -L
2. 7:56am -M, 1:05pm +M
3. 8:50am -M, 2:06pm +M
4. 9:38am -L, 2:58pm +L
5. 10:20am -L, 3:48pm +L
6. 10:59am -L, 4:49pm +XL
7. 11:36am -XL, 5:41pm +XL
8. 12:14pm -XL, 6:33pm +XL
9. 12:45pm -XL
10. 1:34pm -XL
11. 7:18am +L, 2:28pm -XL
12. 8:11am +M, 3:25pm -XL
13. 9:18am +M, 4:24pm -L
14. 10:47 am +S, 5:27pm -L
15. 12:18pm +S, 6:35pm -L
16. 8:17am -L, 1:28pm +M
17. 9:09am -L, 2:37+M
18. 9:52am -L, 3:29pm +M
19. 10:27am -L, 4:15pm +L
20. 10:55am -L, 4:57pm +L
21. 11:02am -L, 4:16pm +L
22. 11:36am -L, 6:16pm +XL
23. 11:54am -L, 6:55pm +XL
24. 12:03pm -XL, 7:34pm +XL
25. 12:25pm -XL
26. 6:56am +M, 12:59pm -XL
27. 7:41am +M, 1:49pm -XL
28. 8:35am +M, 2:53pm -L
29. 9:47am +S, 3:52pm -L
30. 11:25am +S, 5:14pm -L

These are estimates only and not intended for navigation.

harbour almanac

1923

The year marijuana prohibition entered Canadian law.

\$8.6 billion

Canadian tax revenue from tobacco and alcohol taxes.

\$4 billion

Estimated potential value of legal, regulated marijuana in Canada.

\$135 million

Colorado's tax 2016 tax revenue from recreational marijuana.

1/2

Canadian adults have at least tried marijuana.

11%

Aged 15 or older admitted to "past year cannabis use," according to a Canadian Tobacco, Alcohol and Drugs survey.

1/3

Portion of Mexican cartels' business attributed to marijuana.



AK, CO, OR, WA, DC, Spain Colombia & The Netherlands

States or nations that have decriminalized marijuana.

86%

National respondents who were in favour of decriminalization in a Sept. 2015 CBC Vote Compass poll.

~ Free For All, Matthew McKinnon (Walrus Magazine, January 2016)

APRIL WEATHER

TEMPERATURES, MERRY ISLAND

Our average daily high temperature in April is 11.8 C and our average daily low is 6.2 C, giving us a mean daily temperature of 9 C. The highest April temperature recorded is 20.7 C (April 27, 1972); the lowest is -1.1 C (April 3, 1975).

PRECIPITATION, MERRY ISLAND

April has an average of 190.8 hours of bright sunshine and 13 days with measurable rainfall. April averages a total monthly rainfall of 60.4 mm and a total monthly snowfall of 0.3 cm. The highest April daily rainfall on record is 31.8 mm (April 27, 1962); the highest April daily snowfall on record is 5.1 cm (April 3, 1975).

APRIL ASTROLOGY



ARIES: MARCH 20 - APRIL 20

The sign of the ram gives Arians loyalty, generosity, high energy and courage. They love adventure and often fiercely defend the underdog. Mars messes with you again this month. His goading ambitions for growth in your finances will come at the expense of your mental well-being. This tense stand-off will be exhausting until Mars backs off your sign by the new moon on April 7. Learn from it and be wary of putting too much pressure on yourself again.



TAURUS: APRIL 21 - MAY 21

Taureans are seekers of peace and stability. Although unambitious, they are happy to be the powerhouse behind the scenes. Often sensible and blessed with a healthy dose of cynicism, Taureans will soon undergo a period of tumult that will make them question their path forward. Pause to take stock and, perhaps, re-think your strategy with the gentle understanding that you don't change the stars, they change you. Pushing harder won't shift your equilibrium, so relax — you will be where you're going.

BC BESTSELLERS

For the week of March 20.

