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HARBOUR SPIEL

DECEMBER 2014
ISSUE 288



Hospital Bay



HOLIDAY STORE HOURS:

Dec. 24....8:30 am - 6 pm

Dec. 25.....Closed

Dec. 26.....9 am - 5 pm

Dec. 31.....8:30 am - 7 pm

New Year's Day.....9 am - 5pm

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~ Troy, Lorie and staff, MarketPlace IGA

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By Frank White

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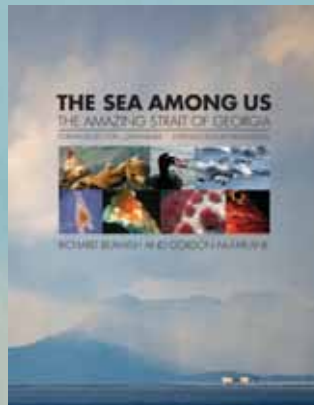
THE SEA AMONG US
THE AMAZING STRAIT OF GEORGIA

THE SEA AMONG US
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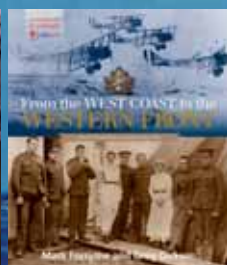
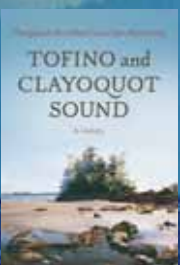
Richard Beamish & Gordon
McFarlane, Editors

Featuring articles on geology, human history, oceanography, coastal birds, fishes and marine mammals, this stunning volume is fully illustrated with maps, charts and 180 colour photos. All author royalties go to the Pacific Salmon Foundation.

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EDITOR

Brian Lee

CIRCULATION (2,200)

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- Coast Copy
- Copper Sky Gallery & Cafe
- Earth Fair Store
- Garden Bay Pub
- Gibsons Building Supplies
- Halfmoon Bay General Store
- IGA Madeira Park
- IGA Wilson Creek
- Oak Tree Market
- Painted Boat Resort
- Pearl's Bakery
- Pier 17
- Prudential Sussex Realty
- Roberts Creek General Store
- Sechelt Public Library

CONTRIBUTORS

This month we thank: Lesley Adam, David Campbell, Frank Mauro, Shane McCune, Amanda Peterson, Frank White and Maureen Wright.

Cover: Hospital Bay at dusk. (Brian Lee photo.)

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SUBSCRIPTIONS

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**JANUARY ISSUE MAILS
DEC. 29**

editorial

What is Pender Harbour and Egmont™?



By Brian Lee

As people discuss how to promote our community and develop its economy, there's been a lot of talk about branding.

One definition of place branding: "The art of setting yourself apart from everyone else, and making you the destination of choice for investment, business opportunities and as the place to live and visit."

It's thinking about our community as a product that competes with other places for people's attention.

It means we pare down the essence of what is attractive about this place and package it so people can quickly digest and share it.

I can already hear the old-timers scoff and I don't blame them.

It does sound silly.

Is it gilding the lily to take something we already know and cherish and try to put it in a fancy box?

And after something is branded, does it cease to be real?

Not if it's done right.

Branding is how we do our hair or what clothes we wear.

It's what colour we paint our house — it's our style.

It just means we adopt a unifying theme to ensure our good side is the one people recognize and share.

Settling on a brand should provide a foundation for other projects like slogans, websites and signage.

It might also prove to be a natural catalyst for incorporation in order to develop and preserve the brand.

Branding is a means to an end and, in our case, many might assume that to be promoting tourism.

That's not necessarily the case.

The question of what we want to gain from a branding campaign directs us to which of our many strengths should be emphasized.

I would say this community's biggest challenge, both economically and socially, is the exodus of families leaving for work opportunities.

So, following that path — to encourage families to move here — what is it we have that they want?

Do we focus on highlighting our envied tourism attributes to attract more visitors, and spawn more employment?

Or do we highlight the safety, high teacher to student ratios and lifestyle available to families hoping to abandon the city and whose migration will reinvigorate our economy?

Or, do you focus on attracting business and industry to develop year-round, sustainable jobs?

What if you aimed for something that achieved all three?

Robert Jones, consultant director at international brand consultancy firm Wolff Olins said, "Successful branding can turn a city into a place where people want to live, work and visit."

As a defining principle in its development, our brand should encourage that goal while targeting working age people.

But our brand should also identify competitors we hope to displace.

Would that be Sechelt and Gibsons or Tofino or Hope?

They "Keep it real" in Ponoka, Alberta, Oliver is "The Wine Capital of Canada" and Powell River is the "Arbutus Coast."

Everyone knows Sin City but what are we — Area A?

Pender Harbour and/or Egmont? The Upper Sunshine Coast?

It seems a complicated first step.

It ain't real
if it's not in the Spiel.

JANUARY IS THE PEAK TIME FOR DIVORCE.

Warring couples manage to hang on through the holidays but, once the tree comes down, statistics tell us they visit the lawyer's office in unusual numbers.

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spiel picks

SERENDIPITY CHRISTMAS CRAFT FAIR: Dec. 6, 10 a.m. - 4 p.m.

It's the Serendipity Child Care Centre's ninth annual Christmas Craft fair at the P. H. Community Hall featuring dozens of local artisans.

SANTA'S OPEN HOUSE AT THE GARDEN BAY FIREHALL: Dec. 10, 6 p.m

Everyone's welcome for hot dogs and refreshments while you wait for Santa to arrive. Featuring fire hall tours and equipment demos. At the Garden Bay Fire Hall on Deller Road.

MPES' "A CHRISTMAS CAROL": Dec. 16, 1 p.m./Dec. 17, 7 p.m

Watch the Madeira Park Elementary School students take on this Charles Dickens classic. Two performances at the Madeira Park Elementary School.

POLAR EXPRESS CHRISTMAS LIGHT TOUR: Dec. 22, 7 p.m

Get on board the Polar Express at the P. H. Community Hall to judge local Christmas light displays. The train pulls out at 7 p.m. Tickets at Harbour Insurance.

toon



Completion of SIB longhouse in Francis Point Park 'postponed'

The Sechelt Indian Band has "postponed" the completion of a longhouse in Francis Point Provincial Park.

On Oct. 27, construction began on the SIB's second installation in the Pender Harbour area in as many months.

Work was halted Oct. 29, a day before its opening ceremony, after members of the Francis Point Marine Park Society met at the site with SCRD directors Garry Nohr and Frank Mauro, SIB Chief Calvin Craigan and councillor Garry Feschuk.

The FPMPS is the registered charity that raised the funds to purchase and create the park.

The group still plays an advisory role in the park's direction and former president Howard White says his group has now met with representatives of the SIB three times.

"They told us they were very grateful to our group for preserving it and they shared our interest in keeping it natural. They wanted to help us do that and be more involved in using the park and stewarding it than they had been in the past," said White.

"But they wanted to build this building on it."

Unlike Garden Bay Marine Park, which sits on Crown land, Francis Point Provincial Park is private and owned by the Nature Trust of BC.

Adjoining the park on its western edge is the Francis Point Ecological Reserve which is privately owned by the Nature Conservancy of Canada.

Both carry a 99-year renewable leases to BC Parks with land agreements intended to "conserve the biodiversity values of the site."

"The whole reason for saving the park was that it was in its natural state," said White



Brian Lee photo

While a ceremony celebrating its opening was to take place, SIB work crews were tarping up the remaining lumber that was to be used to complete construction of a longhouse at Francis Point Park on Oct. 30.

"We were able to get a large grant from the Paul Allen Forest Protection Foundation because they were looking precisely for these kinds of undisturbed pieces of land that could still be preserved."

The park was established in 2000 and previously owned for 90 years by the McQuarrie family.

The FPMPS raised the \$4.41-million to purchase the property with

contributions of \$2.1 million from the Seattle-based Paul G. Allen Forest Protection Foundation and \$1.5 million from Forest Renewal BC.

The Sunshine Coast Regional District contributed \$200,000 and the McQuarrie family donated a portion of the land.

On top of that the FPMPS raised another \$100,000 through donation. (Continued next page)

Pam Gaudet 604-741-8413	Bill Honsche 604-740-1411	Teresa Sladey 604-740-7535	Dave Milligan 604-885-5414	Carol Reid 604-740-6188

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SIB longhouse on Francis Point (cont.)

(Continued from p. 5)

nations from individuals, local companies and other conservation groups.

“So, from that point forward, all the planning for the park was done on the basis that we would try and preserve the natural values and have a minimum of infrastructure.

“That’s reflected in the contract between the Nature Trust and BC Parks and is also reflected in the official management plan that was created by BC Parks.”

According to the park’s 2008 management plan, Francis Point Provincial Park and Ecological Reserve, are relatively undisturbed examples of the “very dry maritime subzone of the Coastal Western Hemlock biogeoclimatic zone.”

It defines the park’s conservation role as one of ensuring “the ongoing representation of a relatively undisturbed example of the CWH biogeoclimatic zone, including several rare-listed plants and forest communities and the unusual and highly sensitive nonforested grass-moss/lichen community.”

The park is described in the plan as “one of British Columbia’s most underrepresented biogeoclimatic variants with only 1.9 per cent of the variant’s landbase represented in protected areas.”

A traditional use assessment



Brian Lee photo

The platform and material that was to be an SIB longhouse built in Francis Point Park still sits in Middle Bay, near the start of the trail out to Francis Point.

conducted in the summer of 2001 concluded that traditional aboriginal use of the park and ecological reserve area was “of a very specialized and strategic nature (e.g. transient camp and lookout).”

It goes on to note one recorded archaeological site located within the park — “a midden at the head of Middle Bay which is limited in size and reasonably well-protected by natural obstacles.”

SIB Chief Craigan did not respond to the *Harbour Spiel* by press time but in a press release announcing

the opening ceremony for the Francis Point Park longhouse, Craigan and his council stated:

“Chief Johnson on this site declared that from this point all that he could see was shishalh territory.

“The erection of this longhouse is part of a sequence of actions being taken by shishalh that reflect shishalh’s connection to the lands of their territory, mark certain areas of cultural, social and spiritual significance, are a vehicle of learning for all citizens of Sunshine Coast, and are part of the cultural beautification of the region in a manner that benefits everyone.”

The SIB haven’t hidden their plans to build more longhouses on Crown land, including one planned for Egmont Point in Jervis Inlet.

So far, the SCR D has avoided taking a position on the longhouse issue, opting instead to facilitate discussion between the band and the FPMP S members.

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"I think basically it was a bit of a bump in the road and I certainly think the band responded well to setting up the meeting right away when they found out about the issue," said Area A director Frank Mauro.

"I invited Garry Nohr, the board chair, to help set up the meeting and it went well and they're still talking."

While discussions continue, the area around the site has already suffered considerable damage from construction crews.

Vegetation was removed to drill and anchor the footings into the rocky slope and concrete used to fasten them.

"I think a major point in explaining this is that they freely admit they made an error," said White.

"They thought it was Crown land and they take the position, which Calvin said in so many words, that as a result of the Chilcotin decision, they have the right to do anything they want on Crown land without asking permission of anyone."

