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HARBOUR SPIEL

November 2015
Issue 299





We encourage everyone to come out on November 11 to support our veterans and honour their sacrifice.

The day's ceremonies begin at 10:30 a.m. with a solemn parade through Madeira Park.

It will continue to the Royal Canadian Legion No. 112 where Remembrance Day services will begin at 11 a.m.

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EDITOR

Brian Lee

CIRCULATION (2,300)

The *Harbour Spiel* is mailed to all addresses between Egmont and Middlepoint (1,420) and available by paid subscription and for free at a variety of locations on the Sunshine Coast:

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- Earth Fair Store
- Emelle's Madeira Bistro
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- Gibsons Building Supplies
- Halfmoon Bay General Store
- IGA Madeira Park
- IGA Wilson Creek
- Oak Tree Market
- Painted Boat Resort
- Pearl's Bakery
- Pier 17
- Royal LePage Sussex Realty
- Roberts Creek General Store
- Sechelt Public Library

CONTRIBUTORS

This month we thank: Joe Harrison, Frank Mauro, Sandra McLean, Shane McCune and Jan Watson.

Cover: Humpback whale in Lees Bay Oct. 14. (Brian Lee photo)

ADVERTISING

Please reserve by the 15th of the month prior to publication. Advertisers make publication of the *Harbour Spiel* possible — please say thank you, and support our community, by supporting them.

SUBSCRIPTIONS

The *Harbour Spiel* can be delivered monthly by mail for \$60 per year (includes GST).

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NEXT ISSUE MAILS DECEMBER 3

editorial

Before Harper

By Brian Lee



Stephen Harper was sworn in as Canada's 22nd Prime Minister on Feb. 6, 2006.

It doesn't seem that long ago, unless you consider the last time Stephen Harper *wasn't* our Prime Minister:

- Paul Martin was;
- Facebook wasn't public;
- The Canadian economy was growing at three per cent per year with a surplus of more than \$13 billion while our debt was \$492-billion and falling. (Canada has run a deficit since 2008 and the federal debt is now \$615 billion and rising.);

- Clint Eastwood's "Million Dollar Baby" won the Oscar for best picture, beating *Brokeback Mountain*;

- Canadian prime ministers took questions from journalists;

- Kanye West was nominated for best new artist at the Grammys (he lost to Maroon 5);

- Canada's exports were 0.3% less than now — the start of our slowest period of growth since WWII;

- Joe Sakic was named captain of our 2006 Olympic hockey team;

- Canada ranked 55 (out of 108) as a UN peacekeeping nation based on commitment of military and police personnel (it now ranks 67);

- The Iris Griffith Centre was still under construction;

- The following would have been considered scandalous:

Suzanne Legault, Canada's information commissioner, recommended charges be laid against high-ranking RCMP members for destroying gun registry information that was the focus of an access to information request.

It is a criminal offence to destroy records if an access request is being processed — so the federal government passed an omnibus bill that rewrote the laws to retroactively erase the RCMP's mishandling of gun registry records to protect these officers from facing criminal charges;

- Justin Bieber was 11;
- Canada had never lost a vote for membership in the UN Security Council (Portugal beat Canada in 2010, despite being on the verge of bankruptcy);

- The video-sharing website YouTube was founded;

- Government scientists could inform media about research related to topics like climate change;

- The Painted Boat was still Lowes Resort and the Sarah Wray Hall was a crumbling old school;

- Canadian's consumer debt was below \$1 trillion (now it's \$1.82 trillion);

- The Copper Sky Cafe was called Jill's Place;

- No Canadian government had ever been found in contempt of Parliament. (That changed in 2011, after Mr. Harper refused to release costs on certain programs to opposition MPs.);

- Irvines Landing Pub was open, and,

- I thought it was more likely I'd be elected Chief of the Pender Harbour Indian Band than take over this paper.

This issue makes nine years for me but next month's issue will be the *Harbour Spiel*'s 300th.

It's a nice round number on its own but if you divide it by the number of months in a year, which I just happened to do recently, it makes the *Harbour Spiel* 25 years old.

How'd that happen?

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

DID YOU KNOW?

We changed our name?
Or, that we're opening a
second office in Sechelt
in December?



Events
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spiel picks

HALLOWEEN FIREWORKS & 7th ANNUAL HALLOWEEN HOWL: Oct. 31

After catching the fireworks at 7:30 p.m. in Millennium Park, throw your costume on and hit the Halloween Howl featuring David Vest and the Grand Koolios. Doors open at 8:30 p.m. and there are prizes for best costumes.

ANNUAL ROTARY CLUB ART AUCTION: Nov. 7

The Rotary Club of Pender Harbour Art Auction is being held on Saturday Nov. 7 at the Royal Canadian Legion in Madeira Park. It starts at 5 p.m. with tapas and a glass of bubbly. Tickets are only \$25 per person and can be obtained from the Legion in Madeira Park or any Rotarian in Pender Harbour.

The silent auction runs 5 p.m. to 7:30 p.m. and then the live auction will start at 8 p.m. until about 10 p.m. This event is always very popular, so come early and enjoy all of the art for sale.

P. H. MUSIC SOCIETY PRESENTS VAN DJANGO: Nov. 22

Gypsy jazz chameleons Van Django return for a highly entertaining performance on Nov. 22 at the Pender Harbour School of Music. Van Django is a quartet featuring two guitarists, a bassist and a violinist. It's an afternoon show starting at 2 p.m. that will likely see the quartet play some Django Reinhardt hits as well as showcasing their gypsy-style take on other popular favourites.

toon



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Goldsmith-Jones first female MP for Sunshine Coast riding

The wordy West Vancouver-Sunshine Coast-Sea to Sky has the longest title of any riding in Canada — and a new Member of Parliament.

Liberal Pamela Goldsmith-Jones beat out Conservative incumbent John Weston in a decisive victory in the Oct. 19 federal election.

Weston is a two-term MP who was first elected in 2008.

Weston received 46 per cent of the vote in the last election in 2011.

This time around he received 26.3 per cent support while Goldsmith-Jones received 54.7 per cent.

Strategic voting may have played a large role in NDP candidate Larry Koopman and Green candidate Ken Melamed receiving only 9.7 and 8.9 per cent of support respectively.

Goldsmith-Jones is the 54-year-old former mayor of West Vancouver who served in that position from 2005 until 2011.

In 2011, she took a break from municipal politics to complete her MBA at Simon Fraser University's Beedie School of Business, specializing in aboriginal business and leadership.

In her victory speech, the North Shore News reported, Goldsmith-Jones told supporters:

"Responsible government means Parliament is accountable to the people, not a party, not a leader," she said.

"We stayed on the high road," she said, adding that people had voted against the "politics of fear and divi-



Liberal Party of Canada

Pamela Goldsmith-Jones

sion... It's not what Canadians believe in."

Of the 89,459 registered electors in this riding, 65,485 (73.2 per cent) cast a ballot.

Local publishers score three GG nominations

Local publishers have again cracked the shortlist for the prestigious Governor General's Literary Awards.

There are awards in seven different categories for both English and French-language authors chosen from 1,600 title submissions.

This year, Sunshine Coast publishers have three finalists.

Harbour Publishing's Patrick Lane is a finalist in the poetry category for his recent book *Washita*.

Lane, a former resident of Pender Harbour now living in Saanich, won the award in 1978 for *Poems New and Selected*.

Also making the shortlist in poetry is *For Your Safety Please Hold On* by Kayla Czaga.

Czaga's book was published by former resident Silas White who runs his Nightwood Editions out of his home in Gibsons.

November 2015

Armands Russo made the non-fiction shortlist with his *Norval Morriseau: Man Changing into Thunderbird* which was published by Howard and Mary White's other publishing house, Douglas and McIntyre.

Each category winner will receive \$25,000 with remaining finalists taking home \$1,000 each.

The publisher of each winning book also receives \$3,000 to help promote the book.

Winners are announced Oct. 28.

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PENDER HARBOUR MUSIC SOCIETY PRESENTS:

VAN DJANGO

Sunday Nov. 22 • 2 pm
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www.penderharbourmusic.ca

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pulsing gypsy rhythms — gypsy jazz

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Brian Lee

Hosted by the Pender Harbour Seniors Initiative, Harbourside Friendships is a weekly get-together for seniors featuring various speakers, themes or entertainment. Once a month, Grade 5 and 6 students from the Madeira Park Elementary School crash the otherwise peaceful event in the Pender Harbour Community Hall for 'games' day. Seen here are students and seniors enjoying a variety of activities including bean bag shuffleboard, Lego, Scrabble and a few things that didn't exist when the seniors were young — like 'Crazy Forts,' used to cage new principal Glen Smith (l).



14th Annual
Rotary Club of Pender Harbour

ART AUCTION

SATURDAY, NOVEMBER 7



Image: "Early Start" by Motoko.

AN EVENING OF ART & TAPAS

ROYAL CANADIAN LEGION BRANCH 112
Lillies Lake Road, Madeira Park
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\$25 pp includes private Tapas reception 5:30-7:00 pm and welcoming glass of champagne.