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. **Gut** by Giulia Enders
2. **My Heart Fills with Happiness** by Monique Gray Smith
3. **British Columbia and Yukon Gold Hunters** by Donald E. Waite
4. **The Wild in You** by Lorna Crozier & Ian McAllister
5. **Orca Chief** by Roy Henry Vickers & Robert Budd
6. **Discipline Without Damage** by Vanessa Lapointe
7. **Campfire Stories of Western Canada** by Barbara Smith
8. **Vancouver Vanishes** by Caroline Adderson
9. **Boats in My Blood** by Barrie Farrell
10. **Whistle Posts West** by Mary Trainer, Brian & Rick Antonson

~ Assn. of Book Publishers of BC

APRIL BIRTHDAYS

- April 2 ~ **Marty Lowe, Elizabeth Buhlert and Desiree Leech.**
- April 3 ~ **Jamison Warner and Sandi Whelan**
- April 4 ~ **Frank Roosen Jr., Doreen Lee, Mike Legge and Bev Thompson.**
- April 5 ~ **Doug Silvey and Breanna Clay.**
- April 6 ~ **Mike Bathgate and Ursula Dornbierer.**
- April 8 ~ **Andrea Clerx and Gloria Fritz.**
- April 9 ~ **Laurie Saunders.**
- April 10 ~ **April Charlton.**
- April 12 ~ **Irene Doerksen, Matthew Phillips and Tilley Dougan.**
- April 13 ~ **Bonnie Lindsay, Geoff Warner, Billy Petraschuk and Don Priest.**
- April 14 ~ **Dan Leech and Ann Landry.**
- April 15 ~ **Teresa Sladey and Cathy Collins.**
- April 17 ~ **Sheila McCann and Carly Campbell.**
- April 18 ~ **Russ Foster, Talon Mclean, Howard White, David Brimacombe, Kalen Zayshley and Ron Calvert.**
- April 19 ~ **John Field.**
- April 20 ~ **Sue Kammerle and Katie Tenbroek.**
- April 22 ~ **Dan Choquette and Lorrie Babcock.**
- April 23 ~ **Kathy Morant, Sue Richardson, Heidi Vaughan and Jordan Kammerle.**
- April 24 ~ **Len Silvey and Alex Dore.**
- April 25 ~ **Zena Lanteigne, Samantha Stewart and Dietta Edwardson.**
- April 26 ~ **Teyjah Xaveress and Blake Campbell.**
- April 28 ~ **Jeanette Penson.**
- April 29 ~ **Ruth Langton.**
- April 30 ~ **Kasey & Kelly Smith, Marie Reid, Hazel Higgins, "Prawntrap" Patty Jackson, Bill Sutherland, Jeff Wilbee and Ava Young.**



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – 883-2764

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

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

DENTISTRY – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

PUBLIC HEALTH NURSE – 883-2764

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

FAMILY NURSE PRACTITIONER – 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

REGISTERED MASSAGE THERAPY

Brigit Garrett, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell, Robinson & Justin L Smith

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

CHIROPRACTORS – 883-2764

Dr. Blake Alderson, DC

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

Dr. Terry Dickson, DC, BSc, ART provider

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

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT:

CHILD AND YOUTH MENTAL HEALTH

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

- Mental Health Assessments & Therapy:
Children age 0-19
- For more information call: Child & Youth Mental Health
Intake (604) 740-8900 or (604) 886-5525



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

ALCOHOLICS ANONYMOUS meets Wednesdays at 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, respiratory nebulizers etc.

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

Vitamin D supplements

Sue Campbell

Vitamin D is a nutrient that helps our body absorb calcium and phosphorous for healthy bones and teeth.

It has also been referred to as the “sunshine vitamin” since our bodies can produce it when bare skin is exposed to sunlight.

Currently, Health Canada recommends infants and anyone over the age of 50 take a daily vitamin D supplement of 400 IU.

Adequate levels of vitamin D have been linked with lower risk of cancers, multiple sclerosis, lupus, cardiovascular disease and Type 2 diabetes.

Vitamin D deficiency results in rickets in children and osteomalacia in adults.

This article will examine why vitamin D is so important, how we can get an adequate amount and some recent research that suggests we should be taking even more.

FOOD

The majority of vitamin D is found in fortified foods like cow’s milk, fortified soy milk and fortified almond milk.

Fatty fish (sardines, salmon, cod liver oil and tuna) and egg yolks also contain vitamin D.

One cup of milk contains approximately 100 IU of vitamin D.