White says the SIB has asked repeatedly for his group's consent to keep the building where it is.

In their official response to Craigan and the SIB, the FPMPS sent the following:

"We have carefully considered your proposal for a longhouse structure on the viewpoint at Middle Bay and after consulting with the owners of the property, The Nature Trust of British Columbia, I regret to say we cannot support this initiative.

"Appealing as is the idea of sharing such a joint-use facility with the SIB, and generous as your offer is, such a structure would be in serious conflict with the park management plan, which calls for keeping the property in its natural state.

"The plan does not permit camping, open fires, permanent structures or intensive use of any kind."

In an emailed response, a spokesperson from the Ministry of Environment, the provincial office that oversees BC Parks, said:

"The Francis Point Park lands are privately owned and leased to the province and parks are working with the landowner to ensure we are responding in a manner consistent with our agreement.

"The province is working with the Sechelt First Nation on a number of issues.

"We are hopeful those discussions can include recent issues raised by the First Nation, including the construction of the longhouses."

White says the SIB has indicated they will do what the owners say but, so far, neither the province nor the Nature Trust of BC is saying much.

The CEO of the Nature Trust of BC, Jasper Lament, did not respond to the *Harbour Spiel* by press time.

According to their website,

"The Nature Trust of British Columbia is a leading land conservation organization based in BC.

"We acquire ecologically significant land through purchase, donation, covenant and lease. Then we care for this land in order to protect the natural diversity of wildlife and plants, and their critical habitats."

So far, the only ones willing to voice their opposition to the longhouse construction are the locals who raised the money for its purchase.

When asked what outcome his group hopes for, White is clear,

"We want them to remove the building."



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A Shop Local initiative by the Pender Harbour & District Chamber of Commerce

Remembrance Day



David Campbell photos

Local veterans (l-r, above): Terry Cowan (Cdn. Navy - Korean War), Bill Hunsche (Dutch resistance), Bob Adkin (Cdn. Army, Royal Cdn. Electrical Mechanical/Engineers, anti-aircraft unit, Allied Intelligence Bureau), James Leeper (US Infantry), Norman Legge (Cdn. Army – Westminster Regiment, Royal Canadian Air Force).



Clockwise from left: Retired RCMP officer Gil Yard stands at attention during Remembrance Day ceremonies; Girl Guides in uniform show their respect; a solemn march through Madeira Park ends at the Royal Canadian Legion Branch No. 112.

Philanthropist donates \$500,000 to protect Princess Louisa

The Princess Louisa International Society recently received a \$500,000 donation for park projects and the purchase of land to add to the Princess Louisa Marine Provincial Park.

Author and philanthropist Betty Wright announced her gift on Oct. 24 at the society's annual general meeting held in Vancouver.

Wright lives in Oregon but has travelled to Princess Louisa Inlet often since her first visit in 1957.

In 2011, she published an e-book, *Adventuring to Princess Louisa Inlet*, which recounted her many visits with her late husband, Jim.

The PLIS is a registered non-profit society that raises funds to maintain and develop Princess Louisa Inlet Marine Park.

The society works with BC Parks to improve facilities and to acquire additional land within Princess Louisa Inlet for dedication as park.

Garden Bay's Bob Fielding is the only local director and says they have a few projects in mind that are awaiting approval from BC Parks.

"We're going to build a trail that starts near McDonald Island that's maybe a kilometre long," said Fielding.

"We're also going to build a long trail and boardwalk through the woods on the other side of the falls from the dock."

In order to do that, Fielding said they hope to build a log bridge to cross the falls to access the larger swath of parkland on the other side.

James "Mac" McDonald was the original homesteader of Princess Louisa Inlet.

In 1927, he purchased 45 acres at the head of the inlet where he built a log cabin and welcomed visitors for many years.



Brian Lee photo

The park, which includes Chatterbox Falls at the head of Princess Louisa Inlet, stands as one of the iconic destinations for many who visit the Sunshine Coast. The Princess Louisa International Society is actively working to secure adjacent properties to expand its boundaries.

In 1953, he deeded his 45-acre property to the society, "So that it will forever remain unspoiled."

According to the PLIS website, in 1964, when BC Parks declared the inlet a recreation area, the society board decided that the property should become a Class A marine park.

Since then, the society has continued to function as an advisory body and offsets BC Parks budget shortfalls to help with maintenance costs.

The society has also acquired close to 2,300 additional acres surrounding McDonald's original home-

stead.

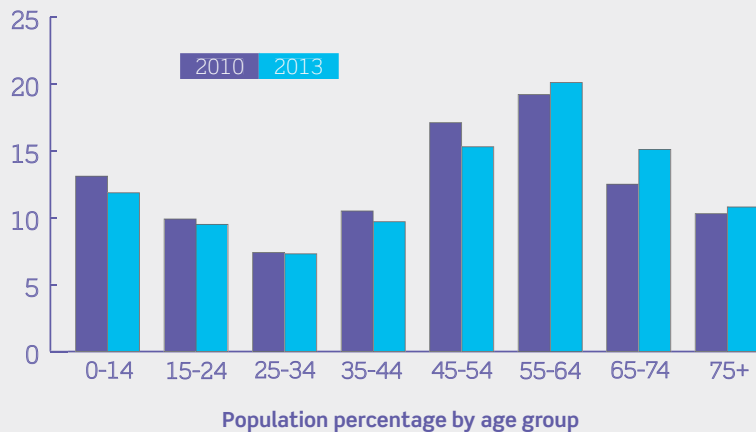
That land included nearby Hamilton Island (since renamed McDonald Island) which was acquired in 1972 along with 30.5 acres of low-level land behind the island.

The society is actively seeking donations and funding to purchase three pieces of property in the inlet that are currently listed for sale.

"Right now those pieces are available and somebody could put in a resort or something," said Fielding.

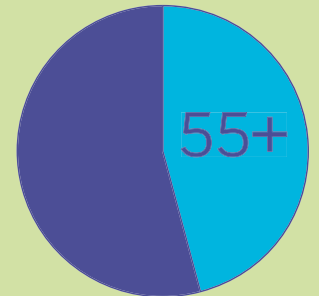
"So it would be nice to fold all that property into the park."

COMMUNITY



After 15 years of growth, the Sunshine Coast's population has hit a plateau. Few newcomers have moved here since 2011 and reproductive rates in women are down.

Our population has shifted to an older demographic. In 2011, the median age on the Sunshine Coast was 51.6 years old, almost 10 years older than the median age for the province.

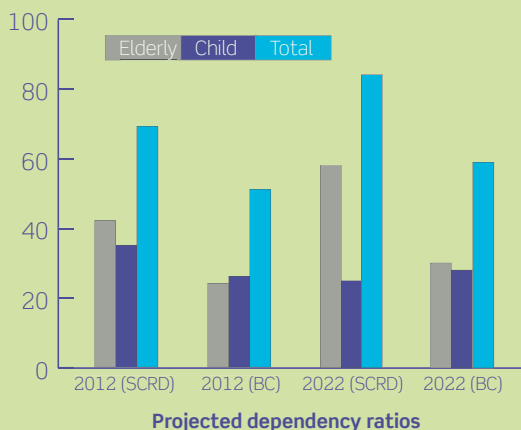


Sunshine Coast age distribution (2013)



B.C. Stats projects that by 2022 the combined elderly and child dependency ratios for the Sunshine Coast will reach 84.7%.

The elderly and child dependency ratios compare the number of seniors and children in a community to the number of people of working age (18-64).

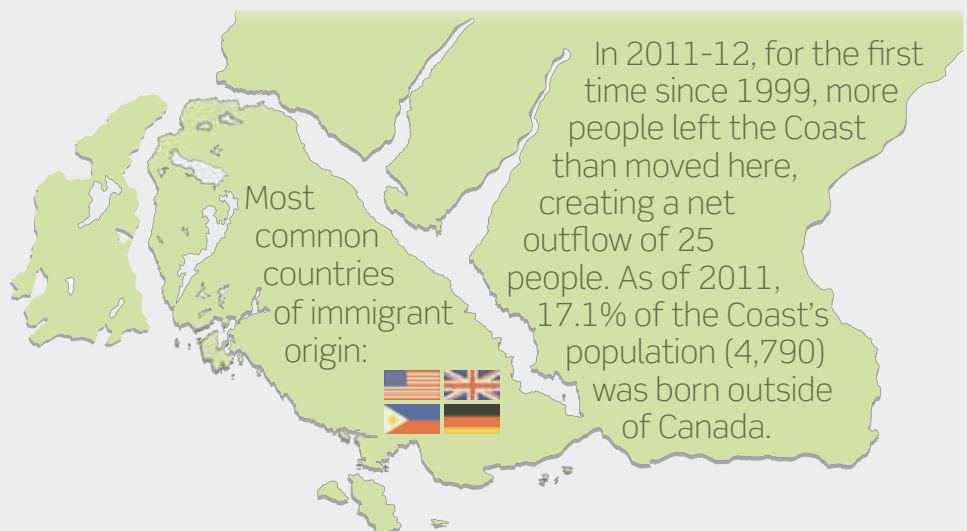


On the Sunshine Coast 47.2% of young adults (ages 20-29) live in their parental home. The provincial average is 41.1%.

As of July 2014, there were at least 180 organizations on the Sunshine Coast that rely, at least in part, on volunteers.

Ferry ridership dropped about 5% from 2006 to 2013, reaching a low of 1,076,644 cars and 2,501,900 passengers in 2012-13.

Immigration



Truck and trailer collide with car in Middlepoint



Brian Lee photo

Rescuers had to dig through bales of hay to find a 63-year old women trapped under this transport truck and trailer after it rolled on top of her car Nov. 12. The woman was travelling south around 11 a.m. when the northbound truck crossed the centre line and flipped. The woman was conscious when she was airlifted to Vancouver General Hospital. Two people in the truck suffered minor injuries. Traffic was blocked both ways for close to two hours and was limited to one lane only until 3 a.m. the next morning.

HARBOUR SPIEL JANUARY 2015 ISSUE



BOOKING DEADLINE: DEC. 10

Calling in the drones to stamp out Japanese knotweed

Knotweed, look out.

The Ruby Lake Lagoon Society is spearheading a plan to wipe out an alarmingly fast-spreading invasive plant known as Japanese knotweed.

In order to do that, they're enlisting the help of an aerial photographer to identify and map local areas hardest hit by the fast spreading plant.

"This plant is one of the most invasive plants in the world," says biologist Michael Jackson.

"It does nasty things. It wipes out every plant underneath it — there's virtually nothing growing underneath. It also has an incredibly hardy root system that can basically dig into just about anything — you find this plant coming up through concrete."

Jackson says his experience in Europe points to future problems here if something isn't done.

"In England, if you have this plant on a property, you can't get a mortgage until you get rid of it because it destroys the foundation of the houses," said Jackson.

"So there is a real economic reason why this plant is really bad news."

Jackson says another concern is its devastating effects on native plants and fish.

He points to the startling progress it's made locally, especially in the spawning grounds of Anderson Creek.

"The danger is that the plant will completely grow on either side of a river and then it will cover and then shade it out entirely. It changes the entire dynamics of the river and the whole system can break down.