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Dave Milligan
ROYAL CANADIAN LEGION
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news briefs

RCMSAR RESCUE IN TOP THREE

The Pender Harbour station for the Royal Canadian Marine Search and Rescue, Unit 61, was recognized at the RCMSAR annual general meeting in Sooke on Oct. 4.

Their July 20 rescue of a ski boat in distress near Texada Island was recognized as one of the top three rescues in BC for the year.

Crew members that day were Terry Pollock (coxswain), Eliza Kinley, Deb Warburton, Sean McAllister and David Lacey.

The other top rescues included a sinking vessel near Richmond and a missing diver search near Victoria.

The Pender Harbour Marine Search and Rescue Society was first formed in January of 2000 and covers an area that includes Malaspina Strait from McNaughton Point to Scotch Fir Point and all of Jervis Inlet.

COOKIE WEEK RAISES \$13,000 FOR SUNSHINE COAST HOSPICE

During the week of Sept. 19, the Sunshine Coast Hospice Society raised over \$13,000 from its "Smile Cookie Week."

Cookies were donated by Tim Hortons and all funds raised will remain on the Coast.

Pender Harbour volunteers, led by Joan Stanton, raised more than \$1,500 in Pender Harbour.

PROPERTY THEFT

A large number of tools were stolen from an unlocked shed on Rondeview Road.

Exactly when the tools were stolen is unknown, but police encourage homeowners to secure their tools and equipment, as such items are highly sought after by thieves.

COPPER SKY CAFE UNDER NEW OWNERSHIP

Brittany Sheppard has purchased the Copper Sky Cafe in Madeira Park.

Sheppard takes over the business Nov. 1 from previous owner Lieana Thormahlen, for whom she worked for the past six months.

MANSBRIDGE-FAFARD MAKES TEAM CANADA

Former Pender Harbour resident Fynn Mansbridge-Fafard will be one of six young men and seven young women who will represent Canada in an international fencing tournament at the end of October.

The European cadet (under 17) circuit tournament takes place in Klagenfurt, Austria at the end of October.

Mansbridge-Fafard will take part in both the individual épée as well as the team épée events in Klagenfurt.

The team event is comprised of fencers who hold the top four spots in national rankings in Canada.

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Carol Reid
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Clarification to 'Clarification needed... ' letter

Dear Editor,

Re: (Livia Eidt's) letter to editor: "Clarification needed to 'Harbour Health,'" (*Harbour Spiel*, Sept. 2015).

Thank you for your feedback and engagement in this somewhat controversial discussion on immunization.

Let me clarify a few of your concerns.

As a registered nurse, you should know that providing evidence-based, up-to-date information is a critical part of maintaining the RN standard of practice and licensure.

All information I relay by way of

these community-health-based articles is research-supported and referenced from various articles, relevant studies, and Canadian standards of practice for each of their respective topics.

The main reference I used for the statement in question was the BC government's *Quick Reference: Immunization Communication Tool For Immunizers*, (Immunize BC, 2008).

Under, "Did you know:"

"Thimerosal is no longer present in childhood vaccines, with the exception of influenza.

"It was not removed because of safety concerns, but as a result of public perception." (Derban, et al, *Immunization Communication Tool*, 2008, p. 6)

Furthermore, despite there being no evidence of a relationship of thimerosal (ethylmercury) with any neuro-developmental disorders in children, in order to improve public trust and to increase effectiveness of immunization programs, the decision was made to eliminate thimerosal from all childhood immunizations.

The decision was largely based on the recommendations from the National Advisory Committee on Immunization in 2003.

This decision was indeed in large part due to the continued public association of thimerosal in vaccines

causing autism.

Still, with best available evidence, there is no link between ethylmercury leading to autism or any other neuro-developmental disorders.

From an NACI statement:

"...Experience has shown that unaddressed public concerns can drastically decrease immunization coverage, to the detriment of public health.

"Thus the call to remove thimerosal from vaccines seeks to maintain public confidence by avoiding even theoretical risk." (*Canada Communicable Disease Report Volume 33*, ACS-6 1, July 2007)

There are numerous Canadian resources on the topic and unfortunately the CDC online reference you provided in your rebuttal is American-based and not Canadian as you stated.

The *Harbour Spiel* is an independent, community-centred publication.

Choosing to express a personal perspective in these community-based health articles is a means to connect with readers on a more personal level.

I thought that to add the perspective of the author would help to make the otherwise mundane health articles a little more interesting and thought provoking for readers.

I am glad to see it is working at some level.

Sandra McLean, RN BScN



"Children with poorer oral health status were more likely to experience dental pain, miss school, and perform poorly in school."

"These findings suggest that improving children's oral health status may be a vehicle to enhancing their educational experience."

~ American Journal of Public Health
(Oct. 2011, Vol. 101, pp. 1900-1906)



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Frank White

MAY 9, 1914 — OCTOBER 18, 2015



Frank White with great-granddaughter Katy Plant in December 2011.

Frank White, pioneer, raconteur and author of bestselling books, died Oct. 18 at his home in Garden Bay.

White claimed to be British Columbia's oldest active author when he published his memoir *That Went by Fast* at the age of 100 in 2014.

A workingman and small businessman who didn't retire until age 80 and wrote about his long life in a colloquial, unvarnished style, White's trademark was his self-deprecating humour.

"I'd got used to thinking my life hadn't amounted to much," he wrote, "and it seemed most people agreed with me on that.

"Now it's, 'Oh, you rode in a horse and buggy? You worked on a steam donkey show? Your girlfriend was a flapper?... You should write a book!'

"By hanging around so long it seems I have become an object of historical interest."

His was a typical life for a British Columbian of his time, comprised mostly of endless hard work, although

on the evidence of his stories it was seldom dull.

He grew up in Abbotsford the son of the town butcher and at age 8 began serving customers in his father's shop by standing on a butter box so he could see over the counter.

His father bought the first Model-T delivery truck in Abbotsford but couldn't get the hang of the horseless carriage so young Frankie taught himself to operate it, lying about his age to get his driver's licence at age 13.

"By the age of 13 I already had two professions: butcher and truck driver," he wrote.

He built on his early start to follow the trucking boom that hit BC in the 1930s and 1940s, pioneering highway freighting, then truck logging.

In the 1950s he became a small-scale "gyppo" logger before moving to the coastal fishing village of Pender Harbour, where he operated an excavating business, a gas station and a municipal water system.

Along the way he endured shipwrecks, topped 200-foot spartrees, fought forest fires, got physical with log rustlers, built houses, built boats, raised a family, dabbled in politics, built early computers, buried a beloved wife and daughter, travelled the world and wrote books.

At age 92 he married the former New Yorker writer Edith Iglauer, 89, and they continued to live in their small waterfront cottage in Pender Harbour until the present.

He died peacefully with his family and caregivers around him and his sense of humour intact.

In his final hours when a nurse asked him how he was, he whispered between gasps, "Hundred per cent!"

White was bemused by his longevity and the celebrity that came with it.

"When I was 50 and still had most of my marbles," he wrote, "all people wanted me to tell them was why their car stalled at the intersection.

"Now that everything is starting to get hazy, they're not satisfied unless I can tell them the meaning of life."

On that score he wasn't venturing any great pronouncements.

"Life is life. It's not under our control and it doesn't follow any script. It just is."

He might have added, life goes a lot easier if you have a good sense of humour.

Franklin Wetmore White was born May 9, 1914 in Sumas, Washington.

He leaves his wife Edith Iglauer, daughter Marilyn, sons Howard and Donald, six grandchildren and eight great-grandchildren.

There is no public service planned and donations in lieu of flowers may be made to the Pender Harbour Health Centre Society.

Regional district fall highlights



*Frank Mauro,
Area A Director*

UBCM CONFERENCE

There were 140 resolutions admitted for debate at the UBCM conference held at the end of September this year.

While there were no resolutions that sparked major controversy as in other years, many were earnestly debated and there were some very close votes.

Three noteworthy, narrowly passed resolutions are:

FUNDING ALLOCATION TO SMALL COMMUNITIES

There was a request that the community portion of projects being

funded by government grants be reduced for micro-communities (less than 5,000 population) due to their limited financial resources.

Currently the funding portion requirements are the same for all communities and usually require the community to contribute at least 50 per cent of the project cost.

LOCAL GOVERNMENT ELECTIONS — INTERNET VOTING

This request was for legislative changes to implement online voting for the 2018 local government election.

The resolution passed by a 51-per-cent majority.

OFFICE OF AUDITOR GENERAL FOR LOCAL GOVERNMENT

This request is that the UBCM

ask the province to abolish the local government auditor general.

Of these I fully support the funding resolution for the obvious reason that small communities have limited financial resources.

I do not support the Internet voting resolution because any system which could allow coercion of a voter, which Internet voting cannot guard against, is not a viable system.

And lastly, I do not support the abolishment of the auditor general as just the office's existence reminds all local governments to maintain appropriate and transparent processes for all activities undertaken.