One tablespoon of cod liver oil contains 1,360 IU vitamin D.

An egg yolk contains 41 IU vitamin D.

SUN

Sun exposure and vitamin D is difficult to measure, as it is dependent on skin colour, season and proximity to the equator.



Foods high in Vitamin D

In Canada, it is difficult to get enough vitamin D between the months of October and April.

In the summer, if a fair skinned person exposes their face, hands and arms for 15 minutes at noon, they will produce approximately 1,000 IU of vitamin D.

Vitamin D production also decreases with age and is more difficult for darker skin individuals.

SHOULD WE BE TAKING A SUPPLEMENT?

Recently, there has been a lot of controversy surrounding vitamin D supplementation.

In March 2015, a *Globe and Mail* article claimed that adhering to Health Canada’s recommended intake would still not result in nearly the amount of vitamin D our bodies require.

The article claims that Canadians have little opportunity to synthesize the vitamin in the fall and winter months and that the Institute of Medicine made a serious calculation error

in determining the recommended daily allowance for vitamin D.

According to Stats Canada, 68 per cent of Canadians have sufficient levels of vitamin D, although approximately 40 per cent of Canadians were below the cut-off in winter months, compared with only 25 per cent in the summer months.

Although Health Canada recommends taking 400 IU of vitamin D daily, it is important to discuss supplements with your health care provider or pharmacy to ensure that you are taking the appropriate dose and to ensure that there are no drug interactions with your current medications.

PENDER HARBOUR COMMUNITY GARDEN

The community garden has 23 raised garden plots up for grabs.

Due to popular demand, we will hold a lottery for this season’s plots.

Leave your name and contact number and we will call you if your name is drawn (at the end of April).

Noel Coward's *Blithe Spirit*

In 1941, as Germany was in the midst of trying to bomb the spirit out of London, playwright Noel Coward left the city for Wales to write a comedy.

For some time, Coward had been contemplating a comedy about ghosts.

When his London office and flat were destroyed, he took a short holiday to the coast where he wrote *Blithe Spirit* in six days.

Later that year it would a record-breaking run of performances in London's West End.

A socialite novelist, Charles Condomine, invites an eccentric medium and clairvoyant, Madame Arcati, to his house to conduct a séance, hoping to gather material on the occult for his next book.

The scheme backfires when he is haunted by the ghost of his annoying and temperamental first wife, Elvira, after the séance.

Elvira makes continual attempts to disrupt Charles's marriage to his second wife, Ruth, who cannot see or hear the ghost.

Blithe Spirit would play 1,997 times to become the longest running non-musical production in one of the world's most prestigious theatre districts.

It also played for 653 performances on Broadway later that year.

It would be adapted for radio and television in the 1950s and 1960s and



Blithe Spirit will be performed this month at Gibsons' Heritage Playhouse (March 31-April 10) and the Sechelt Seniors' Activity Centre (April 15-17).

continues to enjoy West End and Broadway revivals.

On March 31, *Blithe Spirit* opens at Gibsons' Heritage Playhouse for eight shows before moving to the Sechelt Seniors Activity Centre for three more shows.

The production involves a combined effort by Driftwood Players and the Chair Actors of the Sechelt Seniors'

Activity Centre.

Blithe Spirit is directed by Louise Phillips and Dagmar Kaffunke-Nunn.

Phillips is best known locally for writing *Restless Spirits* and *My Mothers Story* for the Chair Actors, but also has considerable experience in professional theatre and film in Vancouver.

Kaffunke-Nunn's name will be familiar to CBC listeners as an acclaimed

Sechelt

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5644 Wharf Ave.

Coast Builders RONA

GARDEN CENTRE NOW OPEN IN MADEIRA PARK!

Madeira Park

604.883.9551

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Coast Hwy.

producer of CBC plays and documentaries.

The cast and crew list for *Blithe Spirit* features some performers well known on the Coast and beyond for their theatre, song and spoken word talents: Richard Austin, Louise Phillips, Susan Rule, Sally Williams and Stephen Archibald have been involved in professional theatre and film in Vancouver and beyond.

The name Wanda Nowicki is familiar for jazz, blues and cabaret aficionados as far away as Los Angeles, but she will reveal a hidden talent for stage theatre in this production.

