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44 45
53 54
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The independent voice of
Pender Harbour & Egmont
since 1990.

HARBOUR SPIEL

APRIL 2015
ISSUE 292





*We stand apart from the rest
by selling the very best!*

APRIL 6: Easter Monday

Open 8:30 a.m. to 7 p.m.

**APRIL 25: April Tools
Wooden Boat Challenge**

APRIL 26: Mountain Grind

883-9100

OPEN DAILY • 8:30 am - 7 pm

Open until 8 pm Fridays.



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PRIVATE MOORAGE PERMITTING SERVICES

It seems imminent that Pender Harbour private, commercial, and group moorage permit applications will be accepted in the near future. Don't get caught in the bottleneck of dozens of applications going in at the same time. Have your application package together and ready for submission the day it opens!

ONCE APPLICATIONS ARE ACCEPTED

- Waterfront owners will be able to build or rebuild the moorage system of their dreams.
- People with expired foreshore licences will be able to apply for renewals.
- Property owners will be able to increase the value of their property with a moorage tenure in their name.
- Illegal moorage system owners will be able to become compliant and not have to worry about unwanted visits from authorities.

Call for a free and confidential consultation.

PENDER HARBOUR, APRIL 25, 2015!

It's the **14th** annual

APRIL TOOLS



WOODEN BOAT CHALLENGE

LOTS AND LOTS OF FREE ACTIVITIES FOR KIDS!

Has your team got what it takes to build a boat in three hours with materials provided, race it round a short, marked course without sinking, and do it faster than anyone else? Then you could win \$700 (2nd place \$400, 3rd \$250). Get a 4-person team together and challenge your friends or co-workers to do the same. Entry fee is \$160 (or just \$140 if you register before April 1st!); for that you get a materials package and a t-shirt for each team member.

- Seafarer Millennium Park, Saturday, April 25, 2015.
- New construction "twist" and materials revealed at 10:00 am.
- Construction between 11:00 am and 2:00 pm.
- Youth race starts at 2:00 pm, adult race follows at about 2:45 pm.
- Concessions.
- Mini boat building, face painting, and more free crafts for kids.

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

FOR A REGISTRATION PACKAGE CALL

604-883-0539

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

Visit our website: www.apriltools.ca

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EDITOR

Brian Lee

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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: Alex Christian, Nyla Dougan, Frank Mauro, Shane McCune, Sandra McLean and Jon Paine.

Cover: Members of the Sechelt Indian Band perform in the Pender Harbour Community Hall at the SIB-hosted gathering on Feb. 28. (Brian Lee photo.)

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CONTACT

Paq Press
4130 Francis Peninsula Rd. -- By appointment only.
Madeira Park, BC
V0N 2H1

editor@harbourspiel.com
www.harbourspiel.com
(604) 883-0770

**MAY ISSUE MAILED
APRIL 30**

editorial

A good first step

By Brian Lee



To some, the community gathering hosted by the Sechelt Indian Band last month was a disappointment.

Their complaint was that the SIB didn't accept questions.

I think they missed the point.

If nothing else, it was an opportunity for "us" to listen to "their" story and to consider our role in the complex experiment of reconciliation.

Fights over docks and parks might be distracting us from appreciating that the story of the culture living in Pender Harbour before us is also part of our own.

And despite your take on the politics simmering under the surface of the day, I think all must applaud the courage it took for the Sechelt families to bring their elders and children into what they must have assumed could be a hostile environment.

Clearly someone saw the potential for tensions to bubble over — at least four cops stood by outside.

So, I was especially proud of the community for keeping its manners.

Though questions could be heard muttering through the crowd, both sides respected each other as guests.

It was a positive day — but it's hard to build trust on words alone.

On April 11, we will learn what 13 years of negotiations between the SIB and the province mean to local foreshore rights.

But should it be resolved satisfactorily, there's still another snag that sits blocking meaningful progress.

It's those "longhouses."

The community gathering was a chance to explain, to reassure and to renew ties and I think it moved our

two communities forward.

And it should have happened last summer.

If it had, the SIB might better appreciate how protective residents of Pender Harbour are of their home.

Or that the vociferous opposition to political symbols in local parks is rooted not in racism but a longheld distrust of outsiders.

And make no mistake, if you live in Sechelt, you are considered an outsider.

Despite the first structure being built on land left to the community by an amputee war vet, we might have understood if consulted about it.

After all, Fred Claydon's home had already been occupied for centuries before he landed there.