Having periodic audits are an effective safeguard.

The conference provided an important opportunity to speak with



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UPCOMING MEETINGS

Policing Committee
November 2 at 9:00 a.m.

Regular Board
November 12 at 7:30 p.m.

Transportation Committee
November 2 at 10:15 a.m.

Community Services
Committee
November 19 at 1:30 p.m.

Infrastructure Services
Committee
November 5 at 1:30 p.m.

Corporate and Administrative
Services Committee
November 26 at 1:30 p.m.

Planning and Development
Services Committee
November 12 at 1:30 p.m.

Regular Board
November 26 at 7:30 p.m.

Meetings are held at 1975 Field Road, Sechelt.
Agendas are available at www.scrd.ca/Agendas-2015.

Free Emergency Preparedness Information Session
on November 26 from 10:30 a.m. to 12:00 p.m. at the
Pender Harbour Community Hall.

The Egmont Pender Harbour Official Community Plan
is currently under Review. The SCRd will continue to involve
the community of Egmont/Pender Harbour throughout the OCP
review process. For meeting agendas, minutes please visit
www.scrd.ca/EgmontPender-Harbour.

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provincial ministers and senior staff.

I and several other directors met with the minister of transport, the premier's chief of staff, the attorney general, Environment Ministry staff, Network BC and the minister of energy.

Topics discussed included the draft dock management plan, transit funding, ferries, broadband/cell phone connectivity, illegal dumping, repeat offender issues, wildfire issues and water infrastructure issues.

CHIEF ADMINISTRATIVE OFFICER

On Sept. 18, the SCRD board appointed Janette Loveys as the new CAO.

The CAO is the most senior position on the SCRD staff and is responsible for the overall management of the administration and operations of the regional district and the implementation of the policies and directions of the board.

She is well qualified for the position and has held leadership roles at the Capital Regional District (Victoria/Saanich areas) and as interim city manager for the city of Welland, Ont.

In June, Loveys joined the SCRD as general manager of community services.

EMERGENCY PREPAREDNESS INFORMATION MEETING

The SCRD, through the Sunshine Coast emergency program, is hosting an emergency preparedness information meeting on Thursday, Nov. 26, from 10:30 a.m. until noon at the Pender Harbour Community Hall.

Information will be presented on:

- What hazards can affect the Sunshine Coast;
- What the SCEP has in place to mitigate these hazards, and

• What you can do to prepare for the hazards and how to assemble an emergency kit.

For further information please contact the SCRD emergency program co-ordinator, Bill Elsner at (604) 885-6887.

BIKEWAYS/WALKWAYS PROGRESS

The contract to construct the major portion of the Madeira Park business area to the P. H. Health Centre along Lily Lake has been awarded to a local contractor.

Work is starting as I write this column.

It is expected that by early spring we will have completed the interconnecting pathways as planned.

Concept plans for the Garden Bay Road walkway along the lake and the Waugh Lake to Egmont walkway are 75-per-cent complete.

The construction portion of these projects will be budgeted for next year.

OPEN DISCUSSION

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

I will be at the Copper Sky between 8 a.m. and 9 a.m. on Saturday Nov. 7 to answer questions and listen to your concerns.

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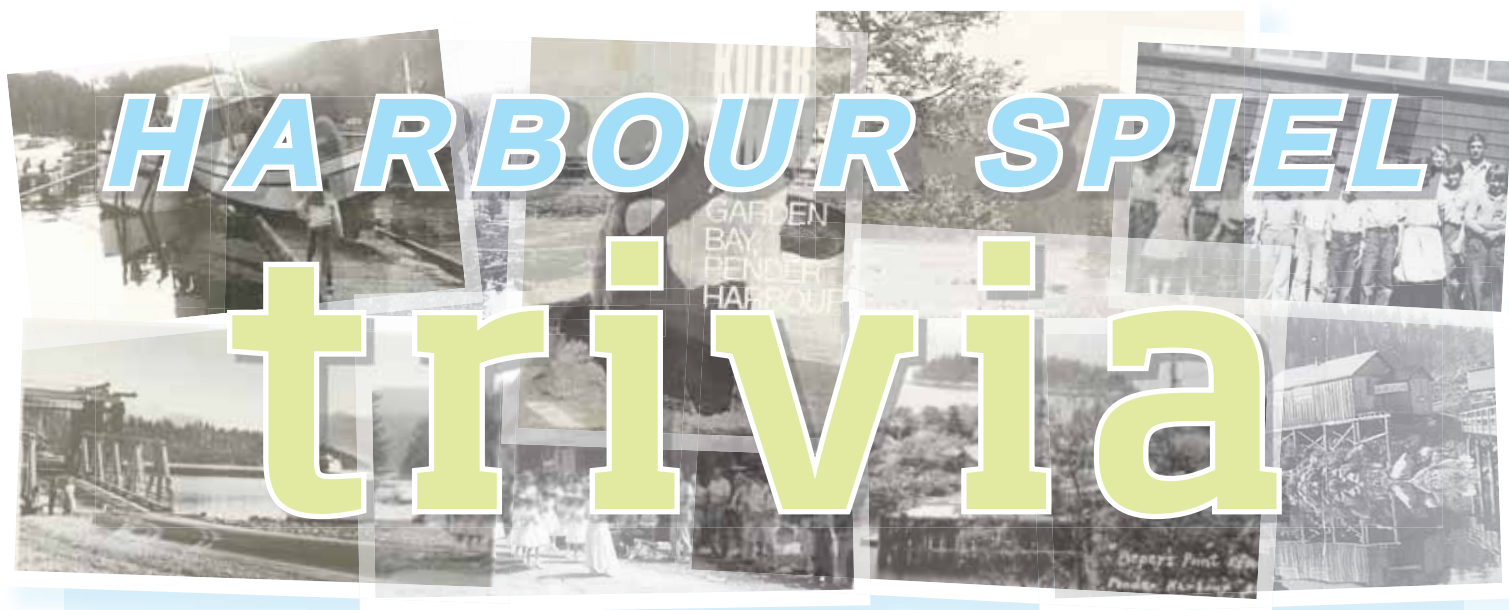
Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Healthy Meals service has resumed.

For emergency service, call Linda or Anky.

Linda: 604.883.2819 or Anky: 604.883.0033.



1. Where would you be most likely to find a yellow cedar tree?

- ☐ a. Nelson Island
- ☐ b. Caren Range
- ☐ c. Ambrose Lake Ecological Reserve
- ☐ d. Francis Point Provincial Park

2. Which party held West Van-Sunshine Coast-Sea to Sky before John Weston won in 2008?

- ☐ a. Green Party
- ☐ b. NDP
- ☐ c. Liberals
- ☐ d. Conservatives

3. Local Royal Canadian Legion No. ____?

- ☐ a. 110
- ☐ b. 112
- ☐ c. 116
- ☐ d. 119

4. On June 17 of what year did Capt. George Vancouver first anchor near Pender Harbour?

- ☐ a. 1685
- ☐ b. 1702
- ☐ c. 1765
- ☐ d. 1792

5. Which gas station formerly sat across from the P. H. Health Centre?

- ☐ a. Esso
- ☐ b. Shell
- ☐ c. Chevron
- ☐ d. Mohawk

6. Name of the previous Area A SCRD director?

- ☐ a. Jane Reid
- ☐ b. Rod Kammerle
- ☐ c. John Rees
- ☐ d. Eric Graham

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**



Darlene Kerfoot

The Pender Harbour Paddling Society hosted its eighth annual Final Fling event at the Garden Bay Pub Sept. 26. Dragon Boat racing teams attended from Sechelt and Powell River to compete on a course for the fastest time. Pender Harbour's Dragontinis took the silver medal spot with Sechelt's MacKenzie Mussels winning it all. The event had a 'fairy tale' theme for the 'best costume' award in the obstacle race. Above are the Dragontini's Snow White and the 20 dwarfs with the dwarfs' hats showing extended names like Grumpy, Grumpier and Grumpiest.

harbour seals



Note your (dis)approvals.

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

Harbour Seals of Approval to **Joan Stanton, her volunteers, the businesses** who were so supportive and the wonderfully generous people of Pender Harbour for their support of the recent S. C. Hospice Society cookie fundraiser.

Linda Stroud
Sunshine Coast Hospice Society

Big truckfuls of Harbour Seals to **Lance Seabrook, and his Midway team**, for the fantastic refurbishment of the golf club driving range poles and netting. Summer would not have been the same without their efforts.

Lorne Campbell
(on behalf of PHGC membership)

A big Harbour Seal of Approval to **everyone who volunteered, donated and supported the Dance For Tammy Fundraiser**. It was a huge success and all of you made the evening a wonderful event.

Amanda Peterson
and the Endert family

A dragon boat full of Harbour Seals to the **Garden Bay Pub, volunteers and businesses** for donating to our Final Fling dragon boat races.