Mardell Vestad is perhaps the most experienced in Sunshine Coast theatre circles having played a number of parts for Driftwood, Chair Actors and Peninsula Players.

Blithe Spirit plays at the Heritage Playhouse in Gibsons March 31 until April 10, with evening performances on two Thursdays, Fridays and Saturdays and two matinee Sundays.

The play then moves to the Sechelt Seniors' Activity Centre Friday and Saturday April 15 and 16, to close there with a matinee on Sunday, April 17.

Tickets are available at the Blackberry Shop and Laedeli Gifts in Gibsons, Sechelt Visitor Centre, Sechelt Seniors Activity Centre or online at www.driftwoodplayers.ca.

For more information, contact the show's producer, Bill Forst, at (604) 840-0304 or by email at wbforst@gmail.com.



Noel Coward adapted the play for a film in 1945, starring Rex Harrison, Constance Cummings and Kay Hammond.

PENDER HARBOUR, APRIL 30, 2016!

It's the **15th** annual

APRIL TOOLS



WOODEN BOAT CHALLENGE

LOTS AND LOTS OF FREE ACTIVITIES FOR KIDS!

Has your team got what it takes to build a boat in three hours with materials provided, race it round a short, marked course without sinking, and do it faster than anyone else? Then you could win \$700 (2nd place \$400, 3rd \$250). Get a 4-person team together and challenge your friends or co-workers to do the same.

Entry fee is \$160 (or just \$140 if you register before April 1st!) for that you get a materials package and a t-shirt for each team member.

- ◆ Seafarer Millennium Park, Saturday, April 30, 2016.
- ◆ New construction "twist" and materials revealed at 10:00 am.
- ◆ Construction between 11:00 am and 2:00 pm.
- ◆ Youth race starts at 2:00 pm, adult race follows at about 2:45 pm.
- ◆ Concessions.
- ◆ Mini boat building, face painting, and more free crafts for kids.

Try paddling or rowing a CLASSIC WOODEN BOAT in the Harbour for FREE!

FOR A REGISTRATION PACKAGE CALL
604-883-0539

The Pender Harbour April Tools Wooden Boat Challenge is a project of the Pender Harbour Living Heritage Society.

Visit our website: www.apriltools.ca

Lip smackin' DEALS for April!



Call for
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13544 Sunshine Coast Hwy.

Open Monday to Friday, 8 am - 5 pm

604.883.3646



Celebrate National Volunteer Week, April 10-16

Help build our Garden of Volunteers: A chance to thank our community volunteers

In early April, a large display panel will be created, divided into smaller panels, and passed around the community. You are invited to "fill in a flower" by telling something about

🌸 Your favourite volunteer, way of volunteering or volunteer organization 🌸

Look for a panel at various community locations (the pool, community school, local businesses) or join the relay and bring one to your organization's meeting place. Call the community school at 604.883.2826 if you would like to help out.

The display will be reassembled into a "community garden" ~ a showcase of the people and organizations that create our community landscape. Look for the final display to be installed at the Community Hall in Madeira Park.

Volunteers are the roots of strong communities!



PENDER HARBOUR
COMMUNITY
SCHOOL

HARBOUR LEARNING
CENTRE HOURS:

Tues/Wed/Fri
9am to 4pm

Box 232
Madeira Park
V0N 2H0

604.883.2826

phcs@dccnet.com

NEW! FOOD SKILLS FOR ACTIVE SENIORS: APRIL 19-MAY 24

Six Tuesdays from 11am - 2pm. Learn cooking tips and nutrition skills as you make a meal, share a meal and take home the leftovers. Pre-register: Linda Curtiss 604.883.2819 or 604.883.2826. Free of charge but space is limited.

