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The independent voice of Pender Harbour & Egmont since 1990.

HARBOUR STARTS

October 2022 Issue 382







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Garden Bay

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EDITOF

Brian Lee

CIRCULATION (2,300)

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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: Leonard Lee, Robert Livingston, Shane McCune and Howard White.

COVER

A Great blue heron takes flight near Secret Cove.

(Brian Lee photo)

ADVERTISING

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Chronical of an ironical



Brian Lee

"I don't understand it," came the irritated voice on my answering machine a

day after September's *Harbour Spiel* hit the mail.

The caller referred to a column by occasional contributor Moe Colton promoting the health benefits of smoking tobacco.

Of course its premise was ludicrous and if read literally, even in poor taste.

It's certainly not the first time I've been accosted by someone suffering from irony deficiency *pun* but as teachers say, if one person is confused, there's probably more of you out there.

To entertain myself, I sometimes lace this paper with ironic humour.

In the past, I've extolled the virtue of highway donut artists, suggested we relocate our community to Port Alice, and counselled on how to survive a localized zombie attack.

The *Spiel* even hosted a contest to dismember Powell River from the Sunshine Coast by gifting it a new name.

In 2012, the "Arbutus Coast" was recognized as the new name for the former "Upper" Sunshine Coast.

But each time I sprinkle a little irony or satire on the pages <metaphor>, I've come to expect an email or phone call asking, "Whhaaatt?"

For anyone who skipped that day in English 10 hyperbole, sarcasm>::

Irony is "the expression of one's meaning by using language that normally signifies the opposite, typically for humorous or emphatic effect."

When you drive past the meth camp <*literal*> in Lower Kleindale and someone says, "I love what they've done with the place," that's irony.

Stephen Colbert ironically acted like a Conservative talk show host to make fun of Conservatives on the

Colbert Report.

The term is often used incorrectly — see Alanis Morrisette's "Ironic."

It is ironic that here she sings mostly about coincidences, not irony.

Irony can be complicated, so start with this guy:

In 1729, three years after penning Gulliver's Travels, Irish satirist Johnathan Swift found himself in hot water <metaphor> for writing A Modest Proposal for Preventing the Children of Poor People in Ireland Being a Burden on Their Parents or Country, and for Making Them Beneficial to the Publick.

He suggested Ireland's poor escape their poverty by selling their children as food to the rich.

I have been assured by a very knowing American of my acquaintance in London, that a young healthy child well nursed is at a year old a most delicious, nourishing, and wholesome food, whether stewed, roasted, baked, or boiled; and I make no doubt that it will equally serve in a fricassee or a ragout.

Swift even did the math:

A child will make two dishes at an entertainment for friends; and when the family dines alone, the fore or hind quarter will make a reasonable dish, and seasoned with a little pepper or salt will be very good boiled on the fourth day, especially in winter.

Then he doubled down.

Those who are more thrifty (as I must confess the times require) may flay the carcass; the skin of which artificially dressed will make admirable gloves for ladies, and summer boots for fine gentlemen.

It was shocking then as it is now. But relax — he didn't mean it.

Swift uses irony and satirical form to mock the extreme disdain politicians

Now, 300 years later, his essay is still read in university.

of the day had towards the poor.

And, if it was written today, Swift would be still be hounded by humourless hypersensitives *<alliteration>*.

Is that ironic?

PENDER HARBOUR READING CENTRE QUIZ NITE: Wednesday, Oct. 5, 7 p.m.

The Pender Harbour Reading Centre is hosting a "Reading Centre Trivia Challenge" at the P. H. Legion on Wednesday, Oct. 5, starting at 7 p.m. All proceeds are to benefit the high school for field trips. Alan Stewart will be MC with Paola Stewart assisting. Tables are maximum six people and the cost is \$5.00 per person or \$30 for a table. Everyone will choose a name for their table, register and pay. We have a variety of topics including local ones. There will be a 50/50 draw as well as first, second and third prizes for the winning tables. Wednesday is "wings night" at the Legion so everyone is encouraged to go early to get a table, enjoy some wings and participate.

SUNSHINE COAST ART CRAWL: Oct. 21-23, 10 a.m. to 5 p.m.

Enjoy a spectacular weekend of 169 open galleries and studios including 18 locations in Pender Harbour and Egmont. For more information visit: www.sunshinecoastartcrawl.com.

PENDER HARBOUR BLUES SOCIETY HALLOWEEN HOWL: Saturday, Oct. 29, 7:30 p.m.

Dig out your craziest costume and dust off your dancing shoes because the Pender Harbour Blues Society hosts the 12th annual Halloween Howl Dance and Costume Extravaganza at the P. H. Community Hall on Saturday, Oct. 29. Doors open at 7:30 p.m. with music by the Steve Hinton Band and special guest Peter Van Deursen. As always, there will be prizes for the best costumes. Tickets at EarthFair Bookstore and online *www.phblues.ca*.

HALLOWEEN FIREWORKS DISPLAY: Monday, Oct. 31, 7:30 p.m.

The traditional Halloween fireworks display is put on by the P. H. Volunteer Fire Department each year and takes place at Millennium Park in Madeira Park at 7:30 p.m.



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Health centre society voting change reversed following opposition

The Pender Harbour and District Health Centre Society, the volunteer board that manages the Pender Harbour Health Centre, recently reversed a change to their voting membership policy that limited voting members to the 8-member board and 12 voting members chosen by the board ("Health Centre Society changes voting rules," *Harbour Spiel*, Aug. 2022).

Under this new format, non-voting members would not be charged a fee, were welcome to attend meetings and had some participatory rights, but they couldn't vote.

Les Falk, chair of the PHDHCS, told the *Harbour Spiel* in July that it was hoped these changes would 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 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."

A group of vocal opponents to this change publicly questioned the motives behind it (see Letters, *Harbour Spiel*, Sept. 2022).

According to Susann Richter, chief operating officer of the P. H. Health Centre, the decision to reverse the voting change was made because "once a negative perception is out there it just gains momentum even if people aren't understanding the issue."

Richter told the *Harbour Spiel* that regardless of which voting structure is in use, any member of the community that has an issue with the health centre still has rights under the

Societies Act.

"The board of directors is very open to hearing people's concerns and that's why the misinformation campaign that happened around the board was concerning," said Richter.

"I personally found it disappointing and unacceptable that the integrity of the volunteers was being questioned the way it was."

The eight members of the current board are Marilyn Duggan, Doug Cameron, Les Falk, Jackie Ordronneau, Linda Pearson, Pia Sillem, Alan Skelley and Alan Stewart.

Richter said the board received voting member applications from about 48 people by the deadline.

"The comments on some of them made it clear that they were under the impression that the health centre was going to be closed," said Richter.

"The volunteers on our board are really representative of the community and they are an extremely thoughtful group of people who have agreed to be stewards of the health centre," said Richter.

"So that this notion there's some vague conspiracy to shut down the health centre or hijack it or do something, we don't really know, is completely not true.

"It's been discouraging for both the staff and board members to have to hear this because it is a really difficult time in health care with staff shortages, physician shortages and rising costs."

Starting after the PHDHCS annual general meeting in November, the society will return to a general membership in which all members can vote on board matters.

Richter said that current membership sits at approximately 80 or 90 but they would like to grow that number.

She said that having robust membership numbers facilitates better communication within the community while providing a metric to use to show community interest in the facility to various funding agencies.

Though voting will be limited to members, the upcoming AGM in November will be open to everyone in the community.

Richter said the agenda will include a broad summary of facility operations and programs, a financial review and an update on various efforts being currently undertaken to get stabilization funding from the Ministry of Health.

The date will be announced in the November *Harbour Spiel*.

Membership application forms are available at the PHHC front desk and are posted online at www.pender-harbourhealth.com/membership/.

A membership in the society costs \$5 for an annual membership or \$50 for a lifetime membership.



HORS D'OEUVRES & COCKTAILS: 5:30PM DELICIOUS DINNER: 6:30PM

TICKETS: \$60

Available @ Harbour Insurance & Pender Harbour Legion

Thanksgiving Ham/Turkey Draw and Pie Auction: OCTOBER 1



1. From chinook jargon, what does the name "Skookumchuck" mean? a. White water b. Strong water c. Dangerous water d. Funny water	 4. What is the name of the 2,979 hectare park that sits above Pender Harbour and Sakinaw Lake? a. Caren Provincial Park b. Mt. Hallowell Provincial Park c. Lyons Lake Provincial Park d. Spipiyus Provincial Park
2. What was the first name of early 1980s Madeira Park Elementary School principal Mr. Wishlove? a. Bjorn b. Bill c. Verne d. Andre	5. Who was the editor of the local 1970s newspaper, The Peninsula Voice? a. Myrtle Winchester b. John Burnside c. Howard White d. Al Lloyd
 3. Where is Kokomo Lake? a. Mainland, above Agamemnon Channel b. Nature reserve near Earls Cove c. Off access road to Klein Lake. d. On trail to Skookumchuck 	6. What year did the P. H. Health Centre open? □ a. 1971 □ b. 1976 □ c. 1982 □ d. 1988

Answers: p. 34

Four-plus: Local Two-plus: Newbie Less than two: Townie

Campfire ban lifted in Pender Harbour and Egmont

A campfire ban has now been lifted.