Special thanks to: **Troy Callewaert, Al and Carol Bowman, Doreen Penn, Howard White, Taylor Metcalf, Lisa Johnston, Cindy Naito, Stephen Beagle and Motoko.**

Jean Pate/P. H. Dragontinis

Royal Canadian Legion #112 Pender Harbour 2015 Poppy Campaign

Donations to our Poppy Campaign
benefit our community:

In 2015, two bursaries were awarded to PHSS graduates and a donation made to the Health Centre for medical bags for home care nurses.

2015 Poppy Campaign begins Friday, Oct. 30.

Please come to our Remembrance Day Ceremony on

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Parade marches off at 10:30 am. Service at 11:00 am. Followed by refreshments in the Legion.

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COAST BUILDERS RONA

Excerpt: *Tide rips and back eddies*

by Bill Proctor & Yvonne Maximchuk

Excerpted from:
Tide Rips and Back Eddies:
Bill Proctor's Tales of Blackfish Sound
(Harbour Publishing)

In 1946 I bought my first book on fish.

I saw it advertised in a fishing magazine and ordered it from the Biological Station in Nanaimo.

The package arrived COD at the post office in Alert Bay and I paid for it with money I made fishing spring salmon from my rowboat.

The book was called *Fishes of the Pacific Coast of Canada* and remains the best book on fish that I have found.

I still refer to it for details about some species.

When I got the book I took it with me to my little pool and when I'd find a fish I'd find the name of it in the book.

There was a small bay close by that had a lot of crab grass on the bottom.

I learned it was called eel grass but I called it crab grass because that was where the big crabs lived.

I would take my mom's strainer with me and a bucket, and looked for little fish.

Over time I identified 22 species that called that bay home.

Round about that time there were

two missionaries who came once a month to visit Mom.

They'd paddle over in a dugout canoe and Mom always told me to go

down and help them out of the canoe.

So I would and one would always say, "How is the heathen today?"

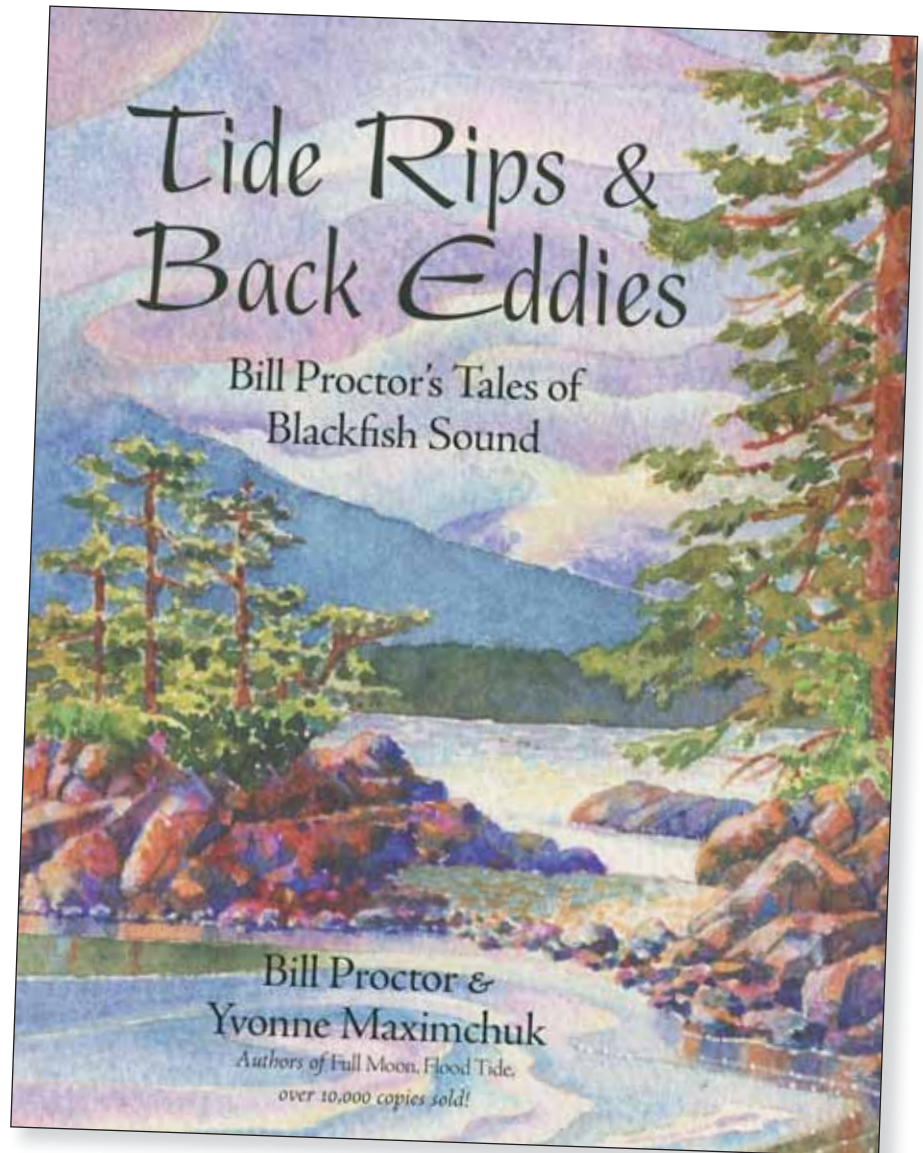
This was because I was not going to school.

They were always trying to get Mom to send me to boarding school.

Finally they reported me to welfare.

Then the government boat called *Sheila* started coming around.

I took to hiding in the bush when I saw them coming, so I ended up



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spending a lot of time in the bush.

It really bothered me to think that these people wanted to take me away and leave my mother there alone.

As I was spending a lot of time in the bush, I got to know all the different species of trees and plants that grew on our land.

In 1948, a salesman came in selling books, so I bought a 10-volume

set of *The Book of Knowledge*, which I still have and I still use.

So, instead of going to school, I was learning about the things around me.

Now when people come to my museum, some ask me, "How often do you go out in the real world?"

I say, "I think this is the real world."

Tide Rips and Back Eddies:* *Bill Proctor's Tales of Blackfish Sound

by Bill Proctor & Yvonne Maximchuk

ISBN: 1-55017-725-7

6" x 7.75" Paperback, \$24.95

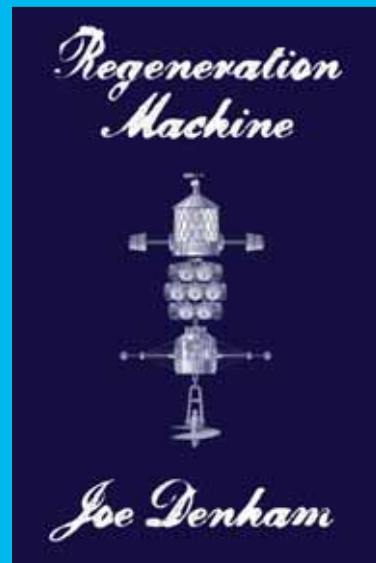
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Billy Proctor, resident legend of Echo Bay, recounts almost a century's worth of experience with this collection of stories, memories and local knowledge of the central BC coast region around Blackfish Sound. And nobody tells a story quite like Proctor.

Writing collaborator Yvonne Maximchuk's drawings illustrate Proctor's personal anecdotes as well as carefully detailing an eclectic array of items collected by Proctor for his museum. *Tide Rips and Back Eddies* is not only a historical archive of immeasurable significance, it is a fascinating read for anyone interested in the Blackfish Sound region or in lessons learned by a local legend over a lifetime.



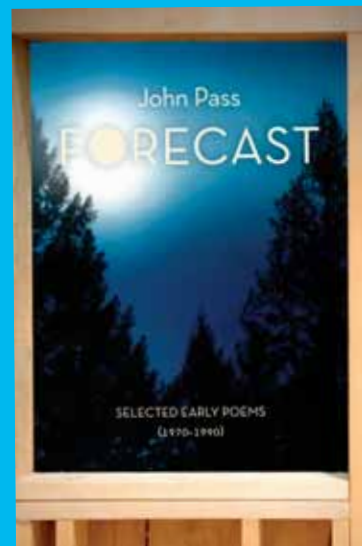
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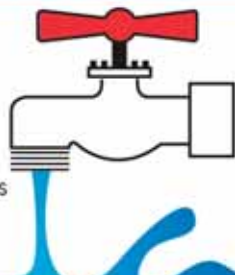
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Humpback whales venture into Pender Harbour

Brian Lee

Two humpback whales were sighted feeding in Lees Bay and Pender Harbour on Oct. 14.

Thanks to a tip from Dr. Michael Jackson, the *Harbour Spiel* was able to get out for a look.

Humpback whale sightings have been unusually common in local waters this summer, with dozens of sightings reported between Davis Bay and Gibsons.

Their population was severely depleted in the Strait of Georgia when the Pacific Whaling Company began operating near Nanaimo in 1907.

According to *The Sea Among Us: The Amazing Strait of Georgia* (Harbour Publishing, 2014), the PWC took 115 humpback whales in the Strait of Georgia that first year.

Within three years, they were all gone.