NEW! COMPUTER CAFÉ: FILE MANAGEMENT with Karen Dyck

Tuesday April 5, 10am-12pm, \$10 donation, Sarah Wray Hall, Irvines Landing

NEW! HOUSEHOLD BUDGETING WORKSHOP with Janet Falk

Monday, April 18, 7-9pm, \$10 donation, Harbour Learning Centre, Community School

NEW! COMPUTER CAFÉ: COMPUTER SECURITY with Karen Dyck

Tuesday April 19, 10am-12pm, \$10 donation, Sarah Wray Hall, Irvines Landing

NEW! FOODSAFE with Chrys Sample

Sunday April 24, 9am-5pm, \$95

Get certified to work in community and professional kitchens, Harbour Learning Centre

NEW! LEARN TO BE A TREASURER with Janet Falk

Tuesday April 26, 7-9pm, \$10 donation. Great for non-profits who are trying to recruit for this board responsibility, Harbour Learning Centre

NEW! YOGA with Carol Goulette

Thursdays until April 21, 1-2pm, \$15 drop in, bring mat & H2O bottle, Sarah Wray Hall

NEW! PLANNING FOR YOUR FUTURE with Alison Sawyer

Monday May 9, 7-9pm, \$10. Wills, trustees, power of attorney & more. Harbour Learning Centre



PENDER HARBOUR SENIORS INITIATIVE

Sponsored by:
Smart Fund



HARBOURSIDE FRIENDSHIP PROGRAM

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

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

BUS TRIP TO GIBSONS HERITAGE PLAYHOUSE: SUNDAY, APRIL 10

Performance of "Blithe Spirit." Depart Madeira Park 12:30pm, performance 2pm, dinner 4:30pm (Golden City). \$30. Dinner \$11.95 (seniors) or \$13.95. Pre-registration is required.

ALZHEIMER WORKSHOP: TUESDAY, APRIL 26

Alzheimer Society will be doing a 6-hour workshop at PH Health Centre for family or friends who are caring for a person with dementia. Pre-registration is required.

CARPET BOWLING: APRIL 6, 13, 20 & 27

Wednesdays at the P. H. Community Hall 1-3pm Drop-In \$3

HARBOURSIDE FRIENDSHIPS: THURSDAYS

Thursdays at the P. H. Community Hall at 10:30. Lunch served at noon. Cost \$10

March 31 – April Struthers, "It's Not Right: The problem of abuse or neglect of older adults."

April 7 – Speaker Haida Bolton on the benefits of "Forest Therapy."

April 14 – MPES students join for Ping Pong, carpet bowling, Foos Ball and crafting.

April 21 – Michelle Morton will demo *Share-There.com*. Bring laptop or iPad.

April 28 – Discussion topic to be decided

YOGA CLASSES: APRIL 1, 8, 15 & 22 (NO CLASSES ON APRIL 29)

Fridays at the P. H. Community Hall: Yoga (55+) 9-10am and chair yoga 10:30-11:30am. \$2

WALKING GROUP: TUESDAYS AT 10:30am.

April 5 - meet in Madeira Park outside the community hall

April 12 - meet at the PH Health Centre

April 19 - meet at mailboxes on Kent Rd



PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

On lower level of the
PH Secondary School:

13639 S. C. Hwy.

(604) 885-6866

phaquatic@scrd.ca

www.scrd.ca/Recreation

YIN YOGA with Carol Goulette

Six Mondays: April 4-May 9. 6:30-7:30pm \$72

CORE AND BACK YOGA with Brigit Garrett

Six Mondays April 4-May 9. 9:30-10:45am. \$72

RESTORATIVE YOGA with Brigit Garrett

Six Tuesdays April 5-May 10. 3:30-4:45pm \$72

MUY THAI KICKBOXING with Paola Stewart

Six Mondays April 4-May 9, 5-6pm, \$60 (If parent and youth register together, youth costs \$30)

INTRODUCTION TO STRENGTH TRAINING FOR FAT LOSS with Zella Knutson and Colleen Preston

Four Saturdays April 9-30. 10-11:30am. \$135

WINTER HIBERNATION ENDS — SPRING & SUMMER IS COMING!

Get your body moving by joining any of the 16 drop-in fitness classes:

In the gym — Mix it Up, FAB (Ladies), Early Riser & Evening Boot Camps, Intense (HIIT), Yoga

In the pool — Morning and Evening Aquafit and Gentle Waves.

Get ready for the lakes — Early bird swimming from 7:30-9am, Monday-Friday.

Not an early riser? We are also open from 11am-1pm for public and length swimming.

For evening and weekend swim times and more information on fitness classes, check our schedule online or call us at the pool.