But before we could absorb that shock, the SIB started up another one in our newest park, Francis Point.

It was a gut punch to anyone who rallied to preserve the land or revelled in its rare, undisturbed appeal.

The SIB acknowledge they erred in building that structure in fee-simple Francis Point Park yet still refuse to remove it.

Chief Craigan defended its construction by pointing out the preservation of undisturbed ecological areas reflect our cultural values, not theirs.

And maybe that's true.

But it shows the chief considers an insult to one of our community's proudest achievements as collateral damage in his fight with the province.

Still, I have to think even the SIB would agree their political gambit could have rolled out smoother.

Luckily, there's a way back:

The SIB needs to clean up their mess in Francis Point Park.

We listened to your story.

Now we ask you to listen to ours.

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if it's not in the Spiel.

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An adult may appoint Power of Attorney to anyone who doesn't provide personal care or health care services to the adult for compensation.



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A yellow Double-D Trucking dump truck is parked on a gravel surface. A man in a dark jacket and jeans is standing next to the truck, smiling.

Dale Klassen
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spiel picks

DOCK MANAGEMENT PLAN OPEN HOUSE: April 11, noon - 4 p.m.

Over 13 years in the making, the Pender Harbour dock management plan is the result of negotiations between the province and the Sechelt Indian Band over local foreshore tenures. The public is invited to review the draft plan at the P. H. Community Hall between noon and 4 p.m. on April 11.

14TH APRIL TOOLS WOODEN BOAT FESTIVAL: April 25, 10 a.m.

For the 14th time, the April Tools Wooden Boat Challenge will entertain spectators and confound participants on April 25. The fun starts at 10 a.m. when the participants find out how they might craft a boat capable of making it around the race course — and win. There's food all day long, displays and events for the kids to make it a complete family fun day.

MOUNTAIN GRIND: April 26, start time TBA

The first race of its kind on the Sunshine Coast kicks off with a registration party on April 25 at the P. H. Lions Park. The race starts the next morning and consists of nine kilometres peppered with a dozen obstacles. It will be as much fun for spectators as it will be for participants so come out on April 26 to cheer your favourite local athletes on. The course leaves Lions Park and winds through BC Hydro transmission corridors and Crown land on the hills above.

toon



"No problems with the wheel, but this
fire thing is going to be a tough sell
to the Consumer Product Safety Commission."

'Massive' herring spawn reported in Bargain Harbour

It's impossible to be sure but the Rotary Club of Pender Harbour's herring curtain project seems to be having a positive impact on local stocks.

It is the fourth year for the project modelled after one started by Squamish Streamkeepers in Howe Sound aiming to provide herring an alternative spawning surface to toxic creosote pilings.

It is also the first year in which a return might be expected from the first curtains installed in 2011.

According to Rotary volunteer Jon Paine, this season produced "a massive spawn" in Bargain Harbour.

On March 5, local resident Eric Chell reported a boiling spawn at Baker's Beach.

Returning the next day, Chell documented rocks and kelp coated with fertilized herring eggs.

Inside Bargain Harbour, Rotary



Jon Paine photo

A herring curtain in Bargain Harbour shows a thick coating of fertilized herring spawn on March 18. Eyes could clearly be seen in the healthy eggs coating the curtains but that wasn't the case for those deposited directly on the surface of creosote pilings.

volunteers monitored curtains which Paine claims were "smothered in eggs up to four layers thick."

"Eggs from the curtains are almost all alive with the eyes showing," said Paine.

"On the creosote pilings, the outer

eggs have a scattering of live ones but the inner eggs are turning opaque and yellow. Very few eggs from creosote pilings could be seen with eyes."

Paine also said some eggs showed up in Garden Bay around March 2.

Area A OCP review committee announced

The board of the Sunshine Coast Regional District has appointed 15 people who will sit on the Egmont and Pender Harbour official community plan review committee.

1. Sid Quinn – shíshálh Nation
2. Chief Calvin Craigan - shíshálh Nation
3. Din Ruttelnyck – Middle Point
4. Les Falk – Madeira Park
5. Bob Fielding – Garden Bay
6. Karen Dyck – Garden Bay
7. Steve Luchkow – Garden Bay
8. Peter Robson – Sakinaw Lake/ Garden Bay
9. Joe Harrison – Kleindale
10. Gordon Littlejohn – Sakinaw Lake
11. Catherine McEachern – Ruby Lake
12. Kal Helyar – Egmont

13. Maureen Juffs - Egmont
14. Patty Soos – Madeira Park
15. Andy Curtis – Madeira Park

SCRD senior planner Andrew Allen said the first order of business is to get the group acquainted with one another and to examine the terms of reference and process for the OCP review.