“It would be 100 years before the humpbacks would return in numbers to the Strait of Georgia,” wrote the authors.

It is estimated that over 5,700 humpback whales were taken on the BC coast from 1905 until humpback



Brian Lee

Two humpback whales entered Pender Harbour on Oct. 14. They were feeding, continually diving and resurfacing between Farrington Cove and Francis Peninsula before heading back out past Irvines Landing. Photos taken with a GoPro camera.

whaling ended in 1965.

By that time, only 1,200 humpbacks were thought to remain in the entire North Pacific Ocean.

Since then, the North Pacific humpback population has grown to 21,000 whales, a number that is thought to exceed even prewhaling estimates.

In an interview in October 2014, John Ford, head of Fisheries and Oceans Canada’s cetacean research

program at the Pacific Biological Station in Nanaimo, told the *Harbour Spiel* that humpback populations are increasing by about four per cent per year on the Coast and the sightings have become much more frequent throughout the Strait of Georgia.

In his recent book, *Marine Mammals of British Columbia* (Royal BC Museum, 2014), Ford writes:

“In fact, humpback whales were the most commonly sighted cetaceans during 21 ship surveys undertaken by the Pacific Biological Stations cetacean research program from 2002 to 2008.

“Of 2,862 cetacean sightings over 30,000 kilometres of survey track, 1,700 (59%) were humpbacks.”

Ford goes on to write that most of these sightings were near Haida Gwaii or Prince Rupert.

In 2011, the humpback whale was downlisted from “threatened” to “special concern” by the Committee on the Status of Endangered Wildlife in Canada.

These whales often weigh 40,000 kilograms (88,000 pounds) and measure approximately 12 metres.



Brian Lee

Each time the humpback whales surfaced outside the entrance to Pender Harbour, the exhalation echoed loudly off nearby Pearson and Martin Islands.

Characterized as “gulp feeders,” humpbacks lunge at schools of invertebrates like krill (their primary prey) or small fish like herring.

They often vacuum up as much as a ton of food per day and their population growth hints at a possible return to health for species occupying the lower rungs of the food chain.

In this case, the two humpback whales were feeding outside the mouth of Pender Harbour for at least two days.

On Oct. 14, they continually dove and resurfaced in Lees Bay all morning before venturing past Irvines Landing to feed inside Pender Harbour.

For close to an hour, the two whales continued their pattern of diving for five minutes before resurfacing for less than a minute in a circular pattern between Farlington Cove and Francis Peninsula.

Humpback whales are often heard before they are seen with loud exhalations upon resurfacing, the loud echo of which cracked off the islands outside the mouth of Pender Harbour.

Soon, between November and January, these two whales will likely migrate south to Mexico or Hawaii to breed before returning in the spring to forage, likely in the same area.



Brian Lee

The head of a humpback whale can be easily distinguished by numerous knobs or ‘tubercles.’

According to Ford’s book, one study found that of 585 unique individuals photo-identified, 57 per cent were re-identified within 100 kilometres of where they had been seen in previous years.

A quarter of those 585 whales were re-identified within 25 kilometres of their previous locations.

So, given the pattern of local sightings during the last two seasons, we should expect to see these two again next year — and maybe with a calf in tow.



Glen Bonderud

Glen Bonderud took this photo from his home overlooking Lees Bay at 7:45 a.m. on Oct. 14. In an e-mail to the *Harbour Spiel*, Bonderud wrote: ‘You hear the whoosh, then look out your window and there they are, two of them.’



Pender Harbour Power and Sail Squadron

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Class sizes are limited so register early.

For information and registration,
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NOVEMBER BIRTHDAYS

- Nov. 1 ~ **Len Best.**
- Nov. 2 ~ **Carrie Hillhouse** and **Charles Lee.**
- Nov. 3 ~ **Charlene Cote, Sue Rayment** and **Trevor Ross.**
- Nov. 4 ~ **Sandy Boyd, Brennan Bennett** and **Pressley Silvey.**
- Nov. 5 ~ **Diana Degraaf, Colton Edwardson** and **Tanis Zayshley,**
- Nov. 6 ~ **Kathie Atherfold** and **Max Scoular.**
- Nov. 7 ~ **Joni Mitchell.**
- Nov. 8 ~ **Eleanor Reid, Ryan Boyd, Gerry Matheson** and **Sabine Tamm.**
- Nov. 9 ~ **Candace Cruikshank** and **Matthew McKimm.**
- Nov. 10 ~ **Tom Duncan** and **Nicole MacDonald.**
- Nov. 11 ~ **Marge Campbell** and **Loretta McDonald.**
- Nov. 12 ~ **Roger Duncan, Dwayne Knock** and **Cooper Pantages.**
- Nov. 13 ~ **Hunter Edwardson, Tanya Cummings, Paul Jones, Darrin Jordison** and **John Maveety.**
- Nov. 14 ~ **Mary Dumaresq** and **Amber Kincaide.**
- Nov. 15 ~ **Josey Bennett.**
- Nov. 16 ~ **Ray Hansen** and **Janique Peters-Gray.**
- Nov. 17 ~ **Biada Priest, Rodney Kammerle, Bev Mac Donald** and **Barb Watt.**
- Nov. 18 ~ **Amanda Ross.**
- Nov. 19 ~ **Cheryl Jensen** and **Dennis Levasseur.**
- Nov. 20 ~ **Umeyo Kishimoto** and **Jill Wagner.**
- Nov. 22 ~ **Jennifer Girard, Alys English, Brooke Fraser** and **Anne Fraser.**
- Nov. 23 ~ **Dodie Edwardson, May Silvey, Dave Daiken** and **Wayne Griffith.**
- Nov. 24 ~ **Maggi Guzzi** and **Chase Campbell.**
- Nov. 25 ~ **Neil Remmen, Paul Gaudet** and **Leah Pockrant .**
- Nov. 26 ~ **Gary Griffith.**
- Nov. 27 ~ **Betty Sladey** and **Natasha Landry.**
- Nov. 28 ~ **Ryder Noble** and **twins Paige** and **Lexi Pauls.**
- Nov. 29 ~ **Marie Coombes, Pete Hannah, John McDonald, Myrna Pickering** and **Kaila Silvey.**
- Nov. 30 ~ **Brayden Zayshley.**

NOVEMBER ASTROLOGY



SCORPIO: OCT. 24 – NOV. 22

Scorpios are highly sensitive and compassionate, with a fierce pride and determination. In November 2015, Mars will rule your life like a good daddy. Because of the influential Red Planet, Scorpios will experience their “luck” month. Anything is possible but it will be relative to the size of your investment. And faith. Lottery tickets? Buy a bunch. Want a raise? Demand one. Have a crush on someone? Mount them in an elevator. You get the picture — take life by the horns because this is your chance to make it pay. Cast all humility aside.



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. And this month, they won't get it. Your celestial energies have reached their nadir. And so soon after the last time, right? You will feel nothing nor experience great movement in either luck or misfortune — an empyreal stasis. But not for too long. The upcoming full moon will act as a celestial laxative, busting open your constipated monotony by Nov. 26.

BC BESTSELLERS

(For the week of October 18, 2015)

- | | |
|--|---|
| 1. <i>Gut</i> by Giulia Enders | 6. <i>The Deerholme Vegetable Cookbook</i> by Bill Jones |
| 2. <i>The Wild in You</i> by Lorna Crozier | 7. <i>Orca Chief</i> by Robert Budd & Roy Henry Vickers |
| 3. <i>Light Years</i> by Caroline Woodward | 8. <i>The Butcher, the Baker, the Wine and Cheese Maker By the Sea</i> by Jennifer Schell |
| 4. <i>British Columbia and Yukon Gold Hunters</i> by Donald E. Waite | 9. <i>The Horrors</i> by Charles Demers |
| 5. <i>That Lonely Section of Hell</i> by Lori Shenher | 10. <i>Letters to My Grandchildren</i> by David Suzuki |

~ Assn. of Book Publishers of BC

MEXICAN REVOLUTION DAY

Revolution Day is celebrated annually in Mexico on the third Monday of November (Nov. 16 this year), marking the start of the Mexican Revolution in 1910.

For much of Mexico's history, a small minority controlled the country's power and wealth while the majority of the population worked in poverty. As the rift between the poor and rich grew under the leadership of General Díaz, the political voice of the lower classes was also declining. Opposition to Díaz surfaced when Francisco I. Madero, educated in Europe and at the University of California, led a series of strikes throughout the country.

Madero was elected president, but was opposed by Emiliano Zapata who didn't wish to wait for the orderly implementation of Madero's desired land reforms. In November of the same year, Zapata denounced Madero as president and took the position for himself. He controlled the state of Morelos, where he chased out estate owners and divided their lands among the peasants. Later, in 1919, Zapata was assassinated by Jesus Guajardo acting under orders from General Pablo Gonzalez.

The conflict lasted until 1920 and had several distinct phases. Over time, the revolution changed from a revolt against the established order under Díaz to a multi-sided civil war in particular regions with frequently shifting power struggles among factions. The constitutionalist faction of northern Mexico led by Venustiano Carranza was the victor in the military phase of the conflict. Northerner Pancho Villa joined the fight against Díaz and came to be a major military figure in the revolution until 1915.