"It could even affect the spawning of the salmon so that you basically lose the salmon."

Jackson said Japanese knotweed has made amazing advances in Anderson Creek in the last year so it has



Brian Lee photo

Michael Jackson looks on as aerial photographer Laurent Wiese lands his drone. In the background are orange fields of Japanese knotweed that is quickly taking over Anderson Creek below.



Brian Lee photo

The orange in the background and on the aerial feed, Japanese knotweed stands out prominently during the fall. By spring, the plants will be again be green and covering a much larger area.

become a focal point of efforts.

In the winter, knotweed turns orange and stands out in the foliage.

Aerial photographer Laurent Wiese uses a drone to get above the treeline to photograph the infested areas below but that is only the start.

The photos will be handed off to Heather Scott, a geography student who will compile them into a map.

This summer, volunteer ground crews will then be tasked with the tough job — trying to kill the plant.

Jackson says the only method found to work is to inject a specific type of Roundup into each stalk.

Considering a typical infestation

may contain hundreds or thousands of stalks, it is a very large task that lies ahead for volunteers.

He expects it to take five years or more but says it's critical not to delay.

In the meantime, the most important thing people can do to reduce its spread is not to cut it.

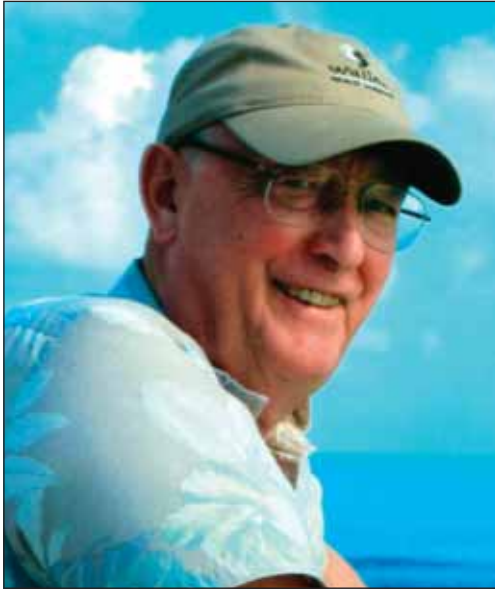
Little bits of the plant easily start new infestations, especially if there's disturbed ground like gravel.

If you do have concerns about an infestation on your property, Jackson urges you to contact the Ruby Lake Lagoon Society.

And to consider joining volunteer efforts later in 2015.

Robert (Bob) Edward Brooks

JULY 19, 1936 — OCTOBER 10, 2014



It is with great sorrow that his family announces the passing of Bob Brooks.

He is survived by his wife Nora, daughter Sharon (Tim), stepson Rob, stepdaughter Karen (Paul), grandchildren Nicole, Lauren, Emma and Blake, brother Fred (Shirley), nieces and nephews.

Bob spent his youth in Pender Harbour and always considered it his real home.

Though school and work took him to Vancouver, he returned regularly to enjoy the ocean, lakes

and forest that he loved so much.

He and Nora established their own home in the Middlepoint area 10 years ago and spent many happy days there.

Spending time on the property was his greatest joy.

Bob was a member of the Pender Harbour Golf Club and the Pender Harbour branch of the Royal Canadian Legion.

A celebration of his life will be held in Pender Harbour at a later date.

news

RCMP news

SINGLE MVA

On Nov. 4, a single vehicle incident was reported on Highway 101 near Mercer Road after a passerby noticed debris across the road and stopped to investigate.

The passerby heard a female yelling for help some distance away in the shrubs and saw that a vehicle had gone off and flipped, causing extensive damage.

Paramedics, the P. H. Volunteer Fire Department and RCMP all attended, and the lone occupant was airlifted to Vancouver General Hospital with unknown injuries.

METAL THEFT

On Nov. 7, staff at a business in the 5500 block of Garden Bay Road, Garden Bay, reported that someone had tampered with a telephone pole and removed some copper wiring.

The mischief would have occurred sometime since Oct. 22.

While the theft of material is minimal, the costs to repair the pole are significant.

Anyone with any information about this incident, or any other metal theft, is asked to contact RCMP, reference file 14-7852.

MADEIRA PARK THEFT

During the afternoon of Nov. 16, a thief gained entry to an unlocked vehicle parked on Madeira Park Road near the IGA Shopping Centre and stole a wallet.

The wallet contained cash and a \$300 IGA gift card.

Police remind people to avoid leaving valuables in their vehicles, and to lock their vehicles when they are unattended.

ALL WELCOME:

Carpet Bowling:

Dec 3 & 10.

Drop-In at the Community Hall 1-3pm

Ride the Bus to Sechelt:

Dec. 8 - Shop and lunch. Depart Madeira at 10:30am and return approx. 3pm. Cost: \$10 for bus plus lunch.

Ride the Bus to Sechelt:

Dec. 14 - Attend the Sunshine Coast Orchestra performance at the Sechelt Indian Band Hall. Depart Madeira at 1:15pm. Cost: \$25.

Polar Express

Dec. 22 - Christmas Light Tour. Bus departs 7 pm. Cost: \$5. "Golden Tickets" on sale at Harbour Insurance.

Ride the Bus to Sechelt:

Dec. 29 - The Nutcracker live stage performance at Ravens Cry Theatre. Bus departs 12:45pm. Cost: \$39.

Call Marlene for information and carpooling:

604-883-9900



PENDER HARBOUR
SENIORS INITIATIVE

A new SCRD board



*By Frank Mauro,
Area A Director*

The SCRD election results are in and we will see some changes in the SCRD board.

There will be new rural area directors from Robert's Creek (Mark Lebbell) and West Howe Sound (Ian Winn).

They will be replacing Donna Shugar and Lee Turnbull, both of whom decided not to run after serving for several terms.

I have met both new directors since they have been attending committee and board meetings for several weeks now.

They both strike me as very capable and I look forward to working

with them.

Returning rural area directors will be Lorne Lewis (Elphinstone), Garry Nohr (Halfmoon Bay) and me.

Also continuing on will be the director from the Sechelt Indian Government District, Chris August.

We do not know who the Gibsons and District of Sechelt appointed SCRD directors will be at this time.

That means that potentially one half the directors will be new and possibly with little or no regional district experience.

Initially the learning curve will be steep for them since they will be thrown into the budget process after only one month into their terms.

I am confident that the returning directors and staff will assist them with the process.

The director orientation program

has been reviewed and revised, which will help give the newcomers a good start.

Everyone is invited to an open house at the SCRD on Dec. 4 from 12:30 p.m. to 2 p.m., following the inaugural board meeting, to meet the new board of directors.

It will also be a good opportunity to meet staff and visit information booths to learn about regional district services.

NELSON ISLAND PARK

Many people are aware that there is a spectacular regional park at Cape Cockburn on Nelson Island.

It is called Harry Roberts Home-site Park and currently includes a scenic 300-metre-long south-facing pebble beach.

Harry Roberts was a pioneer on

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

Inaugural Board Meeting
December 4 at 11:00 a.m.

Infrastructure Services Committee
December 4 at 2:00 p.m.

Community Services Committee
December 11 at 1:30 p.m.

Regular Board
December 11 at 7:30 p.m.

Planning and Development Services Committee
December 18 at 9:30 a.m.

Our meetings are held at **1975 Field Road** in Wilson Creek at the SCRD **Board Room**. Agendas for these meetings are available at www.scrd.ca/Agendas-2014.

The Egmont/Pender Harbour Official Community Plan (OCP) is set to be reviewed and updated. SCRD Director, Frank Mauro and Planning Department staff invite you to attend an OCP review kick off meeting on Saturday, January 17 from 1:00 p.m. to 3:30 p.m. at Madeira Park Community Hall, 12905 Madeira Park Road.

A brief presentation on what an OCP is starts at 1:15 p.m., followed by an opportunity for the community to ask questions.

Find out how you can get involved in shaping the future of the Egmont and Pender Harbour Area, join us!

Want to learn about what's going on at the Sunshine Coast Regional District?

Go to www.scrd.ca and click on "Sign up for our Newsletter" button to receive *Coast Current*, our quarterly newsletter.



Pender Harbour Satellite Office
12828 Lagoon Road
Madeira Park, BC V0N 2H1

Phone: 604-885-6877
Email: utilityinfo@scrd.ca

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

For information on who we are, and what we do, please visit www.scrd.ca, call 604-885-6800, or email info@scrd.ca. To contact Area A Director, Frank Mauro, please email frank.mauro@scrd.ca.



the Sunshine Coast and Roberts Creek is named after him.

The actual homesite includes "Sunray," the old Harry Roberts house and is located on a strata lot immediately adjacent to the SCRD park.

A local family has leased the property from BC Hydro for some 25 years and has been maintaining the area for the benefit of all who visit.

I was approached a couple of years ago to investigate what could be done to have the homesite lot, and two other lots where there are buildings and remnants, added to the regional district park.

I have since had many discussions with BC Hydro land managers on the topic.

BC Hydro recently decided that much of the land BC Hydro owns on Nelson Island may be surplus and have offered to enter into discussions with the SCRD to protect our mutual interests regarding the park.

The SCRD board passed a resolution to pursue these discussions.

While there are some details to iron out, hopefully the initiative will move forward and the land will be added to the park.

I wish to thank BC Hydro, the SCRD board and especially the family who have selflessly worked to maintain the property.

I will be writing more on this in the near future.

OPEN DISCUSSION

I will be available between 8 a.m. and 10 a.m. on Friday, Dec. 5 at the Copper Sky in Madeira Park to answer questions and to listen to your concerns.

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



Frank Mauro photo

Harry Roberts' cabin and the beauty of the beach in front has become a popular destination for recreation seekers of all kinds, from yachters to kayakers.

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ORGANIZATIONS DIRECTORY

• Blues Society	883-2642
• Bridge Club	883-2633
• Chamber of Commerce, P. H. & Egmont	883-2561
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Club, Egmont	883-1379
• Community Club, Pender Harbour	883-2583
• Community Policing.....	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	883-9766
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.).....	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	883-1361
• Men's Cancer Support Group.....	883-2393
• P. H. Aquatic Centre Society.....	885-6866
• P. H. Choir (7 p.m., Tuesday).....	883-9248
• P. H. Garden Club	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2054
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society.....	883-3678
• P. H. Piecemakers (quilters).....	883-2573
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-1366
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society.....	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed., 1:30 p.m.)	883-2563
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre.....	883-2316
• Sunshine Coast Better At Home.....	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

Many of the above organizations
urgently require volunteers.

If you have some spare
time and talent, please
contact one of the clubs
or societies to offer help.



organizations

P. H. WOMEN'S CONNECTION

On Dec. 9, the Women's Connection will celebrate the season at the lavishly decorated Royal Canadian Legion in Madeira Park. Tickets for the Dec. 9 Christmas luncheon and Bargain Barn Fashion Show Bonanza will be available for \$20 for members and \$25 for non-members. For tickets, contact Maureen at (604) 883-0444.