Allen said regular meetings will follow in which the committee will tackle the business of reviewing and updating the OCP.

Those interested in receiving periodic email updates on the project can contact Allen at andrew.allen@scrd.ca.



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12874 Madeira Park Rd.
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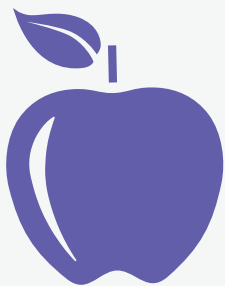


Dave Milligan
604-885-5414



Carol Reid
604-740-6188

5. FOOD SECURITY



Sunshine Coast agricultural
land reserve (3,981 ha)



Area actively farmed on
Sunshine Coast (500-600 ha)

Our region has a long history of agriculture but farming has declined, largely for economic reasons.

The Sunshine Coast currently produces about 2% of the food it consumes.

Food costs in B.C. continue to rise steadily, making it harder for people with lower incomes to eat a healthy diet.



Sunshine Coast's average farm size:

1996:
6.1 hectares



2011:
2.8 hectares

The SCRD's agricultural area plan predicts that by 2020 the Sunshine Coast will be significantly warmer and drier than it was in the years 1961 to 1990. The projection is for:

13 more frost-free growing days/year

3% more precipitation in winter

7% less rain in summer

\$375

What a family on social assistance (single mother and two children) receives for food per month.

3

Number of days the Coast's food supply (humans and house pets) will last after an emergency.

2007

The last time BC saw an increase to social assistance levels.

\$4,106

Average gross revenue per hectare for Coast farms.

Sunshine Coast farms employed workers for a total of **1,641 weeks** of paid work in 2010, an increase from **888 weeks** in 2006. Only six Coast farms had gross receipts **over \$100,000** in 2011, and **69%** of farms had gross receipts **under \$10,000**. Of local farmers, **78%** indicated they grow products for their own use, **66%** sell locally and **20%** sell off the Coast.

The Sunshine Coast Community Foundation is a charitable organization that brings together people who care about the Sunshine Coast community. Community foundations across Canada prepare Vital Signs reports, reporting on key areas of local life which are measurable, accountable and of interest to their communities. This is the third Vital Signs report produced by the SCCF since 2009. Detailed data is available at www.sccfoundation.com. Graphic: Brian Lee



If one cares to stretch the geographical term, there may be four nominated books published on the Sunshine Coast in the poetry category.

Winners will be announced on Saturday, April 25 at the Pinnacle Vancouver Harbourfront Hotel.



BC Book Prizes

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俺 April 25

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NON-MEMBERS ALWAYS WELCOME

In their words: SIB Pender Harbour gathering Feb. 28



“We are here today to provide a history of the shíshálh. We are here today to have some understanding between each other and to have some dialogue with the Pender Harbour community.”
~ **Steven Feschuk**

“At one time there were four main tribes. At the top is xénichen. The word xénichen means ‘reached the end’ or ‘you can’t go any further.’ That is at the head of Jervis Inlet. It had its own hereditary chief and had its own operating society.”

“Ts ‘úay —Deserted Bay. Ts ‘úay means ‘southeast shelter.’ What you may know as Princess Louisa Inlet was its northern border with xénichen.

“Deserted Bay took its name from the epidemics we were facing in our history.

“Our people were being wiped out by measles, smallpox, TB. At a point in our history, the elders had to decide to absorb people from other villages in order to survive.

“Down here is téwákw. Part of my father’s family comes from téwákw. It covers from the Skookumchuk all the way down to the town of Sechelt, Narrows Inlet, Salmon Inlet.

“Our main village was in kálpilín — Pender Harbour. That’s how we are made up of four main tribes but we are all shíshálh.”
~ **Steven Feschuk**

“The chiefs of Squamish, Howe Sound, Toba Inlet, Sliammon, Nanaimo, Cowichan — at one time all those six bands were invited here to potlatch. Can you imagine six bands potlatching in this territory?

“We did that for a reason. We did that to share our names, to share our songs, to share our stories and also to give princesses away for marriage to keep the power and the blood strong in the Sechelt territory. That was a way of life for us for many thousands of years.”
~ **Calvin Craigan**

“All the Coast Salish tribes — we would like to think of ourselves as peaceful people. But we did engage in warfare. A lot of the time when people came into this region, they would actually come for women and children so we always had people as watchmen.