Six months working for an NGO in Dar es Salaam

Vanessa Lanteigne

This past winter, I endured only two states — sweating and nearly sweating.

My winter was spent in the city of Dar es Salaam in Tanzania, Africa.

I was taking part in an international youth internship program funded by Global Affairs Canada.

For anyone aged 18-30 looking to gain international experience with a non-governmental organization, I highly recommend this program.

Even though Dar es Salaam is the biggest city in Tanzania, it feels like a small town.

Mornings start off hot and get hotter.

A short walk to the bus stop garners at least a dozen handshakes and greetings and inquiries about how well you slept, where you are going and whether or not you are “freshi.”

My posting was at the Children’s Dignity Forum which advocates in the areas of child marriage and the closely related issues of teen pregnancy, female genital mutilation and providing children a voice in informing government policy.

My duties included seeking calls for proposals from donors, writing proposals, editing and creating reports and communication materials like brochures.

But, really, I did any work they



Vanessa Lanteigne

Vanessa Lanteigne (second from right) poses with some of her co-workers while working for an NGO in Tanzania.

gave to me.

CDF’s work involves the strengthening of the human rights framework with programs that directly benefit target groups.

An example would be the training of young women in local job skills like tailoring or farming and then supplying them with a sewing machine or a collective plot of land to cultivate with others.

This provides them economic freedom and can immediately alleviate abject poverty for single teenagers who are pregnant or have already given birth and cannot support them-

selves or their child.

We also hold community campaigns and engage with media in many ways, though this can be difficult.

Tanzanian journalism differs from home in that the organization pays the journalist to create a story yet there is no guarantee that the publication will actually print it.

We host community forums on sexual and reproductive health rights and engage traditional leaders in joining the fight against child marriage and female genital mutilation.

There are also programs for men and boys that aim to engage them in the fight for gender equality through soccer leagues with pro-equality messages and positive role modelling through team leaders.

There is an irony for someone from Canada to be working on human rights and gender equality in Tanzania.

Canada has a ways to go before



EarthFair bookstore
www.earthfair.ca

POET GEORGE CONNELL
Saturday, April 9, 1-3pm

WANTED: Volunteer coordinator & summer students
Go to www.lagoonsociety.com for summer job applications

Lagoon Society’s Charity-Owned, Madeira Park Plaza Store: (604) 883-9006

achieving gender equality in terms of women's pay, justice for missing and murdered indigenous women and sexual assault survivors.

Yet, here I am in another country, working for something my country does not yet possess.

Canada is home to 75 per cent of the mining companies working in Tanzania and our weak mining regulations allow environmental and human rights abuses to occur in a myriad of ways.

I was fortunate to be taken to the Mara region on a monitoring visit where my organization works on programs funded by Plan International and the European Union.

Girls came together in clubs sponsored by my organization to play in soccer games that incorporate anti-child-marriage and FGM messages about who to turn to for help if their rights are violated.

We were up on a hill and, while the girls played soccer, I couldn't help but look down at a notorious mining operation.

I felt like a fraud.

While researching Mara, I came across a number of articles about the Acacia Mine, majority-owned by Canadian mining giant Barrick Gold.

Acacia has provided 14 women with out-of-court compensation packages for sexual assault allegations.

In the last six years 16 people have died there and many have been injured including one man who was paralyzed after being shot in the spine.

The contrast was jarring.

People live without running water in mud huts beside a multibillion-dollar gold mining project.

One of the employees of CDF says that on days when they dump the rock leftovers, only 30 per cent of



Vanessa Lanteigne

Lanteigne's organization sponsors soccer games for girls to promote education about threats to young Tanzanian women like child marriage and female genital mutilation.

children go to school while the rest filter through the rocks in hopes of finding something.

It occurred to me that if Canadian companies are committing human rights abuses in Tanzania and we hope to promote human rights there, then not only must we focus on Tanzania but also on our own country.

When we talk about development and empowerment through training, workshops and awareness raising, one thing that I've realized is just how busy the people here are.

In Tanzania, women are in charge of household duties.

They carry 12-20 litre buckets of water on their heads every morning for cleaning, dishes and laundry.

Only 100,000 have access to running water in a city of 3.5 million.