Eventually, Carranza rose to the presidency, and organized an important convention whose outcome was the Constitution of 1917, which is still in effect today. Carranza made land reform an important part of that constitution resulting in the ejido, or farm co-operative program, that redistributed much of the country's land to the peasants. The ejidos are still in place today and comprise nearly half of all farmland in Mexico.

The holiday commemorates Nov. 20, 1910, the day Madero denounced Díaz, declared himself president and called for national insurrection.



Francisco I. Madero

~ various Internet

NOVEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our November average daily high temperature is 8.8 C and our average low is 5.2 C, giving us a daily mean of 7 C. The highest November temperature recorded is 15 C (Nov. 4, 1975); the lowest is -7.3 C (Nov. 27, 1985).

PRECIPITATION (MERRY ISLAND)

November averages 55.8 hours of bright sunshine and 19 days with precipitation. November's average monthly rainfall is 148.5 mm; snowfall is 2.5 cm. The highest November daily rainfall recorded at Merry Island is 50 mm (Nov. 3, 1989); snowfall is 9.6 cm (Nov. 25, 1985).

SKOOKUMCHUCK viewing times

NOVEMBER

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

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

1. 8:37am +XL, 4:00pm -L
2. 9:30am +XL, 4:06pm -M
3. 10:24am +XL
4. 11:17am +XL
5. 12:08pm +XL
6. 12:55pm +L
7. 1:36pm +L
8. 8:53am -M, 2:10pm +L
9. 9:39am -M, 2:40pm +XL
10. 10:21am -M, 3:12pm +L
11. 11:01am -M, 3:36pm +L
12. 11:40am -M
13. 12:20pm -M
14. 1:03pm -M
15. 1:47pm -M
16. 8:07am +XL, 2:36pm -M
17. 8:51am +XL, 3:39pm -M
18. 9:38am +XL
19. 10:27am +XL
20. 11:16am +XL
21. 12:05pm +L
22. 12:46pm +L
23. 8:22am -M, 1:36pm +L
24. 9:28am -M, 2:22pm +L
25. 10:24am -M, 3:07pm +L
26. 11:13am -M, 3:51pm +L
27. 11:59am -M
28. 12:56pm -L
29. 1:46pm -L
30. 2:39pm -L

These are estimates only and not intended for navigation.

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 Policing.....	883-2026
• Egmont Community Club	883-1379
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club.....	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	885-1365
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.).....	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont.....	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.).....	883-1361
• Men's Cancer Support Group.....	883-2393
• P. H. Aquatic Centre Society.....	885-6866
• P. H. Choir (7 p.m., Tuesday).....	883-9248
• P. H. Community Club.....	883-0211
• P. H. Community School Society	883-2826
• P. H. Garden Club.....	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2930
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society	883-3678
• P. H. Piecemakers (quilters).....	883-2573
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-1366
• 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
• SC. Healthcare 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

organizations

P. H. WOMEN'S CONNECTION

The next Pender Harbour Women's Connection gathering will be Nov. 24 at the P. H. School of Music at 10 a.m.

Back by popular demand, we welcome Troy Callewaert from Madeira Park IGA. Troy will talk about how to make the most effective use of our grocery store and the new and interesting foods available for holiday entertaining

P. H. GARDEN CLUB

A joint program by the P. H. Garden Club and P. H. Women's Connection:

Bill Terry presents "Letting Nature Play her Part: Simplicity and Serendipity in the Garden" at the P. H. School of Music on Monday, Nov. 9 at 1 p.m.

This talk is somewhat radical and somewhat tongue-in-cheek. Taking off from Michael Pollan's observation that "Nature abhors a garden," it imagines the gardener enlisting nature as a partner, then working in collaboration with her. Thereby achieving greater success with less frustration and less work, through encouraging native plants, aiming for simplicity and actively encouraging serendipity. These strategies are especially relevant for the aging gardener. Both men and women are invited to this presentation.

Bill Terry is an author of four books and retired CBC producer and radio and TV program executive.

P. H. WILDLIFE SOCIETY

The Pender Harbour Wildlife Society will meet on Tuesday, Nov. 17 at 7 p.m. at PHSS. John Dafoe, Coast-wise guide, will be the guest speaker. The theme for his talk and slideshow is "Ourselves, our region, geography and nature." John will lead a discussion on critical natural, cultural and development issues for the Georgia Basin, with emphasis on the Sechelt Peninsula. Refreshments will be served following the presentation. No charge and everyone is welcome. The society will hold a meeting following refreshments.

SCHOOL OF MUSIC COFFEEHOUSE

This months SoM will run Friday, Nov. 13 at the P. H. School of Music at 7:30 p.m.

Musicians this month include:

Chelsea Charlton (country/folk singer/songwriter);

Keiran Semple (guitar and vocals);

Robin Atchison (original vocals and guitar), and

Tricia Dunphy (country/blus alternative).

Late season weather makes for a busy fall



Jan Watson

The future of golf is good as the high school offers golf as an elective now, thanks to teacher Dave Stoddart.

They've shown a steep learning curve in etiquette and sportsmanship and it's been wonderful to see the young people out on the course.

MEN'S CLUB

Low gross at individual stroke play on Sept 22 was won by Lorne Campbell with 77.

Low net winner was Fred Baldwin with 65.

KP on No. 3 went to Lorne Campbell and Robbie Cameron while on No. 6 it was Lorne Campbell and Kirk Mackie.

Oct. 6 stroke play saw a tie for low gross at 79.

After countback, the winner was Lorne Campbell over Mike Reid.

Low net went to Reid, Andy Teal and Dave Phillips, all with 67.

KP on No. 3 was Rusty Ellis and Terry Cowan while on No. 6, it was Bruce Forbes and John Maveety.

Oct. 13 saw last official men's day of the year and they played "Six-Six-Six."

That is six holes off the blue tees, six off the whites and six off the reds.

It was a low net event won by Kirk Mackie with 64.

KP on No. 3 was Brian Disney and Jamie Tufford while on No. 6, George Brown and Glen Bonderud.

LADIES' CLUB

Sept. 24 and Oct. 1 were Turkey Shoots — a two-round low-net event.

Nora Brooks got the turkey with

runner-up Lori Wilson taking the pumpkin pie.

KP on No. 3 was Joan Stanton and long drive went to Stephie Garner.

On Oct. 8 the last official ladies day was a nine-hole "Greenskeeper's Revenge" scramble.

A fun day with three levels:

Longtime members winner was Jan Watson, mid-time members winner was Reni Ducich and the last decade members winner was Anita Caspersen.

Due to wonderful weather on Oct. 15, the ladies had a great turnout for an unofficial event, playing with only three clubs and a putter.

Winner with a net 71 was Helen Krantz.

MONDAY MIXED SCRAMBLES

Thanks to great weather and demand, the season has run a month longer than usual.

On Sept. 21 there were 24 players and the winning team of Dave and Kerry Milligan, Rhonda and Jane Fitzgibbon shot 36.

Only one KP: John Stark on No. 6.

Seven teams participated on Sept. 28 and winners were Brian Lee, Darlene Fowlie, Ken Ewen and Al Donar with 34.

On Oct. 5, 30 players came out with the winners shooting an amazing

THE 19th HOLE

GOLFER: I'd move heaven and earth to break 100.

CADDIE: Try heaven, you've already moved enough earth today!

5 under par 31: Wayne Stremel, Bob Baker and Lorraine Wareham.

KP on No. 3 was Lorraine Wareham and for the men on No. 3 and No. 6, it was Andy Teal.

Oct. 12 saw the last one with six teams and the winners were Carol Reid, Bob Baker, Bob and Reni Ducich with 34.

KPs on No. 3 were Lorraine Wareham and Lorne Campbell while on No. 6 it was Wareham and Dan Weinhandl.

NINE AND WINE

On Sept. 30, it was "Hottest and Most Honest."

Bob Baker was hottest with 43 and Carly Gooldrup the most honest.

October 7: Golf was rained out, but the wine with appies were still enjoyed.

Playing past the regular season due to magnificent sunny weather on Oct. 14, Bob Baker shot a personal best of "39" and wowed the crowd.

K•E•R ENTERPRISES Trucking & Excavating

KERRY RAND 883-2154



EXCAVATION • PROPERTY DEVELOPMENT • SEPTIC FIELDS • GRAVEL & TOPSOIL



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – 883-2764

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

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

DENTISTRY – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

PUBLIC HEALTH NURSE – 883-2764

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

FAMILY NURSE PRACTITIONER – 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

REGISTERED MASSAGE THERAPY

Brigit Garrett, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell, Robinson & Justin L Smith

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

CHIROPRACTORS – 883-2764

Dr. Blake Alderson, DC

- Chiropractic care by appointment.
- Walk-in patients welcome after 3 p.m.
- Home visits available: (604) 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, trained volunteers are available. Call (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.