The prohibition was lifted on Sept. 20 for all regions within the Coastal Fire Centre, which includes Pender Harbour and Egmont fire districts.

Other activities which will now be permitted in the Coastal Fire Centre include:

- The use of tiki and similar kinds of torches:
 - The use of chimineas, and
- The use of outdoor stoves or other portable campfire apparatus without a Canadian Standards Association (CSA) or Underwriter Laboratories of Canada (ULC) rating.

For detailed information, please refer to the map: http://ow.ly/jUuz-50KLGIC.

The BC Wildfire Service warns that, "although the fire danger has declined in the Coastal Fire Centre due to recent rainfall and cooler, more seasonal temperatures, the public is strongly encouraged to continue exercising extreme caution with any campfire.

"It is the responsibility of the individual to ensure that burning is done in a safe and responsible manner and in accordance with regulations.

"Before lighting any fire, check with local government authorities to see if any local burning restrictions are in place."

While campfires will be allowed in the Coastal Fire Centre, category 2 and category 3 open fires remain prohibited.

That includes the use of fireworks, sky lanterns, burn barrels and burn cages.

These restrictions will remain in place until Oct. 28, or until the order is rescinded.

A poster explaining the different categories of open burning and applicable regulations is available online at *openburningregs 2022update.pdf*

REMINDERS ABOUT CAMPFIRES

• A campfire is defined as any fire

smaller than 0.5 metres high by 0.5 metres wide;

• Never light a campfire or keep it burning in windy conditions.

Weather can change quickly, and the wind may carry embers to other combustible material:

• Maintain a fireguard around your campfire.

A fireguard is a fuel-free area where all flammable materials (grass, leaves, kindling, etc.) have been removed right down to the soil;

- Never leave a fire unattended, and
- Make sure that any fire is completely extinguished, and the ashes are cold to the touch before leaving the area for any length of time.

Human-caused wildfires are completely preventable and divert critical resources away from lightning-caused fires.

To report a wildfire, call 1-800-663-5555 toll-free or *5555 on a cell phone.









Halloween Night (weather permitting) MONDAY, OCTOBER 31 7:30 p.m.

Come on out with the whole family for a great evening of entertainment, hot dogs, hot drinks and a bonfire at Seafarer's Millennium Park, the best viewing spot in all of Pender Harbour!

Please support this event by buying a raffle ticket!

Tickets available at: Madeira Marina, Java Docks, Oak Tree Market, Sunshine Coast Credit Union, RONA, Pender Harbour Diesel, Mountainview PetroCan, John Henry's, Harbour Insurance, Marina Pharmacy or from your favourite Pender Harbour firefighter.

- ~ Winners will be drawn Halloween night at the fireworks ~
- ALL PROCEEDS GO TOWARD THE PHYFD FIREWORKS DISPLAY FUND.

PRIZES

- 2.5HP MERCURY OUTBOARD DONATED BY MADEIRA MARINA
- Two Nights Villa & Spa for Two Painted Boat Resort
- One Night Suite w/ Dinner & Breakfast West Coast Wilderness Lodge
- Yeti Cooler Mary Mackay P.R.E.C.
- Two Mustang PFDs Pender Harbour Diesel
- \$250 Gift Card Grasshopper Pub
- \$200 Meat Package Oak Tree Market
- SodaStream Source Alan Stewart
- Two green fees w/ cart Pender Harbour Golf Club

The P. H. Volunteer Fire Department thanks the donors and those who purchased raffle tickets.

Without your help the fireworks display would not be possible.





Haines and Lee acclaimed

Folks living in Area A won't have to stay up on Oct. 15 to find out the results of the local government elections because both our SCRD and School District 46 representatives have been acclaimed.

Nominations closed Sept. 9 without challengers for Leonard Lee, SCRD director of Area A, and Samantha Haines, S. D. 46 trustee for electoral Area 1 (upper Sunshine Coast including Halfmoon Bay).

For those living outside the area, aside from the general voting day on Oct. 15, there are advance voting opportunities on Oct. 5 and 12.

Voting place locations will be advertised in local newspapers.

For more information, visit letstalk.scrd.ca/elections.





Leonard Lee, SCRD Area A director. and Samantha Haines, S. D. 46 Area 1 trustee, were acclaimed in the local government election slated for Oct. 15.

photojournal



submitted

Two long-time employees of the Pender Harbour Community School are leaving. Paola Stewart (I) and Francine Clohosey (r) have helped deliver programming and community services in Pender Harbour for over a decade and bid farewell last month. Replacing Clohosey as PHCS manager is Cheyenne Howitt while Stewart's community programming duties will be taken on by a familiar community school face. Patti Soos.



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October 2022

Roadside squatters and the UBCM



Leonard Lee Area A director, SCRD

ROADSIDE SQUATTERS

The SCRD receives numerous complaints about people

illegally living on Crown land, highways property, and private property.

This growing problem is complicated by a tsunami of issues such as the housing crisis, senior governments mishandling of mental health and addiction challenges, and a handful of prolific offenders who remain in the current catch-and-release justice system.

However, our most vulnerable population faces unprecedented "nowhere else to go" challenges, and each complaint must be addressed compassionately, with sensitivity to personal circumstances.

The most visible are the ones that the public loudly, and rightly so, demands to be resolved, but the responsible agencies must prioritize which complaints to address first, often leaving the false impression that no one cares.

The first step is determining if the pop-up community is on Crown or private land, to identify which agency is authorized to take action.

The easiest situation to resolve is one on private property because the SCRD can co-ordinate other agencies to force compliance when the property owner can't or won't.

But, the provincial government (not the SCRD) manages Crown

land, with violations investigated and enforced by conservation officers, and often only when senior management tells them to do so.

Road rights of way, owned by the province, are managed by the Ministry of Transportation and Infrastructure, and subject to the Motor Vehicle Act.

Violations on MOTI rights of way are enforced by MOTI personnel, often supported by the RCMP.

Investigation of roadside squatting, a new phenomenon, is challenging with desperate squatters responding with intimidation and violent threats.

When squatters won't vacate, the courts must be involved to allow forced eviction.

You can help by reporting the problem to the appropriate agency,



PENDER HARBOUR TRANSFER STATION

Winter Operating Hours
Monday 9:00 a.m. to 5:00 p.m.
Tuesday CLOSED
Wednesday to Saturday
9:00 a.m. to 5:00 p.m.
Sunday CLOSED
No loads accepted after 4:50 p.m.

www.scrd.ca/transfer-station

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



UPCOMING MEETINGS

Committee of the Whole October 13 at 9:30 a.m.

Regular Board October 13 at 2:00 p.m.

Electoral Area Services Committee Meeting October 20 at 9:30 a.m.

Finance Committee
October 20 at 2:00 p.m.

Committee of the Whole October 27 at 9:30 a.m.

Regional Hospital District October 27 at 1:00 p.m.

Regular Board October 27 at 2:00 p.m.

SCRD Board and Committee meetings are held in person and electronically on Zoom and video streamed live to YouTube.

For more information, please visit www.scrd.ca/agendas.

Subscribe To Our Newsletter at www.scrd.ca/newsletter-signup



www.scrd.ca 604-885-6800 info@scrd.ca Pender Harbour Satellite Office 12828 Lagoon Road, Madeira Park 604-885-6877 infrastructure@scrd.ca

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which can prioritize its workload to quiet the squeaky wheel, and I can help by letting you know how and where to direct your report.

SCRD directors also advocate to senior management of all government levels for action on the most egregious files.

By working together, with determination and patience, most problems can be mitigated, if not solved, and I believe our "partially housed" community members are one problem worth working on.

UBCM HIGHLIGHTS

At the Sept. 12 to 16 Union of BC Municipalities conference, Sunshine Coast councillors and regional directors, in meetings with BC cabinet ministers and their senior staff, made the following requests relevant to Pender Harbour and Egmont:

- Dwayne McDonald, RCMP
 Deputy Commissioner find ways
 to fill vacant positions at the Sunshine
 Coast RCMP detachment, collaborate
 with the SCRD to resolve increased
 drug activity in public spaces and
 homeless camps and address problems
 caused by prolific offenders (Pender
 Harbour issues were specifically discussed);
- Josie Osborne, minister of land, water, and resource stewardship looking for support in the creation of a new community park in Elphinstone using the nominal rent tenure option and to update timber-harvesting regulations to avoid environmental degradation, social impacts, and physical impacts;
- Senior staff, Ministry of Transportation and Infrastructure increase collaboration with ministers from MOTI, Forests, Environment and Land, Water and Resource Stew-

ardship to create and fund storm-water management solutions and involve the SCRD in long-term planning to reduce costs and develop expanded infrastructure including active transportation paths;

• Murray Rankin, minister of Indigenous relations and reconciliation, and Josie Osborne, minister of land, water and resource stewardship — involve the SCRD in decision making and clarify the Declaration on the Rights of Indigenous Peoples Act and the role of local government in its implementation (the Pender Harbour dock management plan was discussed).