“Everybody had a role in our society and the watchmen were very significant. It was one of the reasons why we collaborated; but we also had very large populations requiring profound co-operation to feed thousands of people.

“We were successful in building these huge populations through the potlatch system. It was the social, political and economic system that required collaboration with all of the tribes. We achieved some of that collaboration through intensive intermarriage.”
~ **Candace Campo**

“In the winter time, all the people from the four villages would come to Garden Bay, to Pender Harbour to live. That was the heart of our land.

“All of our longhouses were in Garden Bay. There were longhouses but there was also the surrounding community. They didn’t just live in Garden Bay — that was the heart of it and then they built around it.

“That is why Pender Harbour is important to us and will always be important to us.”
~ **Steven Feschuk**

“When the first Oblates came here around 1860, our governance stopped them. We said, ‘We have our own spirituality, go away.’ We didn’t want them here.

“Around that time we were starting to face the waves of epidemics. Before that time we were in the thousands. By about 1876 we were only at 160.”
~ **Steven Feschuk**

“The underlying intent of the Oblates and the Durieu system was to get into our society to change us slowly. It goes hand in hand with the Indian Act and the banning of the potlatch...

“We were in a position where we needed help. Someone once told me:

“‘Yes, they did help us spiritually. They did help us survive because we were dying, but we paid a price in that they tried to annihilate our culture.’”
~ **Steven Feschuk**



"In the beginning of time here, there were many thousands of our people who inhabited this territory.

But during the coming of the Europeans, the coming of the missionaries, a lot of our people were decimated and were either taken away or died in their villages of disease.

"A lot of our people were forced off their land and they lived on the little rock island in the middle of Pender Harbour. My dad was raised there and so was my mother and my mother-in-law.

"But they never succumbed to the new way of life. They survived on whatever they could and they shared with the people that were merging into their territory.

"In the same manner we are here to share what we have today as our people are making a comeback. We are moving back into our territory because our people are once again growing in awareness. They're recapturing their culture. They're recapturing a way of life that was taken away from them.

"By standing in support of that today, you'll see our people picking up the drum and picking up the songs. The songs never left our country. The songs were hidden away in the mountains, in the trees. When you listen very carefully you'll pick up those songs with that northern breeze that brings them out in winter time. Our old people used to have a name for that wind that came up in the fall.

They used to call it [name unclear], which means, 'a very cold wind that brings the spirit.'

"And those of us who went back and became spirit dancers, we know and understand that is the signal for us in the winter time that we must go back to our culture. We must pick up the drum, we must pick up the song. We must dance and pray in our longhouses.

"There was such a rich tradition amongst our people, how they survived the winters in the longhouses. How they shared the fruits that they had. How they shared with all the other families.

"All the other longhouses up and down the Coast had the same culture — they had a culture of sharing. And that's the meaning of the longhouses. When you see longhouses emerging into your territory — back into our territory — that is the sign that we want to share culture with you."

~ Calvin Craigan

"I don't want to sensationalize the information but it's the truth. And I'm going to tell you the truth.

"This is our experience. When you went to residential school, you couldn't even talk to your family. Your sister or your brother in there — you couldn't even recognize them or you'd get a beating.

"It's a really tough part of our history but is something we need to share with all of you here. Being told

to be ashamed of who you are. And when you go home to see your family, feeling ashamed of your family. This is why residential schools have such an effect today." ~ Steven Feschuk

"Ever since the Williams case last June, the Supreme Court has recognized that First Nations have a right to their territory. They have a right to say how the land is going to be used...

"But understand that we're not here to threaten the people of this territory because we still honour you as guests." ~ Calvin Craigan

"I see the comments in the paper that we're after your land. We're not after your land. We know that fee simple land is not on the table. We understand that. That's just common sense." ~ Garry Feschuk

"We came to you in respect. In that same respect, we are now going to break bread with you. We hope that you will stay and share with us. I thank you for your patience. I thank you for your endurance. I also want to thank my people who took the weekend off to come to you to share their culture. To share who they are.

"The purpose is accomplished. We came here to make you not only aware of who we are but because we're going to learn how to coexist with one another.

"And this is the beginning of that." ~ Calvin Craigan

First Mountain Grind set to run April 26

Registration is now closed for the first Mountain Grind, set to take place in the hills above the Pender Harbour Lions Park on April 26.