PENDER HARBOUR CHRISTMAS BOAT PARADE

The annual Pender Harbour Christmas boat parade will take place Friday, Dec. 19. Participants will assemble in Garden Bay at 5:30 p.m. to form the parade before the 6 p.m. start. It's organized by Bob Fielding and Charlie Park who are looking for participants from the community to decorate their boats and join in the fun. There will be a dock party at Fisherman's Resort for participating boats and their guests when the parade is finished, around 8 p.m.

Communications will be on VHF channel 6. Contact Charlie Park: cpark@dccnet.com or (604) 883-0453 or Bob Fielding: ggar-denb@dccnet.com or (604) 740-2400 to participate.



file photo

Ian and Fay Wright won best decorated boat at the 2010 carol cruise.

ST. MARY'S HOSPITAL/HEALTHCARE AUXILIARY

Support St. Mary's Hospital/Healthcare Auxiliary by making a donation "in lieu of Christmas cards." To make a donation and have your name put in the paper wishing your family and friends a merry Christmas and happy new year, contact Kay Held at (604) 883-9155 or send to: Box 101, Madeira Park, V0N 2H0.

PHSS GRAD CLASS OF 2015 BOTTLE DRIVE

Door to door collection will start at 8:30 a.m. on Jan. 10. Bottles can either be dropped off at the fire hall after 10 a.m. that day or direct pickup can be arranged by emailing carlyjo.roxy@gmail.com.

Donations can also be made directly at GRIPS when you bring in your refundables.



join us this december in celebrating Pender Harbour's
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mention you saw us in
the harbour spiel & receive
a complimentary dessert
with your meal!



Elsie Turner photo/Fred Brooks collection

Recess at Irvines Landing School, likely between 1945 and 1947. This moment in time was photographed by teacher Elsie Turner who boarded with the Brooks family at their Irvines Landing home.

If you have local historical photos you would like to share, please call the Harbour Spiel: (604) 883-0770.

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TICKETS: \$25 at Harbour Insurance, John Henry's Marina,
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Sponsored in part by Elaine & Gary Park and by Wayne Jobb in memory of Pat Jobb

Sunday, Dec. 14
2 pm
School of Music
Madeira Park



Brian Lee photo

Just another night doing a knot for a tug and log tow heading south in Malaspina Strait.



Brian Lee photo

What is it kids find so fascinating about cars travelling behind the school bus? This one was a little surprised when a motorist whipped out his camera.

Can Santa see your address?

1

2

3

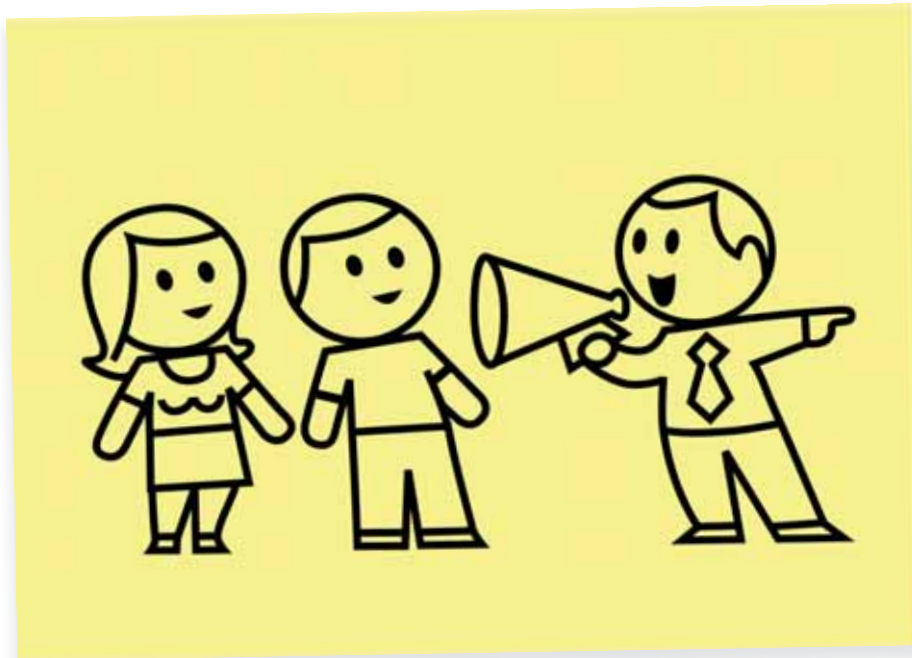
4

The SCRD maintains a formal addressing system for the entire Sunshine Coast. A visible address ensures that emergency responders, delivery drivers, and of course Santa, can find you day or night!

If you do not have a number or require additional information, call 604-885-6805, or visit our website at www.scrd.ca/Addressing

SUNSHINE COAST REGIONAL DISTRICT

Page 19



It pays to advertise.

Think colour. That's the message from a report published by Magazines Canada, the national trade association representing hundreds of Canadian-owned magazines. The association commissioned Roper Starch Worldwide, a research company that measures advertising readership, to define what makes some print advertisements more effective than others. Their results probably won't shock you. When looking to get the most out of your advertising investment, **they suggest investing in colour, size and, if you can, get your ad positioned on the cover.**

Colour. Grabbing impact may be easier than you might think. Research tells us that four-colour ads generate substantially **more attention than black and white ads — 45% more for a full page.** The increased effectiveness of a colour ad in the *Harbour Spiel* more than compensates for the small premium you pay. **Adding colour to a double-page spread boosts its impact by 53% over black and white only.**

Size matters. Choose an ad size that fits both your budget as well as your impact objectives. The larger the ad, the greater the opportunity for your customers to see it and remember it. Compare the cost of trading up to a 1/2 page versus the enhanced recall it generates. As with any product, volume purchasing in advertising reaps significant unit savings — **a half page in the *Harbour Spiel* costs 2.5 times that of an 1/8th page colour ad yet is four times larger.**

Get on the cover. While studies show the placement of your ad is less important than the ad itself, they also suggest that if you want to make a statement to your customers and your competitors you should also consider a cover position. Ads on covers are hard to ignore. They demand the attention of the reader by the sheer power of the position in the magazine. If you are launching a new business, want to kick-start a seasonal product or ensure your ad stays front-of-mind, **cover positions get noticed.**



Michelle Miller beats Vegas

It's that old, familiar story — Pender Harbour girl moves to the U.S. and becomes Miss Las Vegas.

Michelle Miller (formerly McDonald) won the National Physique Committee Las Vegas Classic bodybuilding competition on Nov. 1.

The NPC is the largest amateur bodybuilding organization in the United States and is the U. S. amateur extension of the International Federation of Body Builders.

Miller competed in the “figure” category in which competitors are judged solely on muscular symmetry and definition.

It was Miller's first win since taking the 2011 Western Canadian bodybuilding, fitness, figure and bikini championships in Kelowna.

“I had no idea who I'd be competing against,” said Miller.

“I didn't see one person I knew that I was going to be competing against so it was like walking in totally blindfolded.”

Because she didn't know what level of competition to expect, Miller says it motivated her to train harder.

What that means is a careful balance between training and diet throughout the year.

“Besides being in shape all year — a lot of people do the 12-week prep only and then go back to whatever kind of lifestyle they decide to live — I do all-year-round,” she said.

“I keep myself somewhat close to show-ready.”

Miller says some people put on 30 to 40 pounds after a show.

Not only does it take longer to prepare for the next show but she says going up and down like that causes a lot more stress on the body.

“I don't think it's healthy to stay super show-ready either,” said Miller.

“You can't walk around like the day of the competition all year. It would be very unhealthy — you need fat on your body.”

At six weeks out, Miller starts dropping bread and dairy but during the last two weeks before competition her diet becomes really strict.

“It's basically just egg whites, tilapia, brown rice and I throw in white rice here and there.”

Miller doesn't have a coach or dietician and is proud of the fact that she makes her own decisions when it comes to training and diet.

She “just kind of figured it out” over the years but places a lot of importance in how she looks and feels.

“My first show, I ended up getting too lean and I got flat about two weeks out,” said Miller.

“If you look flat, your muscles have no water in them, they're depleted. You just don't have a whole look at all.”

“You don't want to lose muscle as you're getting rid of fat. A lot of people can end up cannibalizing their muscle because they're losing too much weight,” Miller said.

“You're trying to get as lean as possible but keep your muscle mass. It's not that easy to do.”

Because she's Canadian, she's restricted to competing in international events and the next one won't be until 2015 in Pittsburgh.

Miller is confident that by next year she will be able to turn pro.

Both she and her bodybuilding husband are already sponsored by No Limit Muscle but she says receiving pro status opens the door to more sponsorship and prize money.

In the meantime, she plans to attend competitions with her husband while staying focused on training.



Intimate Conception photo

Michelle Miller poses with her trophy for overall figure competitor at the NPC Las Vegas Classic held Nov. 1.

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FUNKY FINDS



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business directory

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

A.....

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AUTO REPAIRS & SERVICE

- Pender Harbour Automotive and Tire883-3646
- Pender Harbour Diesel883-2616

B.....

BACKHOE

- Glenn's Backhoe Services883-2840

BEAUTY SALONS

- Steph's The Beauty Boutique883-0511

BUILDING SUPPLIES

- RONA Sunshine Coast883-9551
- Gibsons Building Supplies885-7121

C.....

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business directory

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- Sunshine Coast Computer865-0688
- Wet-Coast Computer/Roxanne Jerema883-1331

CONCRETE

- Swanson's Ready-Mix Ltd.....883-1322

D.....

DINING

- The Cove Restaurant883-9414
- Harbour Pizza883-2543
- Triple B's Burger Stand883-9655

DOCK & RAMP CONSTRUCTION

- Garden Bay Marine Services883-2722

E.....

ELECTRICIANS

- BG Clerx Electric.....883-2684
- L.A. Electric883-9188
- Reid Electric883-9309

F.....

FINANCIAL INSTITUTIONS

- S.C. Credit Union, Pender Harbour.....883-9531

G.....

GENERAL CONTRACTOR

- Andrew Curtiss Contracting.....883-2221
- Carpentry and renovation.....883-1170

GENERAL STORE

- Bathgate General Store, Resort & Marina883-2222
- Oak Tree Market883-2411

H.....

HAIR

- Pender Harbour Barber883-0211
- Steph's The Beauty Boutique.....883-0511
- Sweet Pea's Hair Studio883-9888

HARDWARE

- RONA Sunshine Coast.....883-9551

L.....

LANDSCAPING & GARDENING

- Alligator Landscaping740-6733

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- Madeira Park Law Office.....883-2029

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MOBILE MECHANIC

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P.....

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- Paul Cuppen740-6728

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- Road Runner Plumbing.....740-2103

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- Coast Copy Centre (Sechelt)885-5212

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- Tyee Pacific Marine Operations.....399-8688

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- Garden Bay Pub.....883-2674

R.....

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- John Thompson, Re/Max Oceanview883-9090
- Prudential Sussex Pender Harbour.....883-9525

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- Gwen Christensen.....(778) 848-3314

S.....

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- SunCoast Waterworks.....885-6127

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T.....