Background — despite a memorandum of understanding signed by the MIRR minister stating that local governments be involved in First Nations negotiations, most items presented are a province/shíshálh initiative with little or no SCRD engagement, and

• Senior staff, Attorney General's office and the Ministry Responsible for Housing — allow addition of delinquent fines to property taxes or create alternate collection methods, increase fine maximums and allow fines for advertising illegal activity, e.g. short-term rentals.

THE SCRD ELECTION

I intended to run again as your regional director mainly because it's taken longer to resolve some key promises I made to you and to myself when I ran in 2018, including consultation shortcomings in local government and resident involvement in the province/shíshálh shared decisionmaking process.

Among many other issues, I want to see an updated Pender Harbour dock management plan, resolved

"south of Pender" water problems, and an updated zoning bylaw 337.

On Sept. 20, I was elected regional director of Area A (Egmont/Pender Harbour) by acclamation.

I thank you for your support of me personally, and really look forward to continuing our work together.

PENDER HARBOUR MUSIC SOCIETY PRESENTS

The Fall Chamber Music Weekend

James Campbell & the Lafayette String Quartet

In more than a decade of stunning performances on our stage, these wonderful musicians and dear friends have earned a special place in our hearts.

After 40 years of working together, members of the Lafayette announced they will bring their internationally respected collaboration to a close in 2023 making this a significant weekend for our audiences.



Saturday, Oct. 22 2 pm ■ \$30

Mozart Quartet Kelly-Marie Murphy Brahms Clarinet Quintet

Two great concerts at the P. H. School of Music!

Sunday, Oct. 23 2 pm ■ \$30

Borodin Quartet Kovács Mozart Clarinet Ouintet

TICKETS @ www.penderharbourmusic.ca, Harbour Insurance or Strait Music (Sechelt)

Douglas Ronald Davis OCTOBER 25, 1951 — AUGUST 9, 2022



Doug Davis died suddenly on Aug 9.

He was born in Ballantrae/Whitchurch, Ont.

He travelled throughout Canada and the U.S. before settling in the Egmont area in the late 1990s.

Davis eventually moved to Ma-

deira Park where he became involved in many community groups including the Pender Harbour Health Centre board, St. Mary's (Sechelt Hospital) Auxiliary board, P. H. Reading Centre, P. H. Community Club and P. H. Community School.

Davis also worked as campaign manager for Powell River-Sunshine Coast MLA, Nicholas Simons through two elections.

His great passions were politics and cooking.

He was a foodie from a young age and operated his small catering business "Comfort Food Catering" for a number of years.

Upon retiring, he discovered a new passion in vegetable gardening.

Neighbours wandering by could be assured of some fresh produce and a political discussion throughout the summer months.

Quoting a friend:

"Doug was a private person and yet his gayness was wide-open for anyone to see.

"That dance between privacy and openness, I think, characterized his life."

His friends hope Davis is dancing freely now.

He and his delicious cooking will be missed by his many friends on and off the Coast.

A gathering was held in remembrance of Davis at the Pender Harbour School of Music on Sept 24.

Charles Theodore Paine JULY 28, 1926 — SEPTEMBER 10, 2022



Charles Paine died Sept. 10 at the age of 97.

Paine was born in London, England in 1926.

He served in the Royal Air Force in the Second World War and immigrated to Canada with his wife Margaret and two small children in 1951.

Paine practiced architecture in Calgary and Vancouver, having a dramatic impact on the skyline of both.

He designed the first highrise building in Calgary and designed Guinness Tower and Oceanic Plaza in Vancouver for the Guinness family.

The couple built a holiday home in Pender Harbour in 1974 and finally escaped the busy city in the early 1990s to enjoy a quieter life filled with boating, fishing and gardening.

Paine captured many beautiful scenes of Pender Harbour in his watercolour paintings.

He volunteered on the board of the P. H. Health Centre, offering his architectural expertise for the many renovations needed. He was also a generous supporter of the P. H. Chamber Music Society.

Paine loved it when his grandchildren visited, instilling in them his love of nature, fishing and boating.

He also loved to create in the kitchen.

He will be sorely missed by his wife Josephine; children Jackie (Ian) and Jon (Sue), five grandchildren, 11 great-grandchildren, as well as relatives in England.

He was predeceased by his wife of 69 years, Margaret, in 2015.

His family would like to thank Dr. Colin Sutton, the staff at Sechelt Hospital and the nurses at the P.H. Health Centre for their care and compassion.

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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Health centre reps reassure community

Editor,

The Pender Harbour Health Centre wishes to acknowledge the recent concerns expressed in our community, and in the *Coast Reporter* (Pender Harbour residents voice concerns over health centre voting change, Aug. 31, 2022), regarding changes to our society's membership and voting policies.

As a community health centre, we exist to care for and serve the members of our community.

Our mandate begins and ends with providing exemplary care for our neighbours in the safest, most healthy and professional setting we can provide.

Because of community concern, we have decided to revert to the previous membership and voting model, where every member has a vote.

It is worthwhile to share some background.

The province changed the Societies Act to allow for both voting and non-voting memberships so that societies with complex operations can run more efficiently.

The board felt that the PHHC Society fit that description of complexity, particularly as we were initiating a significant fundraising campaign to support critical safety and accessibility upgrades to our facility.

The board was seeking to develop a larger membership base in two ways.

One — by expanding our community membership with a lower time-commitment, non-voting role.

Two — by fostering a smaller group of voting members who could offer more time, be called on to join committees, become familiar with the business of the organization, be recruited as new directors and be called on more easily when a significant

decision needed to be made.

The rationale was not to take rights and influence away from any community member, but rather to expand our membership and community support, while improving our ability to act responsively.

These bylaw changes were proposed to the membership of the society in advance and were discussed and voted on at our annual general meeting in November of 2021.

We realize, however, that people who were not members of the society would not have known about the change.

We wish to thank the community members who brought this to our attention, and to the attention of the Pender Harbour community.

We apologize for our shortcoming in communicating this to the broader community.

We are very encouraged to see the renewed interest in membership at this time.

Again, the board of the PHHC has elected to reverse the decision, and all members of the society are once again voting members.

Can we ask for your help?

The Pender Harbour Health Centre remains engaged in a substantial effort to raise the necessary capital to transform our aging facility into the modern, clean, safe health centre our community needs.

We set out in 2021 with a goal of raising \$1.3 million to create a safe ventilation system and upgrade our bathrooms, flooring and patient exam rooms dating back 30 years or more.

We are very proud to say that through enormous effort and generosity, we have already reached \$725,000 in funds raised.

Every donation regardless of size is so important.

Thank you, and we look forward to seeing as many community members as possible at our AGM on Nov.

The time and location will be announced to members and the community closer to the date of the meeting.

Please visit us at www.pender-harbourhealth.com/, or call us today with any questions.

Les Falk president, PHDHCS Susann Richter, chief operating officer, PHHC

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*



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Barrie Farrell: The rough ride of a boat building icon

By Brian Lee (This story first appeared in the Dec. 2013 issue of the Harbour Spiel.)

Of the dozen or so "brands" of commercial fish boats working the BC Coast, there may be none as recognizable as the Farrell design.

If you ask any fisherman what makes the Farrell boats stand out from the rest on the water, most will point to their graceful lines and unique profile.

Some might also say it's because there's so many of them.

It's estimated that since the early 1970s, well over 600 boats carrying Farrell's design have been launched between Washington and Alaska.

Though most are still out there, Farrell has little to show for it.

He speaks quietly and deliberately, without any hint of the raspiness one might expect from a man who's worked a life in dust from polyester resin, fibreglass and asbestos filler his whole life, much of it without a mask.

He sounds as he describes himself, "Healthy as a horse."

Farrell first points out that he "only" built about half of the boats boasting his trademark design.

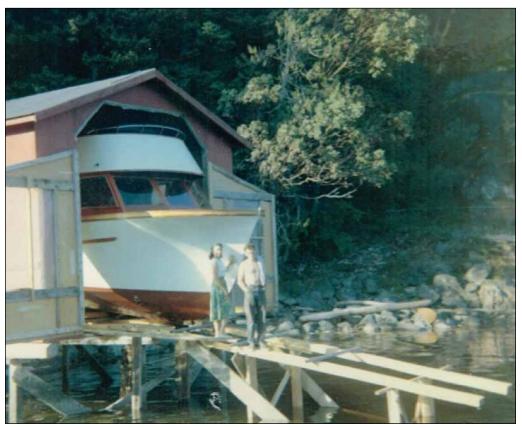
All can be identified by their trademark rounded sterns and distinctively curved dodgers.