The race weekend will kick off the day before when participants register with a free dinner, beer gardens and music.

After breakfast at the Lions Park the next morning, racers will tackle 12 obstacles set on a nine-kilometre course.

Obstacles range from scaling a 12-foot climbing wall, wading through a giant mud pit, a tire run, log carry and a formidable inclining and declining set of monkey bars.

For months, race organizers Amanda Peterson and Silke Linnman have been wading through the red tape required to put on the event.

Much of the course takes place on BC Hydro or Crown property so acquiring specific permission from landholders and arranging insurance for the event involved a mammoth amount of effort.

But Peterson says one of the biggest challenges was the marketing required to publicize it.

“Advertising and getting the word out has been our biggest hurdle,” she said.

“Learning how to do that and getting advice from people has taken a lot of time.”

Peterson said the registration picked up in the last few weeks before the March 31 deadline, and she expects the race to have about 200

participants by the time they line up at the start.

Of those, Peterson estimates that about 85 per cent are from the Sunshine Coast, with the remainder coming from the Lower Mainland and Vancouver Island.

Volunteer building crews have been out most weekends preparing the course but much of the work — such as placing the obstacles — can’t be completed until just before race day.

Until then, Linnman, Peterson and a host of volunteers will be putting together race packages, buffing out the trails and preparing to host what may be most ambitious athletic event ever to take place in Pender Harbour.

NOTICE OF OPEN HOUSE

Proposed Dock Management Plan for Pender Harbour

The Ministry of Forests, Lands and Natural Resource Operations and the shishálh Nation have developed a draft Dock Management Plan for Pender Harbour. We invite you to learn more about the draft plan and to participate in the public review.

Location: Pender Harbour Community Hall, 12905 Madeira Park Road, Madeira Park, BC

Date: Saturday, April 11, 2015

Time: 12 pm to 4 pm

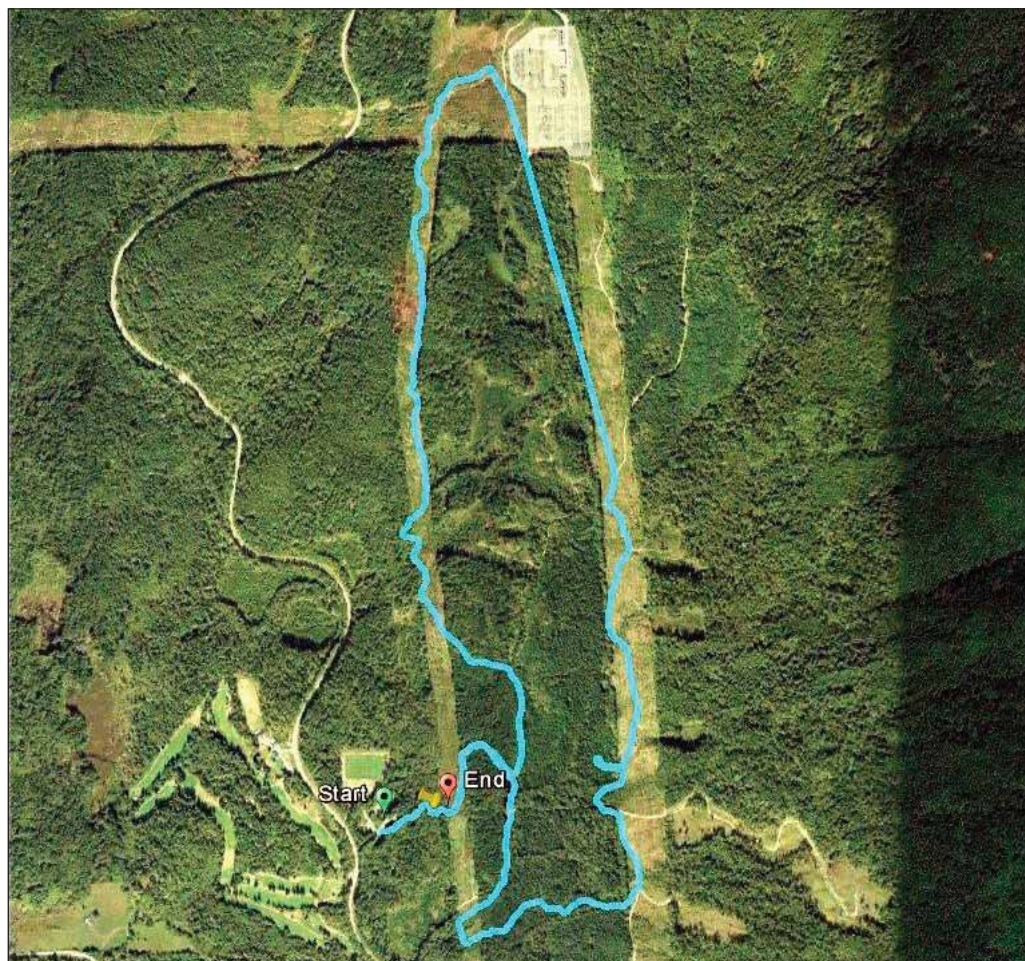
The open house starts the public review period of the draft Dock Management Plan. Comments may be submitted in two ways:

1. Online via the Applications and Reasons for Decision Database website at: <http://www.arfd.gov.bc.ca/ApplicationPosting/index.jsp>. Search for file # 2410736.

2. By mail to the Section Head Crown Land Authorizations at:
200 – 10428 153rd Street, Surrey BC V3R 1E1.

Comments will be received by the Ministry of Forests, Lands and Natural Resource Operations until May 11, 2015. Comments received after this date may not be considered.

Be advised that any response to this advertisement will be considered part of the public record. For information, contact Information Access Operations at the Ministry of Technology, Innovation and Citizens' Services in Victoria at: www.gov.bc.ca/citz/iao/



Mountain Grind illustration

This aerial image gives a rough idea of the scale of the nine-kilometre Mountain Grind course. The race begins and is headquartered at the Pender Harbour Lions Park.

'Killer' Kelly Murray

MAY 26, 1957 — FEB 24, 2015



Our brother, son, father, friend "Killer Kelly" Murray took his final journey in this life on Feb. 24, 2015.

After knee surgery and two hip replacements due to a rare bone disease, Kelly's 20-plus year battle with chronic pain is over.

Kelly was born in Burnaby and was an athletic and energetic goaltender for NorBurn Lacrosse in his younger years.

He found his way to the Pender Harbour/ Egmont area with Don Benson in the early 1980's. He was here to stay.

Living in Pender Harbour until buying property in Egmont, Murray

never left the Sunshine Coast.

He was a long-time fisherman, maker of fine cabinetry and other furnishing.

Murray was a phenomenal gardener, drummer extraordinaire, babysitter and teacher to many, a lover of the environment, pool shark and king of wit and humour.

He was known for catchphrases like "No, thanks. I just had a green onion" or "Russ never sleeps!"

He was also known for leaving his "calling card" on the driveways of his closest friends — he was always putting a smile on someone's face.

Murray is predeceased by his mother and survived by his lovely lady of 17 years, Kimala, father Jim, sister Cheryl, daughter Kelsey and uncountable friends he chose to call brothers and sisters.

Celebrate Kelly at the Egmont Community Hall on Saturday, May 30. Wear a bandana, bring your musical instruments to jam and tell stories around the fire. Potluck Dinner starts at 6 p.m. Call Cathy for more info (604) 740-5886 or visit "Jam for Kelly" on Facebook.



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Official community plan review



*By Frank Mauro,
Area A Director*

The members of the Egmont/Pender Harbour official community plan advisory committee were appointed by the regional district board at its March 12 meeting.

The terms of reference for the review specified a committee of 12 to 15 members.

Due to the high level of participation and involvement of our community in matters that concern all of us, there were substantially more applicants than were required to form the committee.

Since experience has shown that larger committees decrease effective-

ness, the number selected was held to the maximum (15) set in the terms of reference.

The committee members represent all neighbourhood locations in our area including Egmont, Sakinaw Lake, Ruby Lake, Kleindale, Garden Bay, Madeira Park, Francis Peninsula, and Middlepoint.

Members include Sechelt Indian Band members, permanent residents, seasonal residents, long-term and newer residents, contractors, business owners, men, women, retirees and working folks.

I believe we have a very strong committee with a wide variety of experience and backgrounds; all members have been involved in their neighbourhoods and many in community groups and some in Coast-wide

groups and activities.

It is very gratifying and leads me to be confident that the review will move us in a direction that meets the wishes and vision of the majority of the residents of our area.

I would like to thank everyone who volunteered to take on this important task, including all those who were not selected.

Unfortunately, selecting all who volunteered was not possible.

I would like to remind everyone that all meetings of the committee are open to the public.

COMMITTEE RESPONSIBILITIES

In order to give you an idea of what an OCP review entails, I will paraphrase a few sections of the draft committee principles document:

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

Infrastructure Services Committee
April 2 at 1:30 p.m.