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- Johnny's Crane & Trucking.....883-2766

V

VETERINARIAN

- Madeira Park Veterinary Hospital Ltd.....883-2488

W

WELDING

- Jim's Welding883-1337

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- AJ Pumps & Water Management885-7867
- SunCoast Waterworks.....885-6127

WINDOW COVERINGS

- Coastal Draperies883-9450

WINE

- Village Vintner865-0640

photojournal



Brian Lee photo

Where last year this stretch of Hotel Lake Road was a huge puddle bordered by humorous protest signs, recent culvert replacements have fixed the flooding. Still, someone couldn't resist posting one last sign.

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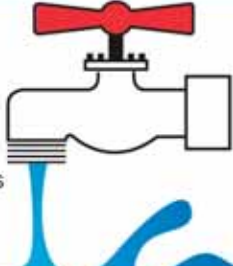
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Skookumchuck viewing times December

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

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

Dec. 1	11:38 am +L
Dec. 2	12:32 pm +L
Dec. 3	8:17 am -M, 1:21 pm +L
Dec. 4	9:20 am -M, 2:07 pm +L
Dec. 5	10:13 am -M, 2:51 pm +M
Dec. 6	10:57 am -M, 3:32 pm +M
Dec. 7	11:47 am -M
Dec. 8	12:29 pm -M
Dec. 9	1:12 pm -M
Dec. 10	1:56 pm -M
Dec. 11	2:43 pm -L
Dec. 12	8:37 am +XL, 3:32 pm -L
Dec. 13	9:09 am +XL
Dec. 14	9:43 am +L
Dec. 15	10:21 am +L
Dec. 16	10:57 am +L
Dec. 17	11:59 am +L
Dec. 18	12:56 pm +M
Dec. 19	9:10 am -M, 1:46 pm +M
Dec. 20	9:59 am -M, 2:32 pm +L
Dec. 21	10:45 am -M, 3:17 pm +L
Dec. 22	11:30 am -M, 4:01 pm +L
Dec. 23	12:15 pm -M
Dec. 24	1:11 pm -M
Dec. 25	1:53 pm -L
Dec. 26	2:46 pm -L
Dec. 27	8:40 am +XL, 3:40 pm -L
Dec. 28	9:20 am +XL
Dec. 29	10:04 am +XL
Dec. 30	10:56 am +L
Dec. 31	10:56 am +L

These are estimates only and not intended for navigation.

DECEMBER BIRTHDAYS

Dec. 2 ~ Diane Lee, Ray Phillips and Al Wood.

Dec. 3 ~ Paula Campbell, Mike Pickering, Joanne McQuaig and Ed Wray.

Dec. 4 ~ Lil Abbott, Noel Lebrun and John Williams.

Dec. 5 ~ Gaye Beardmore, Andrea Curtiss, Andy Curtiss and Logan McCormack.

Dec. 6 ~ Ryan McDonald and Bill Reid.

Dec. 7 ~ Dianne Rousseau, Dan Gifford and Jennifer Reid.

Dec. 8 ~ Keenan Clerx

Dec. 9 ~ Michelle Beardmore and Robert Purdy.

Dec. 10 ~ Trevor Jones and Cathy Thompson.

Dec. 11 ~ Grace Donnahee, Bill Griffith, Pete Belair, Patti Reid and Al Wendland.

Dec. 12 ~ Malcolm Duncan and Pat Martin.

Dec. 13 ~ Cody Edwardson-Zayshley

Dec. 15 ~ Kay Langsford.

Dec. 16 ~ Ginger Taylor and Cassandra Whelan.

Dec. 17 ~ Ian Campbell, Joi Phillips

and Doreen Wilgoose.

Dec. 18 ~ Tony Adamson and Niki Verzuh.

Dec. 19 ~ Tyson Carswell, Helen Garrett and Jamie Bouvette.

Dec. 20 ~ Lil Beharrell, Nicole Fletcher, Cole Hawker and Tyler Silvey.

Dec. 21 ~ Harvey Langton and Josh Young.

Dec. 22 ~ Gwyneth Bryant, Steven Fouts, Shane Hardie, Rob Nieuwenhuis, Dani Thompson and Christine West.

Dec. 23 ~ Kate Thompson.

Dec. 24 ~ Tatiana Phillips-Campbell, Chris Phillips and Clifford Silvey Jr.

Dec. 25 ~ Peter Schmidt.

Dec. 26 ~ Peter Fritz.

Dec. 28 ~ Steve Boyd and Jeff Girard.

Dec. 29 ~ Diane Gamble and Jesse Hawker.

Dec. 30 ~ Dean Bosch, Bryan Edwardson, Andy Ross and Jean Minch.

Dec. 31 ~ John Brimacomb, Nathaniel Johnson, Fara Priest and Scott Bruce.

DECEMBER ASTROLOGY

SAGITTARIUS (NOV. 23 – DEC. 21):

Sagittarians love excitement and adventure. They are easily bored but often trendsetters. They are bold and impulsive, natural explorers who thrive on change and mental stimulation. Saturn enters your sign to end the year on Dec. 23 to begin the journey of Saturn in Sagittarius. Metaphorically speaking, that journey will be an arduous slog of pain and disappointment delivering piles of work without much reward. By Dec. 28, you will tire of this and loudly proclaim, "F#@k the journey of Saturn!" Next year, you will choose a journey to Playa del Carmen instead.

CAPRICORN (DEC. 22 - JAN. 20):

Capricorns often experience hardship early in life, but their resourcefulness makes them survivors. Sometimes hard to get to know, they are loyal, responsible and down-to-earth. In December, the zodiac House of Capricorn will be under the exclusive influence of planets that are of the classical order. The stars never influence without purpose, which means that some of your actions may be a first link in a powerful chain of events. Note: One of these actions will spawn events that result in jail or expensive legal bills for a spouse.

OF DECEMBER

SCRD BUILDING PERMITS

To avoid unnecessary delays and expense in planning and construction of residential projects, early communication with the SCRD building department is highly recommended. For small projects, it is a simple process with a minimal fee.

WHEN ARE PERMITS REQUIRED?

- Construction of all buildings or structures over 10 square metres in area (buildings/structures under 10 square metres must still meet all zoning requirements). If there is no house on the property you cannot build any type of auxiliary building of any size in residential zones.
- All additions, renovations and alterations to existing buildings or structures (including decks and carports).
- Moved-on buildings or structures over 10 square metres in area (including mobile homes).
- In-ground swimming pools exceeding 15 squares metres in area and one metre in depth.
- Retaining walls 1.2 metres or more in height.
- Plumbing installations and alterations (including hot water heating and fire sprinkler systems).
- Change of use of a building.
- Construction/installation of new wood burning stoves and chimneys.
- The construction of a concrete pad or foundation on which equipment to be used for an industrial or commercial use is to be mounted.
- Repair of a damaged building or structure.
- Demolition or relocation of a building or structure.

For more information on building permits, contact the SCRD building department at (604) 885-6803.

~ SCRD Homeowner Guide to Building Permits

DECEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our average daily high temperature in December is 6.5 C and our average daily low is 3.2 C, giving us a mean daily temperature of 4.9 C. The highest December temperature recorded is 13.3 C (Dec. 14, 1962) and the lowest was -11.7 C (Dec. 28, 1968).

PRECIPITATION (MERRY ISLAND)

December has an average of 54.9 hours of bright sunshine. It usually has 19 days with measurable precipitation, an average monthly rainfall of 140.1 mm and an average monthly snowfall of 10.6 cm. Our average month-end snowfall is 4 cm. December has the highest snowfall of the year (November has the most rain). The highest December daily rainfall recorded at Merry Island was 66 mm (Dec. 25, 1972). The record daily snowfall was 40.6 cm (Dec. 31, 1968).

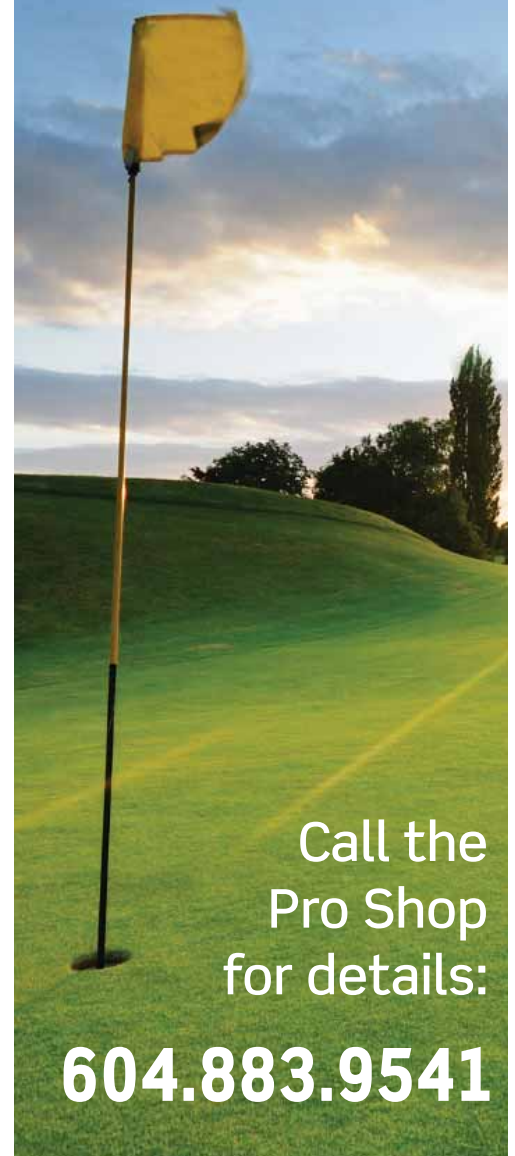
December 2014



THIS CHRISTMAS,
GIVE THE GIFT OF
Golf

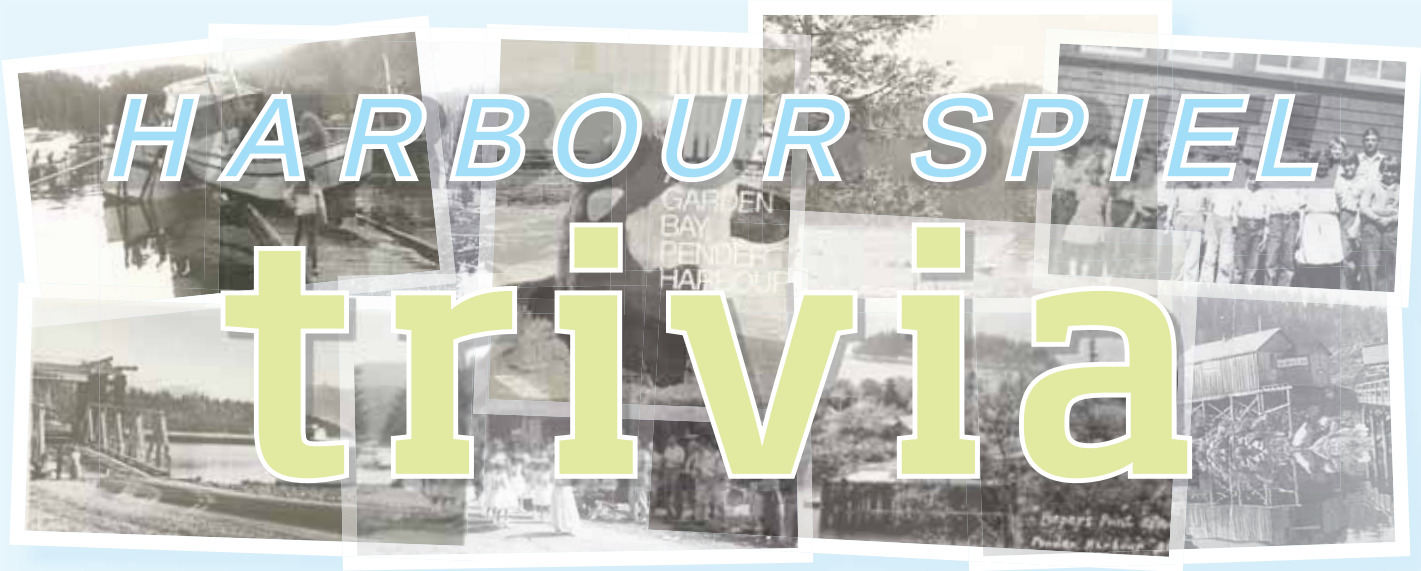
Pender Harbour Golf Gift Certificates:

- **Spring 2014 lessons** (\$40)
- **Driving Range Passes**
(any specified amount)



Call the
Pro Shop
for details:

604.883.9541



HARBOUR SPIEL

trivia

1. Controversial hydro line over the Sechelt Peninsula that was completed in 1983?

- ☐ a. Ashlu-Cowichan
- ☐ b. Cheekeye-Dunsmuir
- ☐ c. Nimpkish-Thompson
- ☐ d. Jervis-Garibaldi

2. Name of the red stinging jellyfish often found in local waters.

- ☐ a. Red-eye Medusa
- ☐ b. Lion's Mane
- ☐ c. Moon Jelly
- ☐ d. Bell Medusa

3. What is the cryptic message contained in Ken Walter's Madeira Park mural?

- ☐ a. Lee Loves Me
- ☐ b. Lee Loves Ken
- ☐ c. Ken Loves Lee
- ☐ d. Ken ♥ Lee

4. When did the annual Pender Harbour Carol Cruise (set this year for Dec. 19) begin?

- ☐ a. 1996
- ☐ b. 1986
- ☐ c. 1976
- ☐ d. 1966

5. When does the Pender Harbour May Day take place?

- ☐ a. Victoria Day weekend
- ☐ b. Memorial Day weekend
- ☐ c. May Day
- ☐ d. Mother's Day

6. Where is Rat Island?

- ☐ a. Lee's Bay
- ☐ b. Gunboat Bay
- ☐ c. Gerran's Bay
- ☐ d. Bargain Harbour

Answers: p. 42

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**



The web is a fad. Buy and sell it here — the old-fashioned way.

Classified advertising must be prepaid. Cost: \$20 for 25 words maximum for non-commercial ads only. By mail or e-mail: editor@harbourspiel.com.

FOR SALE

- **Quality 4 X 8 lattice** made of 1x2 cedar \$45. Also cedar lumber for sale. Call Dave: (604) 883-2132.
- **Firewood “Smokin’ Deal” Delivered.** Various grades, ready-split, starting \$90 per truck. Jimmy: (604) 741-1404. (Two trucks = 1.25 cords) Also: Rustic cedar fence rails 75 cents/foot.

HELP WANTED

- **Part-time line cook, bookkeeper and janitorial person needed,** Experience an asset, will train. Email resume: rcl@uniserve.com or phone Pat @ 604-883-9558.

PERSONAL

- **Looking to start a Toy Story (1 & 2 only — NOT 3) fan club.** Meet last Wednesday of the month. Sechelt Library. Serious discussion only.

WORK WANTED

- **Knees ripped** in your favourite jeans? For repairs, alterations, re-fashioning and custom sewing, call Billy. (604) 865-0640.
- **Free scrap car removal.** Hiab crane service. Reasonable rates for large/heavy items brought from Lower Mainland. Curt (604) 740-7287.

harbour seals



Note your approval or disapproval.

Send to: editor@harbourspiel.com.

Include full name and telephone number for confirmation. (Editor reserves the right to edit for length.)

A Harbour Seal of Approval to the **staff at Madeira Park Veterinary Hospital**, particularly **Dr. Rick Smalley, Maggie Clayton and Andrea Clerx**, who provided extraordinary support for my dog, Lola, in her final days.

Thanks also to **everyone at Harbour Publishing**, her buddy **Simon Gill** and all the **Goldens** that allowed Lola to be the boss of them.

Teresa Karbaszewski

Harbour Seals to the following Legion volunteers who helped to make the Rotary Art Auction a great evening: **Becky and Lorne Udy, Rose and Terry Simpson, Ian and Evelyn McNee, Pam Roosen, Lisa Borden, Val Neat, Harry Doepel and Linda Evans.**

Without your participation we could not have done it.

Glen Bonderud

Rotary Club of Pender Harbour

A huge Harbour Seal of Approval and our sincere gratitude to **Paul and Deana of Phillips Oil Heating** who worked in our cold dark basement from early afternoon until nearly midnight on a freezing night in November to make sure our oil furnace was working before they left.

We were so glad to wake up to a warm house. What wonderful service.

Joan and Dennis Rush

A big wet-nosed Seal of Approval to **everyone who participated in our annual Halloween costume contest**, both contestants and voters.

We enjoy the event as much as you do. Start planning for next year.

Dr. Rick Smalley and staff
Madeira Park Veterinary Hospital

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Regular meal service has resumed.

Call Linda: 604.883.2819 or Anky: 604.883.0033.



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
- Home Care/Palliative care • Dressings
- Blood pressure

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

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

HARBOUR PHYSIOTHERAPY – 740-6728

Paul Cuppen, RPT, BSc

- Musculoskeletal Examinations
- Sports Injury Treatments
- Post-operative Therapy/Home Visits

CHIROPRACTORS – 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 885-5850

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:**

- P. H. Clinic Tues. & Wed. afternoon
- 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 in the fall, trained volunteers are available. Call Kathy Bergman at (604) 883-2764.

ALCOHOLICS ANONYMOUS meets Wednesdays at 8 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.

Headaches can be more than a painful nuisance

By Lesley Adam, RN

Headache by definition is pain in any region of the head.

The pain may be in one or both sides, or radiate from one to the other.

It may be located around an eye, like cluster headaches, or can involve the nerves of the face, which is often called a neuralgia.

The quality of a headache may be dull, sharp, throbbing or vice-like.

There are many types of headaches described but, in general, headaches can be divided into primary and secondary types.

The most common primary headaches are migraine, tension and cluster headaches.

They are called primary headaches as they do not arise from any other illness or cause.

In these cases, the treatment is to treat the headache itself.

Secondary headaches are a symptom of another process that requires treatment such as a disease or illness, stroke, injury, tumours or blood vessel abnormalities like brain aneurysms.

MIGRAINE HEADACHES

Migraine headaches can cause intense and throbbing pain, are often one-sided, and may be accompanied by light or noise sensitivity as well as nausea and vomiting.

They may last hours to days.

TENSION HEADACHES

Tension headaches are the most common type of primary headache.

These headaches are often described as a tight band of pressure around the head usually occurring on both sides and sometimes radiating down into the neck.

These headaches can last minutes

to hours.

Common triggers for primary headaches include stress, dehydration, certain foods (chocolate, MSG, nitrates), lack of sleep and poor posture.

Treatment depends on the severity and frequency of the headaches.

Most headaches respond well to rest, lying quietly in a dark room and proper hydration.

Sometimes they may require acetaminophen and/or anti-inflammatories.

SERIOUS HEADACHES

Some headaches are caused by something more serious.

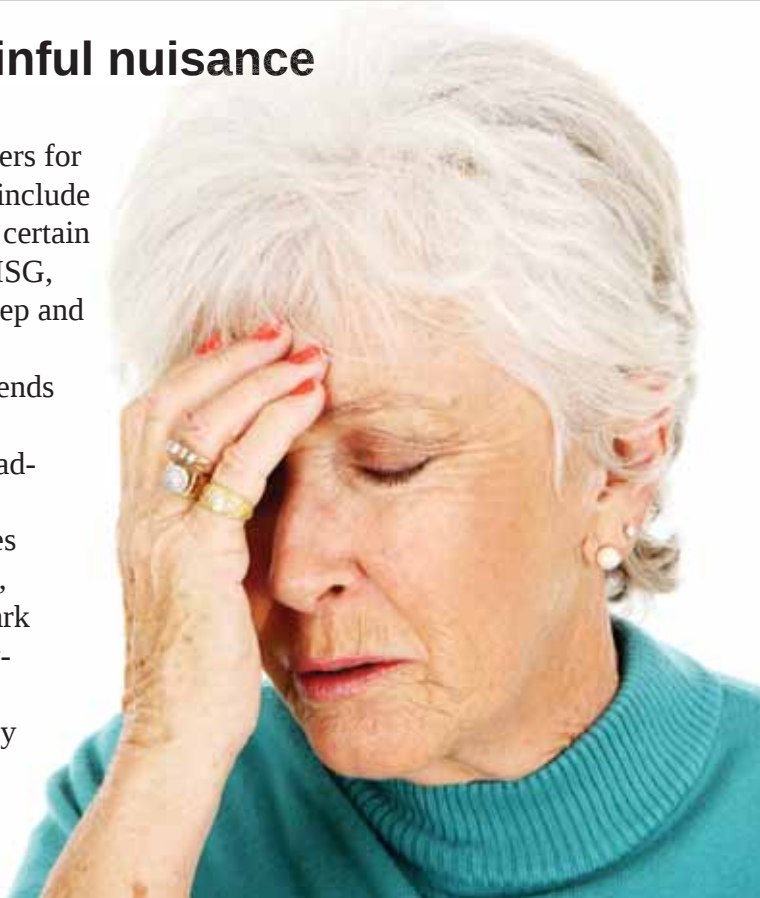
If you experience any of the following symptoms, you should get medical advice.

See your doctor or attend your local clinic if you experience the worst headache of your life, sudden and severe headache or headache associated with any neurological symptom such as loss of strength, balance or vision, sudden onset of confusion or decreased consciousness.

Any headache which wakes you from a sound sleep, headaches associated with fever, or persistent headaches associated with any head injury also require medical follow-up.

Headaches are very common.

Some ways you can reduce headache in your life are to eat, sleep and exercise regularly, reduce alcohol and caffeine, quit smoking and try to reduce the stress in your life.



ART AT THE HEALTH CENTRE

Over the years, the Pender Harbour Health Centre has been honoured by donations of original art, including paintings, photography and quilts.

Contributors include Charles Paine, Val Haines, Mary Cain, Vi Tyner, Brian Williams, Isao Ito and others.

Most recently, David Campbell donated three photo montages depicting the contributions of Ken Walters, Don Fraser and Jack Crabb to the community of Pender Harbour.

They have been mounted on the wall of the dental reception area.

HARBOURSIDE FRIENDSHIPS

Dec. 4: Share your favorite Christmas memory in a group setting.

Dec. 11: Movie of the Month (TBA) on the huge new screen at the P. H. Community Hall.