The popularity of Farrell's design owes as much to its esthetics as to the practical advantage the hulls offer.

Prior to area licensing, fast, planing hulls allowed commercial fishermen to chase fish to the next opening in distant areas, something that had become increasingly advantageous.

Farrell boats were fast and successfully merged an artistic quality with utilitarian necessity.

It's a testament to Farrell's keen eye that his designs have been copied, Page 14



Barrie Farrell photo collection

Barrie Farrell and his stepmother Sharie in Irvines Landing at the 1966 launch of the *Klyuk*, the 'first larger boat' Barrie Farrell built. She was built as a charter boat for Henry Whittaker and in recent times was owned by Randy Edwardson (since renamed the *Gotta Go*).

stolen and admired for the better part of 40 years.

Farrell was four years old when Allen and Betty Farrell bought five acres in Bargain Harbour in 1938.

Allen Farrell's eclectic life and boat-building legacy has been well-documented in a number of books, most notably in Maria Coffey and Dag Goering's *Sailing Back in Time*.

Like his dad, Barrie Farrell built his first boat in his early teens.

"I was working over at Joe Baker's sawmill out at the mouth of Bargain Harbour there and I needed a little boat to go exploring around," said Farrell.

"It was just a little eight-foot rowboat but I made it real nice.

"It had a varnished plank on the topside, alternating red and yellow

cedar decks and oak rub strips."

"I used it for a few months then a guy on a yacht bought it for \$10.

"That was the start of Farrell Boats."

After that, the boats got bigger.

After his parents' marriage dissolved, Farrell moved with his mother to Parksville.

When he turned 15, his stepfather got him a job working at Bill Osbourne's Alberni Shipyards in Port Alberni.

Farrell would walk four miles into town each day to catch a ride to Port Alberni.

He earned 60 cents an hour

In his spare time he kept building boats at his home in Parksville.

Farrell said he built a 23-foot plywood pleasure boat and then, dur-

Harbour Spiel

ing a week's holiday, built five pram dinghies and sold them all.

He stayed at Osbourne Shipyards for 10 months before taking jobs closer to Parksville.

After a bit, he decided to move back to Pender Harbour to work for himself repairing boats.

"It was sort of home to me."

He built small boats for locals like Malcolm Duncan and Len Larson before doing some logging at the head of the Harbour and Nelson Island.

He left Pender Harbour shortly after to deckhand on the 92-foot coalburning tugboat the *Swell*.

After a year and a half of shoveling coal and towing scows all over the coast, he went to visit his dad.

By this time, Allen Farrell had moved to Blind Bay on Nelson Island with his second wife, Sharie.

The younger Farrell stayed with them while he designed and built the *Sea Song*, a 24-foot cod boat.

"I built it all by hand, just like he did," said Farrell.

"No power tools."

While there he also built a cabin on Jack Edmonds *Hazel H* ("Charlie Higgins' old boat") to trade for a two-cylinder Vivian diesel he put in the *Sea Song*.

It seems then, like much of the rest of Farrell's boat building career, luck wasn't on his side.

Before finishing Edmond's boat and before he could start cod fishing, Farrell gave Edmonds his new *Sea Song*, after the *Hazel H* was destroyed while under his watch.

"Jack had borrowed some anchor chain from this guy that was working in the camp and they had a fight," said Farrell.

"I guess without anyone knowing, this guy went out and took the an-

chor chain back and threw the anchor back in.

"The boat blew away in a storm and got smashed up so I gave Jack my new boat."

Farrell rented a house in Irvines Landing, building two small boats for the Department of Fisheries and three 14-footers on the beach in front of Bill Pieper's hotel.

After that house burned down, Farrell bounced around the Harbour for awhile, always with a shop nearby.

Eventually he took a two-month job repairing a seineboat skippered by his brother Jerry as a camp tender in Bentinck Arm near Bella Coola.

When Farrell got back he had a "pretty good stake."

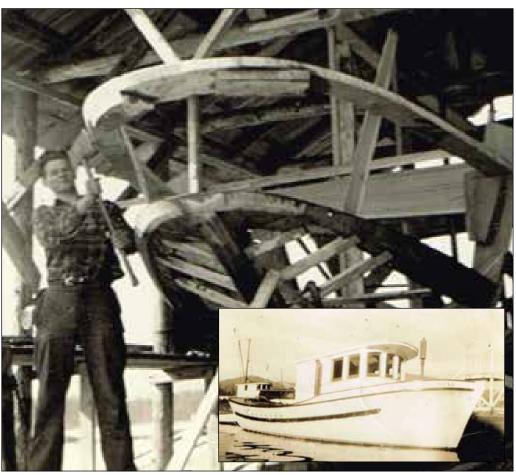
He worked out of Roy Dusenbury's Shell garage in Kleindale and built a number of boats including the *Sea Fun*, a V8 speed boat for Dusenbury, and a 19-foot crew boat for OB logging.

Later, Farrell married Phyllis Wise and the two lived in Kleindale while he worked out of Norm Klein's shop.

Farrell said when he couldn't scrape up a customer, he'd go to work for other builders.

He spent some time working with Vic Gooldrup building boats like Sam Lamont's beachcomber, *Vulture*.

He also worked for Denny Harling at Garden Bay Boatworks and (continued on next page)



Barrie Farrell photo collection

Barrie Farrell coping out the stern timber on *Sea Song*, a 24-foot cod fishing boat he designed and built for himself on Nelson Island. Farrell built the boat completely by hand without any power tools at the age of 19.

October 2022

Barrie Farrell (cont.)



Barrie Farrell photo collection

Barrie Farrell built Roy Dusenbury the V8-powered *Sea Fun* for the cost of materials to return the favour of charging him 'peanuts' when he needed some welding done. 'He seemed like such a heck of a nice guy.'

(continued from previous page)

built "a couple of 40-foot trollers" with Fred Crosby.

The first "bigger boat" Farrell built was the *Klyuk*.

He built it in a shed over the water in Irvines Landing and intended to take it gillnetting.

But when the engine and gillnet didn't come through in time for the fishing season, he sold it to Henry Whittaker of Whittaker's Resort for use as a sport fishing charter boat. It was 1966 and Farrell knew just enough about fibreglass technology to lay fibreglass over the *Klyuk's* plywood hull.

He had learned about fibreglass while working with Vic Gooldrup.

"We had a guy come up from Vancouver for a couple of days showing us all the tricks and then we just did it from there," said Farrell.

As a testament to the promise of that relatively untested technology, the *Klyuk* is now the *Gotta Go* and

can be regularily seen around Pender Harbour.

After the *Klyuk*, Farrell built the *Devil Woman* for Bud Kammerle and the *Alice R* for Edwin Reid.

"I built the three of them out of plywood and fibreglass and it was a lot of work finishing the outside of them so I decided I better take a mould off Eddy's boat," Farrell says.

"I didn't know anything about what I was doing — there was nobody around there to ask. We got her figured out and I built the mould and took a few hulls out of it."

When asked about how he ventured into what would become one of the biggest advances in boat building in a hundred years, Barrie Farrell is characteristically nonchalant.

"I just figured it out.

"I waxed it up good and it all popped off fine."

Shortly afterwards, Farrell's wife Phyllis took her life.

"I kind of lost heart in the business."

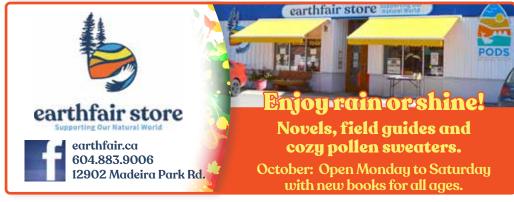
Farrell sold his moulds to Jack Currie in North Vancouver and "after some time off and partying too much, I smartened up" and went to work for him.

They built a half dozen or so more boats from it, the last for Stan Vestad who was from a well-known wooden boat building family "up the river."

Farrell says Vestad became the black sheep of the family for choosing a fibreglass boat.

By this time, Farrell was starting to acquire a name for himself as both a designer and builder of quality fibreglass boats.

He caught the eye of a fishermen turned businessman who saw an opportunity to start mass producing



Page 16 Harbour Spiel

boats at a fraction of the cost of wood.

Art White owned Snowball Industries and convinced Farrell to move to Westport, Wash., where he designed a new mould for a 27-foot boat that could be easily trailered and finished as a conventional gillnetter or a bowpicker.

Farrell says he built and finished three boats working by himself in seven months.

Art White would go on to produce more Farrell boats than Farrell.

They were branded "Snowballs" and White churned out 27s, 29s, 32s, 37s and a 40-foot model taken from Farrell's 37 hull.