Diabetes

Sandra McLean, RN BScN

More than three million Canadians have diabetes.

Of the several types of diabetes, the following are just a few:

Type 1, Type 2, Type 3 (related to Alzheimers disease), gestational, secondary, latent autoimmune diabetes of adulthood and mature onset diabetes of the young.

TYPE 2 DIABETES

Type 2 diabetes, the most common type of diabetes, occurs when your pancreas does not produce enough insulin, or insulin is not properly used by your body.

As a result, sugar builds up in your blood stream instead of being used for energy.

Your body gets glucose from foods like potatoes, rice, pasta, milk, bread and fruit.

Your body produces the hormone insulin to use the sugar, thus helping to control the level of glucose in your blood.

RISK FACTORS

Some risk factors for Type 2 diabetes are:

- Being over 40 years of age;
- Being overweight;
- Having a close blood relative with Type 2 diabetes;
- Being a member of a high-risk population such as people of Aboriginal, African, Hispanic, Asian or south Asian descent;
- History of prediabetes;
- History of gestational diabetes;
- The presence of vascular risk factors such as HDL cholesterol levels and hypertension;
- Abdominal obesity, or
- Polycystic ovary syndrome.



SYMPTOMS

Often there are no symptoms of diabetes.

Some symptoms of diabetes Type 2 are thirst, frequent urination, weight loss, blurry vision, increased hunger, irritability and tingling or numbness in the hands or feet.

Also, frequent infections and wounds that don't heal and extreme unexplained fatigue are symptoms of diabetes.

If you are concerned that you may have diabetes, talk to your doctor or nurse about being tested.

A simple fasting blood sugar test either by finger poke, serum test or a serum blood test called a hemoglobin A1C can be ordered to determine diagnosis.

If you are over 40, you could easily be screened every three years with one of these tests.

COMPLICATIONS

Poorly managed diabetes has

several complications including

- Nerve damage;
- Erectile dysfunction;
- Vision problems, and
- Kidney and heart disease.

STAYING HEALTHY

With healthy eating, regular physical activity and aiming for a healthy body weight, you can live a long healthy life with diabetes.

Taking prescribed medications regularly and monitoring your blood glucose levels help improve your health and longevity.

For further information visit: www.diabetes.ca/diabetes-and-you.

P. H. HEALTH CENTRE HEALTH FAIR

Please join us at the health centre for our Fall Health Fair on Nov. 12 from 10:30 a.m. to 2 p.m.

Various health practitioners will be in attendance to discuss the services that they offer in our community.

PENDER HARBOUR SENIORS INITIATIVE: Sea to Sky Gondola excursion

Making our set departure time of 8:45 a.m. on Sept. 17, the Duck Bus took off with 17 passengers and a driver from the P. H. Community Hall. We had a reservation on the 10:25 a.m. ferry, destined for the Sea to Sky Gondola.

By Roberts Creek, the driver was concerned that our brake light refused to shut off. Worried about the effects gravity might have on a bus with 18 people hurtling down the ferry bypass hill, he pulled over. A phone discussion with a mechanic confirmed it was likely a ruptured brake line.

We jettisoned 15 passengers at Tim Horton's while two carried on with the driver to see about repairs. A call was made ahead to the ferry and the gondola to advise them of our misfortune. We still held hope we could make the 12:30 p.m. sailing.

During our unscheduled stop at Tim Horton's, the seniors socialized while loading on carbs and coffee. Discussions focused on suitable backup plans should we miss the next sailing. It wasn't necessary — by noon the bus was fixed and quickly reloaded without the loss of a single passenger.

The rest of the day was terrific with a beautiful gondola ride and catered lunch at the top. But it was the enjoyable company that made the trip wonderful and all were very thankful for the driver's diligence and Coastal Tires and Mechanical for their hasty repairs.

If you would like to join our next adventure, call Marlene at (604) 883-9900.



**PENDER HARBOUR
COMMUNITY
SCHOOL**

**HARBOUR LEARNING
CENTRE HOURS:
Tues/Wed/Fri
9am to 4pm**

Box 232
Madeira Park
V0N 2H0

604.883.2826

phcs@dccnet.com

VIOLIN LESSONS WITH KATIE ANGERMEYER

Lessons will begin in the new year; sign up now ~ \$25 per lesson. All ages and levels.

GRANT WRITING WITH MARG PENNEY

Wed. Nov 18 ~ 1-4pm at the Community School ~ \$55. Write a successful grant application.

EMERGENCY FIRST AID

Sat. Nov 14 ~ 9am-5pm at the Community School ~ \$95

PRO-D DAY CAMP

Mon. Nov 23 ~ 9am-3pm at the Pool & PHSS gym

CREATING FABRIC GIFT & WINE BAGS WITH NANCY ENNS

Sat. Nov 21 at the Community School, 9:30-12 and 1-3:30pm, \$15 1/2 day or \$25 full day

CHEESE MAKING WITH GEORGE CONNELL

Thu. Nov 19 ~ 6:30pm-9:30pm @ PHSS kitchen foods room, \$15

SCRD'S EMERGENCY PREPAREDNESS PRESENTATION

Thu. Nov 26 ~ 10:30-noon at the Community Hall in Madeira Park ~ free
Join Bill Elsner in this informative session on how to get ready!

WANT TO TALK ABOUT COMMUNITY FOOD NEEDS & SOLUTIONS?

A special meeting is being planned for Tue Dec 8, 4:30pm ~ details TBA or call us.

DROP IN SPORTS AT PHSS GYM

Mondays ~ Court Sports 7-9:pm ~ \$3 drop in ~ ages 12+

Tuesdays ~ Soccer 7:30-9:30pm ~ \$3 drop in ~ ages 12+

Wednesdays ~ Pickleball 6:30-8:30pm ~ \$5 drop in ~ all ages

www.pendercommunity.ca



PENDER HARBOUR SENIORS INITIATIVE

Sponsored by:
Smart Fund



HARBOURSIDE FRIENDSHIP PROGRAM

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

FOR INFORMATION
OR TRANSPORTATION,
CALL MARLENE:
604.883.9900

All programs are
drop-in and all are
welcome!

Tues, Nov. 3 10:30am "Nourishing Your Body & Mind" \$10 PH Health Centre	Wed, Nov. 4 1pm Carpet Bowling PH Community Hall, \$3	Thurs, Nov. 5 10:30am Harbourside Friendship - Music with Evan & friends	Fri, Nov. 6 9-11:30am 55+ Yoga - 9am, Chair Yoga - 10:30am Drop-In \$2	Tues, Nov. 10 10:30am Walking @ PH Community Hall
Thurs, Nov. 12 10:30am Harbourside Friendship - Health Fair Day	Fri, Nov. 13 9-11:30am 55+ Yoga - 9am, Chair Yoga - 10:30am Drop-In \$2	Tues, Nov. 17 10:30am "Nourishing Your Body & Mind" \$10 PH Health Centre	Wed, Nov. 18 1pm Carpet Bowling PH Community Hall, \$3	Thurs, Nov. 19 10:30am Harbourside Friendship - Sharing Christmas ideas
Fri, Nov. 20 9-11:30am 55+ Yoga - 9am, Chair Yoga - 10:30am Drop-In \$2	Tues, Nov. 24 10am "Workshop on Dementia" PH Health Centre	Wed, Nov. 25 1pm Carpet Bowling PH Community Hall, \$3	Thurs, Nov. 26 10:30am Harbourside Friendship - "Emergency Preparedness"	Fri, Nov. 27 9-11:30am 55+ Yoga - 9am, Chair Yoga - 10:30am Drop-In \$2
Tues, Dec. 1 10am Board the Duck Bus: "Shopping" \$10				

Seniors Programs for November



PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

On lower level of the
PH Secondary School:

13639 S. C. Hwy.
(604) 885-6866

phaquatic@scrd.ca

INTENSE

30 minutes of high intensity plus warm up/cool down. Boost cardio, metabolism and muscle in this short and INTENSE work out. Registration required. Instructor: Silke Linnmann
Wednesdays and Fridays 5:00-5:45pm. Nov. 4-Dec. 2 \$80 Dec. 4-11 \$50

ZUMBA

Latin-inspired fitness. 6 Thursdays, Nov. 5-Dec. 10, 5-6pm. \$60. Registration required.

GLOW NIGHT

Join us for "dark" games and activities. Toonie Tuesday Nov. 17, 5-8:30pm

INTRODUCTION TO WOMEN EMPOWERED

Learn physical self-defence techniques against common threats and discuss the importance of awareness. Saturday Nov. 21, 10:30am-12:30pm. \$30. Registration required. Ages 13+

MOVEMBER

Real men do Aquafit! Wednesday, Nov. 25, 9-10am. Fun and action filled Aquafit event to help raise awareness and funds for men's health issues. Drop in or use your My Pass.

BRONZE MEDALLION (Train to become a Lifeguard)

This course teaches an understanding of the lifesaving principles embodied in the four components of water rescue: education, judgement, knowledge, skill and fitness. Pre-requisite: Bronze Star or 13 years old by the last day of the course.