Dec. 18: Nancy MacKay and choir will join us for Christmas carols before our famous Christmas lunch.



Brian Lee photo

Apparently racism doesn't exist in the goose world. This mixed group enjoyed a day or two of feeding on the Madeira Park Elementary School field before moving on.



Marina Pharmacy would like to thank our Locals for their continued support throughout 2014.

To show our appreciation we are presenting:

***DRAW YOUR OWN DISCOUNT EVENT
EVERY MONDAY IN DECEMBER***

Shop between 3:30 and 5:30 pm

Draw your discount at time of checkout

From 10% - 40% OFF (excluding RX)

MARINA PHARMACY
Guardian
604-883-2888



If you go down to the woods today . . .

By Maureen Wright

If you go out in the woods regularly, you probably know many of the unmarked but fantastic trails our area has to offer.

If you go out in the woods in the coming weeks, you will find more of the familiar blue and yellow trail signs appearing around your favourite trails.

It's an initiative started by the Pender Harbour hiking club to better mark our hiking routes.

The club is using money received from recycling the cans and bottles they find along our local trails.

There are a lot of them which raises the question, "Who is throwing them there?"

The PHHC plans to make many new signs to properly mark the trails and volunteer hikers will install them.

For now, the new signs will appear on the trails leading from the Menacher Road area.

But signs will soon appear throughout the entire Pender Harbour hiking trail system thanks to the financial support of the Rotary Club of Pender Harbour.

It's turned into a real community project.

When the Cove Restaurant in Earls Cove heard what the hiking club was up to, they offered to contribute the cash they get from their recycling to the trail sign fund.

The hiking group invites other individuals and businesses to contribute to the trail sign project as well.

The more signs we have, the more people will feel comfortable using the trails.

And fewer will get lost.

If you would like to donate to this project or to learn more, contact Maureen Wright at (604) 883-2930.



photo submitted

HARBOUR AUTO SWAP

- Owners display vehicles for sale on the lot west of Petrocan.
- Signs are provided and owners deal directly with buyers.
- Owners agree to donate 10% of selling price to P. H. Seniors Housing Society in return for a tax receipt.
- We are looking for more good used vehicles to be displayed on the lot.



FOR SALE RIGHT NOW:

30' Columbia Sloop
Loaded & near mint: \$13,900

2002 Mercedes Benz
4 door sedan: \$1500

2004 Montana
7 passenger SUV: \$2,200

For information contact: Ed Hawkins (604) 883-2778

Harbour Auto Swap has been made possible by the donation of use of the parking lot by Richard Paton (one of many requirements of the BC superintendent of motor vehicle sales to operate a car lot without a licence).



PENDER HARBOUR AQUATIC & FITNESS CENTRE

DECEMBER

Watch for the winter/spring recreation guide in your mailbox. Registration for all winter/spring programs is open now.

Holiday Magic

Tuesday Dec 9, 5-8pm
'Tis the season for fun, laughter and family. Join staff for arts and crafts, pool games and more.
\$2 or \$5 family or use your Pass.

Christmas Aquafit and Customer Appreciation

Join us 9-10am for a fun filled exercise class followed by refreshments and social.

Funtivities at the Pool!

Swim lessons are over but the kids can still come to the pool!
Wednesdays, 3:15-5:15
Dec 10, 17 & 24
\$2 admission.
Pool and gym games as well as refreshments

Give the gift of health...

This holiday season, consider giving a gift certificate that can be used towards all PHAFC activities:

Youth annual membership: \$99

Swim lessons: \$60

10 Pass for drop-in fitness: \$60.75 (adult), \$51.75 (Sr)
Jolly Jumpers or Tumble Tots: \$94.

Holiday Schedule

Facility will be closed:

Dec. 24-26, Dec. 31(evening only) & Jan. 1

Regular hours of operation are in effect during rest of the holiday season with the exception of drop-in fitness programs which are not scheduled Dec. 21-Jan. 4.

Merry Christmas!

**From all the staff at the facility,
we wish everyone a very happy holiday season!**



604.885.6866

phaquatic@scred.ca

www.scred.ca/Recreation

recreation

Training for the Mountain Grind

By Amanda Peterson

Peterson is the co-organizer of the Mountain Grind, a nine-kilometre obstacle race to be held in Pender Harbour on April 26.

How do you train for an obstacle course race? The best specific — and most obvious — way would be to practice on an obstacle course. Unless you have one handy, you need to get creative.

In general, you want to focus on the four components of physical fitness: cardiorespiratory, muscular strength, muscular endurance and flexibility. In an obstacle course race you are likely to come across challenges requiring you to crawl through, climb over, swing across, balance on, or carry something. All of these exercises can be trained for in the gym but it is highly recommended that you seek some professional training, especially if you haven't trained before.

The first thing you need to be mindful of is injury prevention. It is very important to warm up your body before any training begins and before the race itself. A warm up should consist of five to 10 minutes of mild to moderate exercise — cycling, stepping, rowing, jogging, skipping or other low impact movements. This will increase respiration, heart rate, blood flow and muscle temperature.

It also helps to stimulate synovial fluid in the joint space which will increase the range of motion in your joints. Static stretching involves reaching forward to a point of tension and holding the stretch but these stretches should be left for the end of training or the race. It is said that stretching a muscle before it is warm can lead to strains and increase the risk of injury during exercise. Dynamic stretching, however, involves moving parts of the body and gradually increasing the reach and speed of the movement. Examples are leg lifts, walking lunges, arm circles, back bridges etc. These dynamic stretching exercises are safer to include in your warmup.

If you haven't run before, take the time to research how to run safely. There are a lot of good resources on how to start slowly and work into a full running schedule. Do not overload your training, start early and build up. Pushing past your limits could lead to injury and set you back further than where you started, so be mindful in your training and look to professionals to guide you in the proper techniques and training methods.

When we train for cardiorespiratory fitness we are increasing the capacity our heart and lungs to deliver oxygen and nutrients while removing carbon dioxide and waste products to and from our working cells. Training in your

Harbour Spiel



targeted heart rate zone is important and it varies with your age. To find your target heart rate, subtract your age from 220 and then multiply that number by 0.6 and 0.9.

To check in with yourself while you are working out, find your pulse, count it for 15 seconds and multiply that by four to get your beats per minute. When you first start training, you want to have an elevated heart rate of 50 to 60 per cent of your maximum, which is the top of your targeted heart rate zone. Train within that zone for 10 to 15 minutes, three times a week. As your endurance increases you can start training at 60 to 90 per cent, three to five times a week for 15 to 60 minutes at a time.

Muscular strength and muscular endurance represent the body's ability to generate force, whether it is a maximal one-time effort or a continuous sustained effort. Training will help increase muscle mass, muscular power, agility, speed, decrease body fat and should be performed three to four times per week.

Muscular endurance training involves using lighter weights and performing an exercise with a higher number of repetitions. It is recommended to do 12-20 reps with rests between sets, bringing the muscle to fatigue by the end of your set. Training for muscular strength involves using a heavier weight for a shorter number of reps with a longer rest in-between sets. Do four to eight reps giving yourself one to two minutes rest between sets. Your working muscle should be nearing maximum fatigue by the end of the short set. Becoming stronger will help with every obstacle challenge from log carries to climbing walls, from monkey bars to mud pits. The stronger you are, the easier each challenge will be.

December 2014

PENDER HARBOUR COMMUNITY SCHOOL

DECEMBER

Christmas Carol

An MPES children's performance:
Tue Dec 16 at 1pm &
Wed Dec 17 at 7pm,
Limited seating ~ Call MPES
883.2372

PHCS Kids' Art Class Craft Sale

Art class craft work for sale at the
Serendipity Christmas Craft Fair
Saturday Dec 6, 10am-4pm
PH Community Hall

Family Music Night

Friday Dec 19, 6:30-8:30pm,
School of Music
Christmas Carols will be sung!

Coming Soon:

Peer Parenting with Lauri Paul

Call 604.883.2826

COMING IN JANUARY

Computer Café

Tuesday Jan 13, 20 & 27,
1:30-3:30pm,
Drop in \$10 or 3 for \$25,
Community School

Kids Art with Patti

Mondays, Jan 12 to Mar 9,
3-4:30pm at MPES,
Grades 4-6, \$75
Explore different artists and different
mediums each week!

KinderSports

Mondays, Jan 12 to Mar 9, 3-4pm
at MPES, ages 4-6, \$60
Explore different sports!
Soccer, Hockey, T-Ball and more!

HARBOUR LEARNING CENTRE

**The Harbour Learning Centre will be
closed Dec. 22 to Jan. 2**

**Happy Holidays!
See you in the New Year!**

CHECK OUT:

www.pendercommunity.ca/calendar/



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

Holly Jacks: Jumping up the equestrian ranks

By Brian Lee

Holly Jacks says she was just five years old when she first sat on a horse.

She became just another kid whose obsession with horses was something her parents assumed she would outgrow.

Jacks took lessons from Virginia Antilla and soon become a regular at Antilla's Bayview Stables.

She lived nearby and spent much of her free time learning to train and care for horses.

Soon, she started competing in the gruelling horse and rider competition known as "eventing."

Often called the "iron man" of equestrian disciplines, eventing is a three-day competition that involves three components intended to test a rider's and horse's stamina and skill.

On the first day, dressage tests the harmony between horse and rider in a complex set of movements over a pre-set pattern.

The dressage is a challenge to both the horse's obedience and the rider's ability to maintain an almost fluid communication link to the horse.

On the second day, horse and rider take to the cross-country course tackling a series of solid obstacles at speed galloping through fields and forest, up hills and over water obstacles.

The cross-country phase is considered the toughest challenge to horse



courtesy of Fine Point Photos

Holly Jacks and More Inspiration on their way to a second-place finish at the recent Royal Winter Fair in Toronto.

and rider in the horse sport world and also the most dangerous.

Fitness, endurance, strength and courage are well tested in the cross country phase but the most important component is the trust between the horse and its rider.

Only the rider is permitted to walk the course before leaving the starting box.

The final day involves the familiar show jumping where horse and rider complete a series of non-solid jumps and are evaluated on how

cleanly they clear the obstacles.

Conditioning and training are crucial to a successful placing here because the horse is often tired after the difficult second day.

A single rail knocked down can mean a drastically lower placing.

Like many other young girls who came before and after her, Jacks trained on a gelding named Sabre.

Her coach Virginia trained on Sabre as a girl and Jacks proudly rode him in the Pender Harbour May Day parade.

Sabre is dead now and Jacks moved away from Pender Harbour when she was 15 but their story continues.

Last month, the 27 year-old Jacks came within a third of a second from taking first place in an invite-only indoor eventing competition in Toronto featuring top equestrians including a number of Olympians.



ROTARY HOP-SCOTCH

An evening of great food, specialty beers and unique scotches.

Makes a perfect Christmas gift.

Jan. 17, 2015

Pender Harbour Golf Course

Tickets go on sale soon.

The Royal Winter Fair featured a shortened version of eventing that focuses on speed in order to showcase the sport to the audience.

Jacks picked up \$4,000 for her second-place finish but she's most proud of the fact that she did it on More Inspiration, a horse she picked up for \$2,000 and trained herself.