"He never gave me any credit for the design," said Farrell.

When he returned to Canada, he

discovered that Palmer Boatworks in Maple Ridge had turned over the 34-footer he built for Mike Forrest and took a mould off the hull.

Palmer went on to make many more boats, either from a mould taken directly from that 34 Farrell or a redesigned larger version of it.

"So those Palmer boats are actually Farrells," Farrell said without a trace of bitterness.

"There's no protection that way so when I got back, I thought, 'Aw, to heck with it, I'll design a bigger and better one.' So, I designed the 37."

He rented a little shop in Gunderson Slough, Delta, and went to work designing and building a mould for the 37 Farrell.

"When I started building the

mould I didn't have any orders," said Farrell.

"And before I got the mould finished I had eight orders.

"I was too busy to do any advertising or anything so I guess it was just word of mouth."

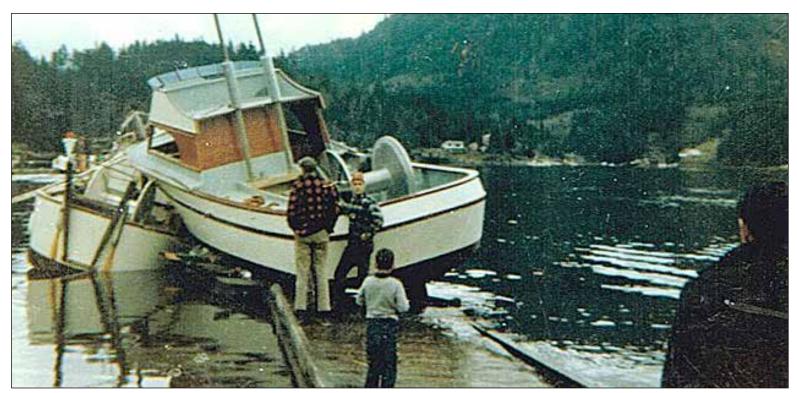
It was 1972 and the horizon was clear for Farrell Boats.

"I had three boats I was finishing in my shop in Delta and my shop burned down," he said.

"So, I rented another shop and I just got going and the fire marshall came along and said, 'Nope, you can't build boats here.'

"Then I found another shop in Richmond and went full bore and the orders came rolling in like you

(continued on p. 22)



Barrie Farrell photo collection

Bud Kammerle's brand new *Devil Woman* on top of Harry Brown's *Hazel Mae* and the dock of the Garden Bay Pub shortly after her launch in 1969. The launch party started the night before and the next day's sea trial consisted of a celebratory trip over to the pub. Farrell says Kammerle always had slow boats before then and after leaving the pub, 'He jumped aboard and I guess he opened 'er up and did a big circle in the bay and then didn't straighten her out. He claimed it was an airlock in the steering but it never happened before or after so I think the airlock might have been in his head," Farrell says with a laugh. 'Harry [Brown] used to come over while we were building it and say, "She's too light built — she's gonna fall apart. You're wasting your time!" And there's his boat sitting there with the decks and everything smashed right out of it and there goes Bud's boat right out the bay.'

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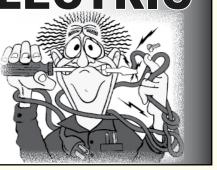
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Barrie Farrell (cont.)

(continued from p. 17)

wouldn't believe."

The fire destroyed a 27-foot mould that he took off one of the boats he built in Westport.

But once set up in Richmond, he got another one up, took a mould from it and started punching out Farrell 27s, 29s and 37s.

Farrell thinks it was 1974 or 1975 when he built 50 Farrell 37s in one year out of his shop on Bridgeport Road.

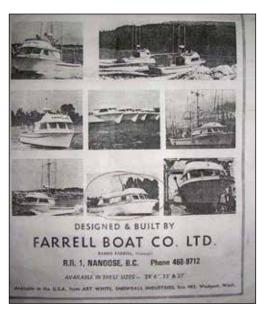
That's on top of the other models built that year.

"They were kit boats, most of them," said Farrell.

"I'd put the motors and windows and shaft and rudders in them and then they'd go somewhere else to be finished."

Farrell says this production model suited him fine.

"I didn't want to finish the boats because it takes too long and it's where you lose your shirt usually. I made pretty good money doing kit



Barrie Farrell photo collection

At the peak of his production in the mid-1970s, Barrie Farrell took out this ad promoting his growing fleet of Farrells.



usednanaimo.com photo

Barrie Farrell recently (2013) bought this Farrell 37, *Montagnais II*, that he originally built in Richmond in 1976. It's been finished with a small rear cabin installed in the cargo hold. "She's a beauty.' If he does say so himself.

boats."

While there, he started experimenting with a new 29-foot design but didn't think it was beamy enough.

"So I added 18 inches of beam to it and then it was wide enough to make it a 32-footer," he says.

Barrie didn't keep track but he estimates he sent close to 150 boats out the doors of his shop in Richmond in only three years.

When his lease came up in 1975, he bought some property in Nanoose Bay, built a big shop and moved his operation there.

"Things were going good there for a few years but then the early '80s came along and I got caught with that high interest and everything stopped," Farrell said.

"There were no orders and I was mortgaged to the hilt. So, I had a bankruptcy there."

A man named Don Pickelow took over his shop, his moulds and the Farrell name.

Barrie Farrell stayed on awhile to train the new people but he says it

was "pretty haywire" and he got out of there.

Within five years they too would go bankrupt.

The mould for the 37 sat in a field in Coombs for many years before it finally deteriorated.

By then, Farrell had picked himself up and moved back to Vancouver to work for Ralph Rolston's Sea Air Marine in Coal Harbour.

Rolston had the popular Vancouver 27 sailboat mould, "But they didn't know what the heck they were doing," said Farrell.

He stayed on for a couple of years until things slowed down before jumping to a couple of other boat building companies to pay the bills.

Farrell hadn't built one of his own designs for seven years when he rented a shop at Mosquito Creek Marina in North Vancouver.

"I put a little wee ad in the Vancouver Sun that I was taking orders for Farrell Boats.

"A guy came in the next day and said, 'How do I order one?"

Page 22

"I said, 'Well, just give me \$500 and I'll put you on the list,'" Farrell laughs.

"He didn't know that I didn't even have a mould."

Farrell knew Art Snow had quit by then and the moulds were sitting idle in Westport.

"I thought I'd get the 32 up from him but then he drove such a hard bargain — he kind of forgot the deal he got from me.

"So I said, 'To heck with him,' and bought a whole bunch of materials and started building a new plug from scratch.

Farrell was now in his late 40s and starting over from scratch.

"It was long, long hours. I did an amazing thing there, working by myself. I built the plug and the mould, the cabin and deck moulds — everything and had it finished ready for fishing that spring."

Farrell says this new 32 was a "big improvement" because the original 32 was a widened Farrell 27 and still had the 27's low bow.

"When I widened the 27, I just took a Skil saw right up from the stern to the stem and then grabbed the ass end and spread 'er out 26 inches."

"But then [with the new design]
I raised her up and made nice crisp
lines and and raised the cabin a couple
inches and it turned out to be a real
nice-looking boat."

After a while orders for the 32s slowed down so he drafted up a new 34 with a wide (12'2") beam that carried aft.

"It was pretty chunky but they were good boats — they did 27 knots with a single diesel."

He made a complete set of moulds for the 34 Farrell but only built four — two fishboats, the *Native*

Legacy and DiaFlynn and two pleasure boats, the Kingfisher and Spring Tide.

"In other words, I lost my shirt," said Farrell.

"It cost a lot of money to build those moulds."

By this time, he'd moved his operation back to Coombs to acquire more space for production.

Area licensing changed the commercial salmon industry in the 1990s and speed was no longer the most important consideration.

New sales competed with huge volumes of quality used fibreglass boats available.

Once again, Farrell's orders dried up.

"I just pulled out," he said.

Farrell gave the moulds to Eric Benfield and worked with him in Coombs for five years or so until that business ran down too.

The moulds were left on the property and eventually crushed and disposed of by the property owner.

"That was the end of the Farrell hulls," says Farrell.

Farrell built more than 300 boats himself and at age 79 he's still working.

These days, working means mostly teak finishing but he says he's got a design for a new pleasure boat in him yet.

"People still buy these ugly look-

ing things from the States.

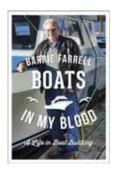
"These modern boats, the newer they are the worse they get," he said.

"I think the manufacturers are having a contest to see who can build the ugliest boat — rounded off, no decks, squinty windows, nothing lining up, so high and ugly.

"Oh man, they're just terrible."

Barrie Farrell died on Sept. 6.

In 2016, Harbour Publishing published Farrell's memoir, *Boats In My Blood: A Life in Boatbuilding*.