Very few people have refrigera-

tors meaning that (mostly) women are spending hours a day for household duties and then going to as many as four different markets to buy fresh food because it does not keep in this climate.

Life is definitely hard for Tanzanians but they don't need our pity.

The joy, friendliness and sense of community they have in their family, church and social life is impressive.

It's something the busy western world could learn from.

Tanzania is an amazing country to be thoroughly immersed in daily life but it should be considered an ideal vacation destination as well.

From wildlife safaris to Mount Kilimanjaro, the Spice Island of Zanzibar to protected sea-life areas with tortoises and whale sharks, the attractions are diverse and spectacular.

community calendar

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

APRIL

Fri. April 1.....Christmas Day
Fri. April 8.....SoM Coffeehouse - P. H. School of Music, 7 p.m.
Sat. April 9.....Earthfair Bookstore presents George Connell - 1 p.m.
Mon. April 11.....P. H. Food Bank pickup - P. H. Community Church, noon
Mon. April 11.....P. H. Garden Club presents - P. H. School of Music, 1 p.m.
Tues. April 12.....P. H. Women's Connection presents Lyn and Bill Charlton - P. H. School of Music
Fri. April 15.....The Restaurant at Painted Boat opens for season - Painted Boat Resort
Fri. April 15.....Legion Quiz Night (by the MPES PAC) - Royal Cdn. Legion No. 112, 7:30 p.m.
Sun. April 17.....P. H. Music Society presents Brandon Isaak - P. H. School of Music, 2 p.m.
Tues. April 19.....P. H. Wildlife Society presents Dan Jantzen - PHSS, 7 p.m.
Fri. April 22-23.....Pender Harbour Trash Bash (two days) - various locations
Sat. April 23.....The Mountain Grind - Lions Park, 10 a.m.
Mon. April 25.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. April 26.....P. H. Women's Connection presents Ann Harmer - P. H. School of Music, 10 a.m.
Tues. April 26.....Alzheimer's Disease Workshop - P. H. Health Centre
Sat. April 30.....April Tools Wooden Boat Challenge - Madeira Park Government wharf - 10 a.m.
Sat. April 30.....Annual Legion Garage Sale - Royal Canadian Legion No. 112, 10 a.m.

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



FERRY DEPARTURES

~ Effective to May 18 ~

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

HORSESHOE BAY

7:20 a.m. - Daily EXCEPT Sun
7:30 a.m. - Sun. only
9:20 a.m. - Daily EXCEPT Sun
10:10 a.m. - Sun. only
11:20 a.m. - Daily EXCEPT Sun
12:40 p.m. - Sun. only
1:20 p.m. - Daily EXCEPT Sun
3:30 p.m. - Daily
4:10 p.m. - May 8 & 15 ONLY
5:30 p.m. - Daily
7:25 p.m. - Daily
9:15 p.m. - Daily

LANGDALE

6:20 a.m. - Daily
8:20 a.m. - Daily EXCEPT Sun
8:50 a.m. - Sun. only
10:20 a.m. - Daily EXCEPT Sun
11:30 a.m. - Sun. only
12:20 p.m. - Daily EXCEPT Sun
2:30 p.m. - Daily
4:30 p.m. - Daily
4:10 p.m. - May 8 & 15 ONLY
6:30 p.m. - Daily
8:20 p.m. - Daily

EARLS COVE

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

SALTERTY BAY

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

*I may be drunk, miss, but in the morning I will be sober
and you will still be ugly.*

~ Winston Churchill



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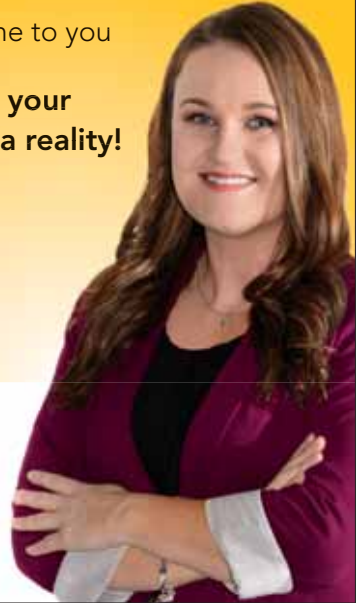
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