20 hours: Friday Nov. 6, 13, 20, 27. (6-8pm) and Sunday, Nov. 8, 15, 22 and 29 (12:30-3:30pm). \$135 (includes manual). Instructor: Tommy Gamble

www.scrd.ca/Recreation (Please register one week prior to start of programs)

Boulders, umbrellas and belly buttons: The Harrisons in Peru (II)



*Story by Joe Harrison
Photos by Solveigh Harrison*

Part II (continued from last month)

In 1532, Francisco Pizarro set anchor with 162 Spanish knights and horses near present day Guayaquil, Ecuador on the sweltering equator.

It was there he rallied thousands of Indian allies demoralized by the smallpox plague and their demanding rulers in Cuzco.

Following the Inca Road to the Highlands, Pizarro used Toledo steel and gunpowder to capture and execute the reigning Inca monarch, Atahualpa, even after a room of gold ransom was demanded and paid by loyal subjects.

Within a generation, the cities of the Inca Empire from Colombia to Chile and even the ancient graves of the Inca nobility were looted for gold, melted down and shipped to Europe.

Pizarro did some wonderful things — he preserved the buildings of Cuzco when he arrived in 1534 and introduced grazing animals which provided meat and nitrogen for crops.

The subjects of the Incan sun god became serfs on the farmland and laboured in the silver/gold mines for 20 generations until land reforms were adopted in the 1960s.

Money sent home by migrants to the U.S. has had a huge impact, especially in Ecuador where the farms now owned by the Indigenous people have blossomed with huge homes and

bountiful produce.

Today, the Inca fortress and lower temple at Pisac, built in the shape of a flying timorou (Quechua for a chicken-like grouse) high above the town, attracts visitors from Europe, Asia, and America to celebrate the equinoxes.

Tim, the New York chef in Ulrike's New Age Kitchen, is one of a hundred refugees from modernity who choose to live there.

He claims he once was chef for the Rolling Stones.

"Ironical," I remember saying.

"The stones here don't roll."

"I'm hiding out," he responded when I complimented him on the best trout dinner one can imagine.

Ulrike's is reminiscent of 1960s Fourth Avenue in Vancouver, more of a hangout than hideout perhaps, but excellent food when Tim is there.

We hired friends of our host, Jaime with his Honda and his pal Chavo, to guide us around the Pisac site.

Over several hours, Chavo explained everything in great detail from the purification baths, the sun temple of the virgins, the observatory, and the importance of "Quipu," a unique code system using coloured knots and cords for accounting and recording messages which no one can read today.

Chavo showed us a tomb where Spanish soldiers pulled gold teeth from the skull of an Incan noble, a sacrilege not forgiven to this day.

By the time we reached Machu Picchu, we realized all the Inca sites had similar features divided between the military, the priests, and administration.

Many visitors breeze through the sites missing the rich historical significance, a shame that after such great effort and cost, so many leave with little idea of what they have seen.

The Inca stones are beautiful, but silent, and really worth the \$20-\$30 U.S. for the cost of a guide.

Chavo described how Inca priests still use the astronomical observatory to time the sacrifice of a black llama on a great slab of stone, to ensure good weather for planting corn in



The Harrison's guide Chavo explains purification baths at the Inca temple in Pisac, Peru.

the September spring of the southern hemisphere.

The blood and heart are offered to the four winds as the sunrise shines through a stone window to illuminate a stepped-stone half cross with an inscribed half circle.

Only when the sun is directly over the equator at sunrise does the shadow precisely match the stone in size and the shape, forming a complete Inca cross symbolic of “Inti,” Quechua for the sun.

“The centre forms a complete circle for Cuzco,” Chavo said, pointing at his belly.

“Cuzco — the Quechua word for navel.”

In Latin America, Solveigh shortens her Norwegian name to the more understandable “Sol,” which is Spanish for sun.

Chavo, with a chuckle, began calling her “Inti” to impress on us his continuing Quechua reverence for the sun and the earth mother, Pachamama.

Climate is a growing concern



Ollantaytambo was the royal estate of Incan Emperor Pachacuti who conquered the region, built the town and a ceremonial centre in the 15th century.

for local farmers because changing weather has made growing corn unreliable during the past decade.

“Inti isn’t happy,” remarked Chavo, pointing toward the eastern slopes.

Walking through the double-walled incline of stone portals leaning inwards to resist earthquakes, he spoke about the stronger effects of

climate change higher up the slope.

The Catholic crucifix brought by the Spanish was an easy transition for the Quechua and Aymara speakers from Colombia to Bolivia.

Today, they have blended Christianity with their Inca belief system producing a vibrant passion for the environment.

Bolivia has even incorporated the rights of Pachamama, the earth mother, into its constitution.

A few days later, we hired Jaime to take us to Ollantaytambo where we spent two luxuriously quiet nights in a room beside the garden at the Albergue.

Our guidebook once again led us astray by placing our hotel uphill at the other end of town.

Right on the train platform and downhill from the Ollantaytambo archaeological site, the hotel restaurant boasts a fine chef.

On Feb. 10, we boarded the train with just overnight bags to travel to Las Cabanyas Hotel in Aguas Calientes — the access point for Macchu Pichu.

(Continued next month.)



To ensure good weather for planting corn in the September spring, Incan priests still use the astronomical observatory at Pisac to time the sacrifice of a black llama on a this slab of stone.

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.

NOVEMBER

Sun. Nov. 1.....Daylight Saving Time ends
Sun. Nov. 1.....Sunday Jam: Blue Line Trio - Garden Bay Pub, 2 p.m.
Mon. Nov. 2.....P. H. Food Bank pickup - P. H. Community Church, noon
Sat. Nov. 7.....Rotary Club of Pender Harbour Art Auction - Royal Canadian Legion No. 112, 5 p.m.
Sun. Nov. 8.....Sunday Jam: Steve Hinton Band - Garden Bay Pub, 2 p.m.
Mon. Nov. 9.....P. H. Garden Club presents Bill Terry - P. H. School of Music, 1 p.m.
Wed. Nov. 11.....Remembrance Day - Royal Canadian Legion No. 112, 10:30 a.m.
Thru. Nov. 12.....P. H. Health Centre fall health fair - P. H. Health Centre, 10:30 a.m. - 2 p.m.
Fri. Nov. 13.....School of Music coffeehouse - P. H. School of Music, 7:30 p.m.
Sun. Nov. 15.....Sunday Jam: Simon Paradis and Gut Bucket Thunder - Garden Bay Pub, 2 p.m.
Mon. Nov. 16.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. Nov. 17.....P. H. Wildlife Society presents John Dafoe - PHSS, 7 p.m.
Sat. Nov. 21....."Vintage Christmas Market" fundraiser - Sarah Wray Hall, 10 a.m. - 3 p.m.
Sat. Nov. 21.....Gut Bucket Thunder performs - Royal Canadian Legion No. 112, 8 p.m.
Sun. Nov. 22.....P. H. Music Society presents Van Django - P. H. School of Music, 2 p.m.
Sun. Nov. 22.....Sunday Jam: Peter Van B3 - Garden Bay Pub, 2 p.m.
Tues. Nov. 24.....P. H. Women's Connection gathering - P. H. School of Music, 10 a.m.
Tues. Nov. 24.....P. H. Power and Sail Squadron "Boating Basics" begins (four days)
Thurs. Nov. 26.....P. H. Aquatic Society annual general meeting - PHSS, 7 p.m.
Sat. Nov. 28.....P. H. Community Club Christmas Craft Fair - P. H. Community Hall, 10 a.m.
Sun. Nov. 29.....Sunday Jam: Blue Line Trio - Garden Bay Pub, 2 p.m.
Mon. Nov. 30.....P. H. Food Bank pickup - P. H. Community Church, noon

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



FERRY DEPARTURES

~ Effective Oct. 13 - Dec. 19 ~

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

HORSESHOE BAY

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

LANGDALE

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

EARLS COVE

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

SALTERTY BAY

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

*"To keep your marriage brimming, With love in the loving cup,
Whenever you're wrong, admit it; Whenever you're right, shut up.*

~ Ogden Nash

[illegible][illegible]

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Sunday Jam - 2 pm

Blue Line Trio.....Sunday Nov. 01
Steve Hinton Band.....Sunday Nov. 08
Simon Paradis and
Gutbucket Thunder.....Sunday Nov. 15
Peter Van B3.....Sunday Nov. 22
Blue Line Trio.....Sunday Nov. 29

Meat Draw - 5 pm Friday

Come join the fun... you might get lucky!

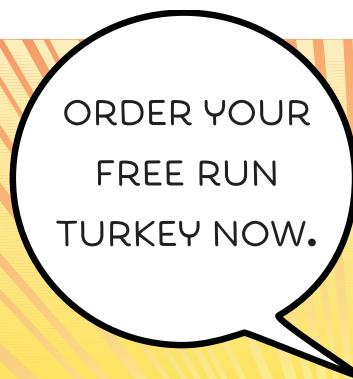
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