Barrie Farrell photo collection Barrie Farrell in Nanaimo in 2013, just a couple months shy of his 79th birthday.

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- Oct. 28 ~ Eric McDermott and Rob Metcalfe.
- Oct. 29 ~ Colleen Silvey and Nicholas Silvey.
- Oct. 31 ~ **Richard Mills** and **twins Savannah** & Sawyer Cote.

OCTOBER ASTROLOGY



LIBRA: September 22 - October 23

Libras seek perfection and harmony and passionately believe in fairness and equality. You are diplomatic, charming, stylish, self-expressive, and spontaneous. Librans

do not tolerate argument from anyone who challenges their opinions and are impatient with criticism. Will Smith is a Libra. This month, the moon, the ruling lord of your 10th house, the house of deeds, will transit in your seventh house i.e., Kalatra Bhava, with Rahu near Oct. 10. Lotteries are a good bet until the middle of the month. Try 4, 8 and 12.



SCORPIO: OCT. 24 - NOV. 22

Scorpios are highly sensitive and compassionate, with a fierce pride and determination. With Pluto as the ruling ex-planet, people born under this sign are consid-

ered to be dynamic and extreme in their opinions. With the presence of Jupiter in your fifth house, it's not a good time to date. Words will be easily misunderstood, leading to conflict with a romantic partner. A family emergency restores faith in your siblings as they step up to help you clean up the blood.

BC BESTSELLERS

For the week ending Sept. 17.

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. With Our Orange Hearts by 6. Framed in Fire: A Lane Phyllis Webstad, illustrated by Emily Kewageshig (Medicine Wheel Education)
- 2. I Hope by Monique Gray Smith, illustrated by Gabrielle Grimard (Orca Book Publishers)
- 3. Return to Solitude: More **Desolation Sound Adventures** with the Cougar Lady, Russell the Hermit, the Spaghetti Bandit and Others by Grant Lawrence (Harbour Publishing)
- 4. Be a Good Ancestor by Leona Prince & Gabrielle Prince (Orca Book Publishers)
- 5. Let's Go Biking Vancouver Island by Colleen MacDonald (Let's Go Biking)

- Winslow Mystery by Iona Whishaw (TouchWood Editions)
- 7. The 500 Years of Indigenous **Resistance Comic Book:** Revised and Expanded by Gord Hill (Arsenal Pulp Press)
- 8. The Wildest Hunt: True Stories of Game Wardens and Poachers by Randy Nelson (Harbour Publishing)
- 9. Buffalo is the New Buffalo by Chelsea Vowel (Arsenal Pulp Press)
- 10. Ben the Sea Lion by Roy Henry Vickers (Harbour Publishing)

~ Association of Book Publishers of BC



HORROR MOVIES

131 BPM

Statistically, the scariest movie ever is Sinister (2012). A study compared viewers heart rates while watching 50 horror films and Sinister made viewers resting heart rates rise from 65 to 86 BPM and reach over 131 BPM during key moments.

\$339 million

The inflation-adjusted gross of "I Am actress nod for Linda Blair, who was Legend," the top grossing horror film between 1995 and 2022. Second was "It" at \$335 million.

58%

Percentage of horror movie audiences that are men.

6/10

According to one study looking at 600 films, the average horror movie received a six out of ten rating.

The same study found that the average horror movie was 98 minutes in duration.

The number of days it took to film the "The Blair Witch Project."

The Exorcist was the first horror film to be nominated for a best picture Oscar. It also earned nine more nominations including a best supporting 15 years old at the time.

The eponymous shark in Jaws doesn't fully appear in a shot until one hour and 21 minutes into the movie.

~ GQ, thenumbers.com, creepycatalog.com,

OCTOBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our average daily high temperature in October is 12.8 C and our average daily low is 8.5 C, giving us a mean daily temperature of 10.7 C. Our average first-frost date (at sea level) is Oct. 30. The highest October temperature recorded was 21.1 C (Oct. 1, 1975); the lowest October temperature recorded was -0.4 C (Oct. 31, 1984).

PRECIPITATION (MERRY ISLAND)

October has an average of 115 hours of bright sunshine and averages 16 days with measurable rainfall and a total of 108.8 mm for the month. The highest October daily rainfall recorded at Merry Island in October was 62.2 mm (Oct. 21, 1963). The Canadian record for the greatest rainfall in a 24hour period is 489 mm (Ucluelet BC, Oct. 6, 1967).



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

- 1. 10:11 AM +XL, 4:26 PM -S
- 2. 10:30 AM +XL. 5:33 PM -S
- 3. 12:22 PM +XL
- 4. 2:11 PM +XL
- 5. 2:45 PM +XL
- 6. 8:06 AM -L. 3:36 PM +XL
- 7. 9:12 AM -L. 4:16 PM +XL
- 8. 10:17 AM -L, 4:49 PM +XL
- 9. 11:05 AM -L, 5:17 PM +L
- 10. 11:54 AM -L. 5:31 PM +L
- 11. 12:42 PM -L, 5:47 PM +L
- 12. 1:34 PM -M
- 13.8:13 AM +XL, 2:18 PM -M
- 14. 9:04 AM +XL, 3:05 PM -M
- 15. 9:57 AM +XL, 3:55 PM -S
- 16. 10:51 AM +XL, 5:02 PM S
- 17. 11:48 AM + XL
- 18. 1:06 PM +XL
- 19. 2:02 PM +XL
- 20. 2:26 PM +XL
- 21. 3:05 PM +L
- 22. 9:07 AM -L. 3:36 PM +L
- 23. 10:06 AM -L, 4:04 PM +L
- 24. 10:55 AM -L, 4:23 PM +L
- 25. 11:47 AM -M, 4:47 PM +L
- 26. 12:47 PM -M, 5:10 PM +L
- 27. 1:34 PM -M
- 28. 2:23 PM -M
- 29. 9:04 AM +XL, 3:14 PM -S
- 30. 9:09 AM +XL, 4:12 PM -S
- 31. 10:13 AM +XL

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 Co-ordinator.

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

Page 26 Harbour Spiel

Physical activity the key to good health

Compiled by Pender Harbour Health Centre nursing staff

Being physically active is the most effective tool seniors have to combat health risks and remain independent.

The question then must be asked, why are two-thirds of elderly Canadians inactive?

Good health is important to Canadians of all ages but for the elderly it can be increasingly difficult to achieve as time takes its toll on bone density, muscle strength, mental acuity and the body's autoimmune system.

Research has shown a significant correlation between level of activity and health status for people aged 65 and older.

A recent national survey showed that 67 per cent of seniors who are active three or more times a week are in good health, compared to only 36 per cent who are infrequently active.

THE BENEFITS OF BEING ACTIVE

- Improves functional capacity, mental health, fitness levels and overall well-being, helps prevent chronic diseases;
- Reduces the risk of falling up to 47 per cent and improves your ability to recover from a fall:
- Reduces illness and delays the decline associated with aging;
- Improves the ability to recover from poor health, and
- Helps seniors make connections and build social networks that promote overall health.

Despite these benefits, 58 per cent of Canadians aged 65-plus engage in very little or no activity, making this the most sedentary segment of our population.



WHY ARE SENIORS RELUCTANT TO EXERCISE?

A lack of motivation to exercise isn't exclusive to the elderly but there are reasons specific to seniors that can explain a reluctance to become active:

- Unaware of the benefits;
- A belief that only strenuous exercise yields results;
- Unsure of which exercises to undertake;
- A feeling that "it's too late" to begin;
 - Fear of pain or injury, and
- Lack of supportive environment.

WHAT ACTION CAN YOU TAKE?

- Visit www.scrd.ca/penderharbour-aquatic-fitness-centre to see if there is a program at the Pender Harbour Aquatic and Fitness Centre that interests you;
- Join the P. H. Seniors Initiative at the community hall on Wednesdays for carpet bowling at 1 p.m. or chair yoga on Mondays and Fridays at 11

a.m., or

• Connect with a friend and commit to increasing your physical activity.

Start off small and go for a walk on level ground.

Take some time for YOU.



- Headaches, back/neck/joint pain
- Frozen shoulder & carpal tunnel
- Muscle strain & whiplash
- Relaxation and prevention

As the body relaxes, tension leaves and self-correcting reflexes engage.