Many of her competitors ride horses valued at up to \$500,000 that are specifically bred for the sport.

"He's a nine-year-old thoroughbred gelding and was purchased five years ago off the race track," said Jacks, with a laugh.

"He's probably worth around \$250,000 now."

Jacks says More Inspiration finished his racing career so she started training him for eventing.

There's a big difference between racing around a track and the variety of skills required for eventing but Jacks comes well-equipped.

She and her husband Bruce Smither run Holly Jacks Equestrian and Smither Racing on their property in Orangeville, Ontario.

Together they own six horses — Smither trains race horses while Jacks handles eventing and show jumpers but they train 21 other horses on the property.

Jacks also rides some of the other owners' horses in competition while working at growing her business.

But, as she says, the two go hand in hand.

While Jacks is hoping to nail down a spot on the Canadian equestrian team for both the upcoming Pan American Games and the 2016 Olympics, her success at the Royal Winter Fair won't contribute to her qualification bid but helps in other ways.

"For me, as an up and coming

rider, the publicity I received from it has been amazing to find other owners and sponsors," said Jacks.

"It has actually been better than winning some of the top events in North America but, as far as qualifying, it does nothing."

In January, Jacks will spend three months training with the Canadian

equestrian team in Ocala, Florida.

The Pan Am games take place this June, 45 minutes from her Ontario home but she won't know if she makes the team until six weeks out.

Until then, she says she'll spend much of her time hauling More Inspiration around to competitions scheduled throughout the U.S.

The Future is Here.

Computer-guided dental implant surgery is an exciting step forward in replacing teeth and retaining dentures.

Using a CT scan and state of the art 3D imaging technology, dentists can now visualize implant placement in three dimensions in order to place implants with a very high degree of accuracy.

Dr. Hynd has partnered with Orbit Imaging, who have a mobile Cone beam CT scan machine that they can bring to the Sunshine Coast to aid in the assessment, treatment planning and accurate placement of implants for the patients of Pender Harbour Dental.

If you have missing teeth or loose dentures, Dr. Hynd would be pleased to assess you for this computer-guided implant procedure.



PENDER HARBOUR DENTAL

Pender Harbour Health Centre

(604) 883-2997

- ° Orthodontics
- ° Hygiene
- ° Implants
- ° Botox

Special book excerpt: Frank White's *That Went By Fast: My First*

The following is an excerpt from Frank White's recently published memoir, *That Went By Fast: My First Hundred Years*.

PENDER HARBOUR CHEVRON

Today there is a lumberyard, a small mall and a health clinic at the junction of Francis Peninsula Road and Highway 101, but in 1965 it was all just bush.

I drove past it several times a day, and every time I did the idea grew on me that this was a very strategic location for future business development.

Pender Harbour is a sprawling community with miles of prime waterfront but it has a shortage of space when it comes to any kind of town centre.

I felt the town could use another centre at the busy Francis Peninsula Road intersection.

The land surrounding the intersection was owned by an old logger named Charlie Heid, who lived in a small yellow house hidden by bushes on the east side of the highway.

I hit him up about it and we made a deal to buy a chunk suitable for a gas station for \$1,500.

I went to a local builder named Wilf Harrison and, wow, that guy was like a crew of 10 men in one body.

He took one look at the plans and that was it.

He did all the rest off the top of



Frank White photo

The Pender Harbour Chevrons it looked in its early days.

his head, and made no end of improvements to the original.

It was the classiest looking building in Pender Harbour, sitting in the most prominent location and I remember Kay and I just driving up on summer evenings to admire our handiwork.

It's true we had built ourselves a fine facility, but that didn't get away from the fact it was still located in Pender Harbour, which in 1968 was still the little fishing town with seasonal income and hardscrach economics.

People bought \$2 worth of gas at a time. (Of course, in those days that got you five gallons.)

And they expected to be able to

charge the \$2.

When you become a garage mechanic in a place where everybody drives broken-down wrecks, you become the keeper of trouble—all their stupid problems become your problems.

You sometimes perform amazing feats of haywire genius but there is nobody to witness it but yourself, and nobody thanks you.

You're just doing what you're expected to do, and taking too long to do it.

While we had the garage, that was our lives. You'd get up at six in the morning, climb into your greasy clothes, grab a bite and hustle up to open before the traffic from the 8:30 ferry went by.

I'd have half a dozen repair jobs waiting so Kay would have to look after the pumps while I worked.

We'd spell each other off for lunch and again for supper.

Often I'd work late into the night trying to finish some job I'd promised for the next morning.

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100 years

Your life was not your own.
You couldn't get a grip on your problems because you couldn't get away from them far enough to see what they were.
Kay and I both started to go batty.
We talked it over and decided to put the shop up for sale.
This would be about 1970. I think we first opened up in 1966 or '67.
I hated to do it because there were still some mornings when I drove up and saw the place sitting bright and fresh in the early sun and felt a twinge of that pride I felt when we first built it.
But most of the time I couldn't stand the sight of it.
Eventually we sold out to Frank Roosen who kept the station four or five years then sold it to the Hunsche brothers, who passed it along to one of their sons and his partner, but then disaster struck.
Before approving their mortgage, the bank did an environmental survey and found that Chevron's buried gas tanks had been leaking and polluted the soil.
The new buyers were stuck.
They had sunk their savings into the place and now it wasn't worth a plug nickel.



Frank White photo

Frank and son Howie loading their HD5 track loader into the eight-yard Dodge tandem they had in the 1960s. The White family has been gouging the side hills around Pender Harbour for over 50 years now.

In fact it had negative value because it was an environmental hazard that would take untold thousands to clean up.
The one happy note is that the actual garage building, which people often said was pretty enough to be a house, was moved to Egmont and actually converted into a house.



About the author:
Frank White is a 100-year-old former truck driver, logger, gas station operator, excavationist, waterworks technician and current homespun philosopher who lives in Garden Bay, BC, with his wife, the ninety-six-year-old writer Edith Iglauer. White published his first book, *Milk Spills and One-Log Loads: Memories of a Pioneer Truck Driver*, last year at the age of 99.

That Went By Fast: My First Hundred Years
Harbour Publishing
6" x 9", 320 pages, 40 B&W images
Hardback, \$32.95

BC Bestsellers:

(For the week of Nov. 16, 2014)

1. **Who We Are** by Elizabeth May
2. **Whitewater Cooks With Passion** by Shelley Adams
3. **Great Bear Wild** by Ian McAllister
4. **Accidental Eden** by Douglas L. Hamilton and Darlene K. Oleski
5. **Live at the Commodore** by Aaron Chapman
6. **Cardboard Ocean** by Mike McCardell
7. **From the West Coast to the Western Front** by Mark Forsythe and Greg Dickson
8. **Vancouver Confidential** by John Belshaw
9. **Tin Fish Gourmet** by Barbara-jo McIntosh
10. **And the River Still Sings** by Chris Czajkowski

~ Assn. of Book Publishers of BC

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.

DECEMBER

Mon. Dec. 1.....P. H. Food Bank pickup - P. H. Community Church, noon
Sat. Dec. 6.....Serendipity Christmas Craft Fair - P. H. Community Hall, 10 a.m.-4 p.m.
Sun. Dec. 7.....Sunday Jam: Joe Stanton Band, Garden Bay Pub, 2 p.m.
Tues. Dec. 9.....P. H. Women's Connection celebrates the season - Royal Cdn. Legion #112
Tues. Dec. 9.....Holiday Magic at the P. H. Aquatic and Fitness Centre - PHAFC, 5-8 p.m.
Wed. Dec. 10.....Santa's Open House - Garden Bay Firehall, 6-8 p.m.
Wed. Dec. 10.....Advertising booking deadline for the January 2015 issue of the Harbour Spiel
Thurs. Dec. 11.....Ken Johnson's "Castles in the Snow" - P. H. School of Music, 7:30 p.m.
Fri. Dec. 12.....Ken Johnson's "Castles in the Snow" - P. H. School of Music, 7:30 p.m.
Sun. Dec. 14.....Sunday Jam: Steve Hinton Band Band, Garden Bay Pub, 2 p.m.
Sun. Dec. 14.....P. H. Music Society presents B3 Kings - P. H. School of Music, 2 p.m.
Sun. Dec. 14.....Kids Christmas Party & Community Dinner - P. H. Community Hall, kids crafts@3:30, free dinner@5:30 p.m.
Mon. Dec. 15.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. Dec. 16.....MPES students perform a "A Christmas Carol" - MPES, 1 p.m.
Wed. Dec. 17.....MPES students perform a "A Christmas Carol" - MPES, 7 p.m.
Fri. Dec. 19.....Last day of school - S.D. #46 winter vacation (classes resume Jan. 2)
Fri. Dec. 19.....P. H. Christmas boat parade - Garden Bay start, 5:30 p.m. assembly
Fri. Dec. 19.....Family Music Night - P. H. School of Music, 6:30 p.m.
Sat. Dec. 20.....Elves' Christmas hamper pick-up & delivery - P. H. Lions Hall, 10 a.m.
Sun. Dec. 21.....First Day of winter
Sun. Dec. 21.....Breakfast with Santa - P. H. Lions Hall, 9a.m. - noon
Sun. Dec. 21.....Sunday Jam: Simon Paradis and Gut Bucket Thunder, Garden Bay Pub, 2 p.m.
Mon. Dec. 22.....Polar Express Christmas Light tour - P. H. Community Hall, bus departs 7 p.m.
Thurs. Dec. 25.....Christmas
Sun. Dec. 28.....Sunday Jam: Peter Van B3, Garden Bay Pub, 2 p.m.
Mon. Dec. 29.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. Dec. 30.....January 2015 issue of the Harbour Spiel hits mailboxes

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



FERRY DEPARTURES

~ Effective to Dec. 20 ~

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.
5:30 p.m.
7:25 p.m.
9:15 p.m.

LANGDALE

6:20 a.m.
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.
4:30 p.m.
6:30 p.m.
8:20 p.m.

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.
6:30 p.m.
10:05 p.m.

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.
5:30 p.m.
9:00 p.m.

In a time of universal deceit — telling the truth is a revolutionary act.

~ George Orwell

Get your list ready!

Santa Claus is coming to Garden Bay!

For Santa's Open House!

Everyone is welcome for smokin' hot dogs and refreshments to put out the fire.

Wednesday, Dec. 10

6 to 8 p.m.

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TRIP FOR TWO
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LIVE MUSIC WEEKLY

DEC. 7: Joe Stanton Band (2 p.m.)

DEC. 14: Steve Hinton Band (2 p.m.)

DEC. 21: Simon Paradis & Gut Bucket Thunder (2 p.m.)

DEC. 28: Peter Van B3 (2 p.m.)

MENU SPECIALS - FAMILIES WELCOME!

SATURDAYS: 10 oz. New York steak with mushrooms, roast potatoes and vegetables: \$19.95

SUNDAYS: Brunch - 9:30am-2:30pm

Dinner buffet - 5pm-8pm (Dec. 7: Chinese, Dec. 14: Italian, Dec 21: Cajun, Dec. 28: Greek)



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