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

Regular Board
April 9 at 7:30 p.m.

Community Services Committee
April 16 at 1:30 p.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-2015.

Corporate and Administrative Services Committee
April 23 at 1:30 p.m.

Regular Board
April 23 at 7:30 p.m.

Special Planning and Development Services Committee re: Hillside
April 30 at 1:30 p.m.

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 committee will:

- Review and comment on the existing OCP;
- Recommend changes, additional goals, objectives and policies for a new OCP;
- Review and comment on reports, technical information, policy considerations and other information prepared by regional district staff or referred to the committee by the regional district board, and
- Assist in developing a community consultation plan and participate in public information meetings.

Wherever possible, the committee will strive to achieve consensus on decisions.

If consensus or a majority decision cannot be reached, SCRD staff will forward the options to the SCRD board for a decision.

A major part of an OCP review is to reconsider land occupation densities, land use recommendations, and update geotechnical hazard mapping.

Committee members are expected to participate in good faith and consider the interests of the community as a whole.

SCRD STAFF RESPONSIBILITIES

Members will be requested to disclose their property interests at the outset of the process and will be ex-

pected to refrain from discussing matters that they have a personal interest to gain or profit from.

SCRD staff will:

- Schedule meetings;
- Set the agenda;
- Take notes of discussion and recommendations;
- Facilitate and/or co-chair meetings;
- Provide information and professional advice;
- Serve as one of the communication channels to and from the board;
- Write the OCP document;
- Help arrange public information meetings and public hearings, and
- Provide a summary and advice to the board if the group cannot come to agreement.

I will also attend and observe meetings in a non-voting capacity.

I am there to provide information, context and clarification when requested to do so.

OPEN DISCUSSION

I will be available between 8 a.m. and 10 a.m. on Saturday, April 4 at Java Docks 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.

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What will they think of next?

Submitted

That is the question would-be competitors should be asking themselves as they try to prepare mentally for this year's April Tools Wooden Boat Challenge.

If you haven't already, it's time to get your team together for the ultimate sink-or-swim challenge held at Madeira Park's Millennium Park each year.

On April 25, the 14th annual spring festival will pit teams of up to four in a three-hour boatbuilding frenzy followed by a lap around the government wharf that may or not see all contestants remaining afloat.

But it's a little more complicated than that.

Boat builders will not get a chance to see their construction materials, nor will they know the racing "twist" until one hour before they first lay saw to wood.

In past years they have been challenged to paddle blind with a sighted guide or pick up and carry an inflated beach ball around the course or get into and out of their boats in the middle of the race.

They have had to build a boat from a sonotube or without the use of screws or with more plastic sheeting than wood.

They have even had to power one with a paddlewheel.



Brian Lee photo

It's not just an April coincidence that 'tools' rhymes with 'fools.'

It's different every year and this year's ideas are as devilishly entertaining as ever.

But no one but the organizing committee will know the secret until 10 a.m. on April 25.

The first prize is \$700, second is \$400 and third \$250.

The entry fee is \$160 per team or \$140 if received before April 1 and all team members receive a T-shirt along with the building materials.

TEENS

April Tools is a community-wide event and the high school races are a spectacle all their own.

Members of the organizing committee or the high school shop teachers will help the teens slam together boats after school, and the kids will show their stuff in the highly competitive trophy race followed by the wet and wild "fun" race.

Treat bags supplied by local merchants, T-shirts and the winning team name on the trophy are a bonus to the cheers from the crowd.

KIDS

The little kids won't be left out. They will have hulls and wood blocks to hammer into mini-boats that they can then paint, decorate and float in a wading pool.

There will be face painting, craft activities and this year will see "really little kid boatbuilding" with foam hulls, paint and press-in decorations.

All kids' activities are free.

So get that team together.

Entry forms may be printed from www.apriltools.ca and for more information, call Jackie at (604) 883-0539.

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April 2015

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April 25



Page 15



Jon Paine photo

The photo shows how quickly recently spawned herring eggs develop. Rotary Club of Pender Harbour volunteer Jon Paine took this photo of eggs deposited on the club's herring curtains on March 18 — less than two weeks after the spawn.

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Opposing SIB land claims 'the only fair way to go'

Dear Editor,

In my opinion, as Canadians, we should not have any one ethnic group of people claiming ownership of our land over another.