Scott McQuitty

Registered Ortho-Bionomy® Practitioner

604.741-3233

suncoastbodyworks.ca gift certificates available

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October 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:



October	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3РМ	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Sat 01	6.8	4.8	3.4	3.0	3.4	4.8	6.8	9.1	11.3	13.0	13.9	13.9	13.4	12.6	11.8	11.3	11.2	11.7	12.5	13.2	13.5	13.2	12.1	10.4
Sun 02	8.3	6.2	4.5	3.3	3.0	3.5	4.8	6.7	8.8	11.0	12.7	13.8	14.0	13.7	13.1	12.4	11.9	11.8	12.1	12.5	13.0	13.1	12.6	11.5
Mon 03	9.9	8.0	6.1	4.5	3.5	3.2	3.6	4.7	6.5	8.6	10.6	12.4	13.7	14.2	14.1	13.6	12.9	12.2	11.9	11.9	12.1	12.4	12.6	12.3
Tue 04	11.3	9.9	8.1	6.4	4.9	3.8	3.4	3.7	4.8	6.5	8.5	10.7	12.5	13.9	14.5	14.4	13.8	12.9	12.1	11.4	11.2	11.4	11.7	12.1
Wed 05	12.1	11.6	10.4	8.8	7.1	5.4	4.2	3.7	3.9	4.9	6.7	8.8	11.0	13.0	14.3	14.8	14.5	13.6	12.4	11.3	10.4	10.1	10.4	11.0
Thu 06	11.7	12.1	12.0	11.1	9.6	7.8	6.0	4.7	4.0	4.2	5.3	7.2	9.5	11.7	13.6	14.7	14.9	14.2	13.0	11.4	10.0	9.1	8.9	9.5
Fri 07	10.5	11.6	12.3	12.4	11.7	10.3	8.4	6.6	5.2	4.5	4.8	6.0	8.1	10.4	12.7	14.3	15.0	14.7	13.6	11.8	10.0	8.5	7.7	7.8
Sat 08	8.7	10.1	11.6	12.6	12.9	12.3	10.8	8.9	7.1	5.7	5.2	5.7	7.1	9.3	11.6	13.6	14.8	15.0	14.1	12.5	10.4	8.3	6.9	6.3
Sun 09	6.8	8.1	10.0	11.7	13.0	13.3	12.7	11.3	9.4	7.7	6.4	6.1	6.8	8.5	10.6	12.7	14.3	15.0	14.5	13.1	10.9	8.6	6.6	5.4
Mon 10	5.3	6.3	8.0	10.1	12.1	13.4	13.7	13.0	11.6	9.9	8.3	7.3	7.2	8.2	9.8	11.8	13.6	14.6	14.6	13.6	11.6	9.2	6.9	5.2
Tue 11	4.4	4.7	6.1	8.2	10.5	12.5	13.8	14.0	13.3	11.9	10.3	9.0	8.3	8.5	9.5	11.1	12.7	13.9	14.4	13.8	12.3	10.0	7.6	5.5
Wed 12	4.1	3.8	4.6	6.3	8.6	11.0	12.9	14.1	14.2	13.5	12.2	10.8	9.7	9.3	9.6	10.6	11.9	13.1	13.8	13.7	12.7	10.8	8.5	6.3
Thu 13	4.5	3.6	3.7	4.9	6.8	9.2	11.5	13.3	14.3	14.3	13.6	12.5	11.3	10.5	10.2	10.6	11.4	12.4	13.1	13.3	12.7	11.3	9.4	7.2
Fri 14	5.3	4.0	3.6	4.0	5.4	7.4	9.7	11.8	13.5	14.3	14.3	13.7	12.8	11.8	11.1	10.9	11.3	11.8	12.5	12.8	12.6	11.6	10.1	8.2
Sat 15	6.4	4.9	4.0	3.9	4.6	6.0	7.9	10.0	12.0	13.5	14.2	14.2	13.8	13.0	12.2	11.6	11.4	11.6	11.9	12.2	12.2	11.6	10.5	9.1
Sun 16	7.5	6.0	4.9	4.3	4.4	5.1	6.5	8.3				14.1						=					10.7	9.7
Mon 17	8.4	7.2	6.1	5.2	4.8	4.9	5.7	6.9	8.5	10.3	11.9	13.2	13.9	14.1	13.9	13.7	13.2	12.7	12.1	11.3	10.5	9.7	8.9	8.1
Tue 18	7.4	6.7	6.1	5.7	5.4	5.3	5.4	6.1	7.2	8.8		12.0						=						
Wed 19	10.7	10.1	9.2	8.1	7.0	6.1	5.7	5.7	6.3	7.5	9.1	10.8						=				9.8	10.0	10.4
Thu 20	10.8	10.9	10.6	9.7	8.6	7.4	6.4	5.9	5.9	6.6	7.9	9.6						12.8				8.9	9.1	9.6
Fri 21		11.1				=	7.7	6.7	6.1	6.2	7.0	8.5						13.1				8.0	7.9	8.4
Sat 22						10.7	9.4					7.8						13.5				7.3		7.0
Sun 23						12.2						=						=						
Mon 24						13.3						=						=						
Tue 25	4.6					13.7						=						=						
Wed 26	3.1					13.2												=						
Thu 27		2.5				11.7						=						=						
Fri 28		1.6				9.4						=						=						
Sat 29		1.7				6.9						=						=						
Sun 30		2.9				4.7						=						=						
Mon 31	6.7	4.8	3.3	2.5	2.5	3.5	5.2	7.5	10.0	12.3	14.0	15.0	15.0	14.5	13.7	12.8	12.1	11.7	11.8	12.1	12.4	12.4	11.7	10.5

PENDER HARBOUR GARDEN CLUB

The Pender Harbour Garden Club is thrilled to present Sandy Matches of Kleindale, on Monday, Oct. 31 at the Pender Harbour School of Music in Madeira Park from 1 to 3 p.m. Doors open at 12:45 p.m.

Some might know Matches as "Handy Sandy." His botanical experience is mostly self-taught and learned from his grandmother.

Matches worked for a landscape architect from 1994 to 1997 and has gardened and collected specimen plants since he was a child.

He will answer your garden-related questions and discuss seeds and soil, if time permits.

Membership fees are \$15 for a calendar year or \$5 drop in.

PENDER HARBOUR WOMEN'S CONNECTION

On Tuesday, Oct. 11, Krystin Clark will present "Inspiring mindfulness and gratitude." It will be an uplifting meeting to start our new season off.

We are looking forward to learning about this young lady's journey as a life coach and metaphysical minister as well as her other fascinating pursuits.

On Tuesday, Oct. 25, the group will "Remember Queen Elizabeth II and High Tea."

Many will have stories to tell about Her Majesty in Britain as well as on her many trips to Canada. There will be a quiz about her, so bring your thinking caps and enjoy High Tea to top it off.

Doors open at 9:30 a.m. with the speaker starting at 10 a.m. Our new drop-in fee is \$4 and a yearly membership is \$15.

Masks are optional but if you are unwell we ask you not to attend for the safety of everyone.

SCHOOL OF MUSIC COFFEEHOUSE

The Pender Harbour Music Society presents this month's School of Music Coffee House on Friday, Oct. 14.

It will be an evening of great music featuring Sean Pe-

ters, George Connell/Garth Bowen and Topher Trick.

Doors open at 7 p.m., music starts at 7:30 p.m.

There is a suggested \$10 donation for entry at the door.





PENDER HARBOUR'S 2ND ANNUAL

Light Up The Town

CHRISTMAS TREE FUNDRAISER

SECURE YOUR TREE BEFORE THEY SELL OUT EMAIL: LIGHTMADEIRAPARK@GMAIL.COM

WATCH FOR OUR FULL PAGE AD IN THE

NEXT HARBOUR SPIEL —

IT'S GOING TO BE BIGGER AND BRIGHTER

THIS HOLIDAY SEASON.

OCTOBER IS

FIRE SAFETY AND EMERGENCY PREPAREDNESS





TEST SMOKE ALARMS AND CARBON MONOXIDE **DETECTORS!**

What good is any type of alarm if it's not in working order?

You should always refer to the manufacturer's instructions, but it's recommended that you test smoke alarms and carbon monoxide detectors monthly.



IT'S TIME TO CLEAN YOUR CHIMNEY!

You should inspect and clean your chimney at least once a year, and whenever creosote glaze is present.

If you use your fireplace regularly, you will need to clean it more often. Heavy use of a wood burning fireplace will cause soot and creosote to build up quickly which creates a fire hazard.



EMERGENCY KIT?

It is recommended that you maintain a disaster preparedness kit with enough supplies to meet your family's needs for at least 3 days.

Store food, water and supplies like medications, glasses, cell phone charger documents, flashligh, batteries, extra keys, first aid kit, extra cash, personal hygiene items and pet food.



PENDER HARBOUR **SENIORS INITIATIVE**

Sponsored by:



HARBOURSIDE FRIENDSHIP PROGRAM

Sponsored by:

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

FOR INFORMATION OR TRANSPORTATION,

CALL MARLENE: (604) 883-9900

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

In the Pender Harbour Community Hall. Lunch will be served at 12pm. The cost will be \$10 per person

Oct. 6 - Music by Katrina Bishop

Oct. 13 - Shared stories

Oct. 20 – Visit from P. H. Fire Department to discuss fire safety

Oct. 27 - A conversation with Better at Home and the services they could offer in the Pender Harbour area. All are welcome!

CARPET BOWLING: Wednesdays, October 5, 12, 19 & 26

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

CHAIR YOGA: Mondays & Fridays, October 3, 7, 14, 17, 21, 24, 28 & 31

At the Pender Harbour Community Hall 11am -12pm with Carole Logtenberg. Cost: \$3 Improve your balance, strength & flexibility with gentle moves.

> **OCTOBER EVENTS FOR SENIORS!**



PENDER HARBOUR COMMUNITY SCHOOL

HARBOUR LEARNING CENTRE HOURS: Tuesday to Friday 9am to 3pm

5012 Gonzales Road Box 232 Madeira Park, VON 2H0

604.883.2826 phcs@dccnet.com

www.pendercommunity.ca

Coming this Fall to the Pender Harbour Community School:

MENS DROP IN HOCKEY

Wednesdays @ PHSS Gym 6-8pm,

\$5 drop in for non-students. Come to the gym, have fun playing hockey with your friends. For men Grade 10 and older.

PICKLEBALL

Tuesday and Thursdays @ PHSS Gym 5:30-7:30pm

Join this great group of players. Please call the Community School to register.

HOT BREAKFASTS!

We are so thankful to Cindy Schroeder and Danielle Silvey for delivering delicious hot breakfasts at both of our schools!

ART INSTRUCTORS NEEDED

We are looking for art instructors to teach our Art Programs. Please contact us if you are interested!

NEW HOURS

The Harbour Learning Centre is now open Tuesday to Friday, 9am-3pm.



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

PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

We look forward to seeing you!

Drop-in for a swim, to use the weight room or to take a fitness class. Please check www.scrd.ca/pender-harbour-aquatic-fitness-centre for schedules.

FACILITY HOURS OF OPERATION:

MONDAY TO FRIDAY	MONDAY & THURSDAY	TUESDAY & WEDNESDAY	FRIDAY EVENING &	SUNDAY:	FACILITY CLOSED:
	Weight room:	Weight room:	SATURDAY:	1pm to 4pm	Monday,
7:30am to	3:30pm to	3:30pm to			Oct. 10
1pm	6:30pm	8:30pm	Closed		Monday,
	Pool:	Pool:			Oct. 31
	5pm to	5pm to			
	6:30pm	8:30pm			(evening only)

It's not too late to register for Fall Programs!

• Online www.scrd.ca/myrecreation • By phone: 604-885-6801 • In person

Calling all Fitness and Program Instructors

Are you a registered fitness instructor? Are you interested in leading a class for the SCRD? Find out more information on becoming a contract instructor: www.scrd.ca/recreation-instructors.

Remembering our local trailblazers

Howard White

In my 70 years in Pender Harbour I've seen many changes, some for the better and some not.

Most changes have just happened and the people behind them were just pursuing their own interests, trying to make a buck or eke out a living.

But all too rarely the community has benefited from people who gave selflessly of themselves for the betterment of the community, and much of what is good in this place we owe to the efforts of those inspired and community-minded folks.

Canon Alan Greene, who ministered to the coastal logging community starting in 1911 and with John Antle rallied the community to build the original St. Mary's hospital in Garden Bay, as well as our first homes for the elderly, is one of these.

So are the pioneers who banded together to build the community hall





LOON FOUNDATION

THE CALL OF THE WILD

and playground in Madeira Park in the 1940s, Muriel Cameron prominent among them.

Jim Tyner, a lifelong community builder who spent the final years of his life creating our wonderful medical clinic, belongs on the list.

Paul Jones, who almost single-handedly created our largest park, Spipiyus Park, and Jane Reid, who stuck out her neck on the regional board to get funding for the park at Baker Beach, now quite possibly the community's most popular swimming beach, is one who has dedicated much of her life to community service.

In Egmont, the late Billy Griffith, who capped a life of remarkable community service by leading the team that built the amazing Egmont Heritage Centre, is a perfect example of the kind of inspired community spirit that makes a community more than just a bunch of houses.

One could wish this list of community builders was longer, and one can only imagine how much richer our community life would be if it were.

Part of the reason it isn't is that being on the side of the angels isn't easy.

It takes strong vision and endless determination, to rally community

spirits for volunteer work and fundraising.

And the bigger the battle and the longer it goes on, the more some people tend to gripe and express doubt.

I remember the despair people felt about ever getting the medical clinic built, after years went by with one delay and disappointment after another.

Only Jim Tyner's undying dedication, which stood strongest when the odds seemed worst, brought the project to success.

Individuals like him are rare and precious, and the community would be infinitely poorer without them.

The same can now be said of Dr. Michael Jackson and his devoted team in the Loon Foundation, who last month celebrated 20 years of remarkable accomplishment.

One of the wonderful things about Jackson is that he brought something entirely new to the community — the perspective of an internationally-recognized scientist dedicated to creating awareness of our natural environment and the need to understand and protect it.

His group began by establishing the 10-acre Ruby Lake Lagoon Na-

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ture Reserve in 2002 and building the Iris and Billy Griffith Nature Centre, which has since served as a vibrant centre of nature education, serving schools up and down the coast.

A little-known aspect of the society's activities are the many sophisticated marine research programs it carries out in local waters, building a data base of knowledge crucial to the health of the marine environment.

The society also contributes to community culture through its Earth Fair store managed by Dale Jackson, which promotes earth-friendly products and books.

All of this amounts to a huge contribution that has enormously enriched community life and would be enough to earn the Jacksons and their Loon Society a prominent place on the permanent list of community build-

ers who have made Pender Harbour and Egmont such a rewarding place to live.

But of course the elephant in the room is something called PODS — the Pender Ocean Discovery Station — the Loon Foundation's proposed marine research centre and public aquarium at Irvines Landing.

This is a grand vision for a facility that would transform the local economy.

It would not only play a key role in protecting the marine environment, it would provide Capilano University and possibly other universities with a Pender Harbour base, bringing students and their professors to the area.

The aquarium would be a major tourist attraction.

Such a project is very ambitious for a community of our size and its

eventual realization will take incredible vision, effort and determination—qualities the Loon Foundation and its indomitable leader have in spades.

As was the case with the medical centre, there are those who are willing to go the wall to make it happen and those who get their jollies by wallowing in pessimism.

But if anybody can pull this off, Michael Jackson is the man.

In a way it's too bad that the PODS campaign hogs centre stage and overshadows the remarkable achievements the Loon Foundation has already made, and which already qualify it as one of the great forces for good in this community.

Congratulations, Michael Jackson and all those who have contributed to the exceptional work of the Loon Foundation.



DAVE MILLIGAN

604.741.7373

DAVE@SUNSHINECOASTHOMES.COM



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

OCTOBER

Mon. Oct. 3......Thanksgiving Day

Mon. Oct. 3.......Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.

Wed. Oct. 5.......P. H. Reading Centre Quiz Nite - P. H. Legion, 7 p.m.

Thurs. Oct. 6....... Harbourside Friendships - P. H. Community Hall, 10:30 a.m.

Tues. Oct. 11......P. H. Women's Connection presents Krystin Clark - P. H. School of Music, 9:30 a.m.

Thurs. Oct. 13......Harbourside Friendships - P. H. Community Hall, 10:30 a.m.

Fri. Oct. 14...........P. H. Music School Coffee House - P. H. School of Music, doors 7 p.m., music 7:30 p.m.

Sat. Oct. 15.....Local government election

Sat. Oct. 15......Royal Canadian Legion 112 presents "Ladies Night Out" - Madeira Park Legion, 5:30 p.m.

Mon. Oct. 17......Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.

Thurs. Oct. 20......Harbourside Friendships - P. H. Community Hall, 10:30 a.m.

Fri. Oct. 21-23.....Sunshine Coast Art Crawl (3 days) - various locations, 10 a.m. to 5 p.m.

Sat. Oct. 22.........P. H. Music Society's Fall Chamber Music Weekend - P. H. School of Music, 2 p.m.

Sun. Oct. 23.......P. H. Music Society's Fall Chamber Music Weekend - P. H. School of Music, 2 p.m.

Tues. Oct. 25.......P. H. Women's Connection "Remembering Queen Elizabeth" - P. H. School of Music, 9:30 a.m.

Sat. Oct. 29...........P. H. Blues Society Halloween Howl - P. H. Community Hall, doors at 7:30 p.m.

Thurs. Oct. 27...... Harbourside Friendships - P. H. Community Hall, 10:30 a.m.

Mon. Oct. 31......Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.

Mon. Oct. 31......Pender Harbour Garden Club presents Sandy Matches - P. H. School of Music, 1 p.m.

Mon. Oct. 31...... PHVFD Halloween Fireworks Display - Millennium Park, 7:30 p.m.

Harbour Spiel Trivia Answers:

1. b

2. c

3. a

4. d

5. c

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.bcferries.com** for current schedules.

There are only two great tragedies in life: one is not getting what you want and the other is getting it.

~ Oscar Wilde

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