In the controversial matter of the Sechelt Indian Band pursuing land grants and governing decisions, I can't help but feel that it will have devastating outcomes for individuals who own and use the lands the SIB has targeted.

As a Canadian citizen, I strongly believe governing decisions should be made by our elected levels of government.

Consultation with First Nations and other Canadians who have a vested interest in land decisions must not come before the well-being of the majority.

I feel it would be a very bad decision to hand over these huge amounts of land to the SIB, in part because of the potentially devastating land use fees that the SIB could impose on the rest of us Canadians who share the Sunshine Coast.

In my opinion, if the SIB gets what they are looking for, they will have total control of parks, docks, foreshore, logging and infrastructure.

All decisions and fees, etc. they impose will be binding and can't be overturned because they are self-governed.

The council of the SIB is subject to change which means it is likely that so too will the application of their power.

What will prevent the new council from imposing unfair fees now and in the future if they get

the land grants they have applied for?

We need to be well informed and make sure our elected government hears our concerns.

They must be compelled to take action to address these concerns in a way that will provide an

acceptable outcome for all on the Sunshine Coast — including our Canadian neighbours, the SIB.

Standing up and opposing the SIB's pursuit of land grants is the only fair way to go.

Brenda Scoular
Francis Peninsula

myth

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Sunshine Coast shoreline stewardship program

Submitted

In freshwater ecosystems, the first 10 to 15 metres of shoreline is where the majority of feeding and reproductive activity take place.

This zone acts as a nursery for a diverse list of species including water-fowl, fish, insects, frogs, salamanders and turtles.

Approximately 90 per cent of lake species pass through or live in this zone and these areas can be up to five times more diverse than surrounding upland areas.

In oceanfront ecosystems the shoreline provides vital spawning grounds for fish, feeding and nesting area for birds, and breeding habitat for seals and sea lions.

Here on the Sunshine Coast, residents are blessed to live along the shorelines of an incredible diversity of lakes, creeks, streams, wetlands and coastline.

These shoreline ecosystems play an essential role in filtering pollutants, preventing erosion, providing essential habitat for wildlife, and maintaining the overall health of both freshwater and marine ecosystems.

But human activity degrades and damages shoreline habitats, impacting aquatic ecosystems and species.

Native shoreline vegetation is often cleared to make way for views,



photo submitted

Volunteers like this group working at Lily Lake last month are in the process of planting over 1700 native plants at 10 sites throughout the Sunshine Coast.

human structures, docks, lawns and pavement.

Essential wildlife habitat features like rocks, logs, woody debris, and aquatic vegetation are also often removed.

Retaining walls and armoured shorelines disrupt the flow of life from water to land.

Unmaintained septic systems, excessive fertilizer application, waterside livestock grazing and use of phosphate-containing cleaning products causes nutrients to leach into

water bodies.

Household use of toxic chemicals like herbicides, fertilizers, fuel, oil and cleaning products increases the potential for contaminating drinking water sources and degrading essential wildlife habitat.

Shoreline vegetation not only provides valuable wildlife habitat but also helps to prevent contaminants from flowing directly into the water.

Vegetated shoreline acts as a buffer to reduce erosion and keep sediments from entering the water which harm fish and their spawning grounds.

The problem is evidenced by boil-water advisories for local watersheds, alarming algal blooms on local lakes and closures of coastal shellfish harvesting areas.

Many of the Sunshine Coast's shoreline species, such as the coastal western painted turtles, red-legged frogs, tailed frogs and Sakinaw sock-eye, are listed as species at risk.



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SUNSHINE COAST STEWARDSHIP PROJECT

The first goal of the Sunshine Coast shoreline stewardship project is to improve the quality of Sunshine Coast shoreline habitats in areas where these habitats have been damaged.

The second goal is to encourage community members to help restore and care for these shoreline habitats in the future.

The SCSSP offers a shoreline naturalization program to assist 10 property owners in naturalizing their shoreline properties by providing technical and physical assistance including plants, expertise, labour and materials.

The first 10 of these shoreline enhancement sites were finished by the end of March:

- Egmont oceanfront (private property);
- Garden Bay Lake (next to the turtle beach);
- Lily Lake (next to the turtle beach);
- Cooper's Green Park (Half-moon Bay);
- SCRD Redroofs Trail (Half-moon Bay);
- Smuggler's Cove (private property);
- White Tower Park (Gibsons);
- Georgia Beach (Gibsons);
- Hopkins Landing oceanfront (private property), and
- Hopkins Landing oceanfront (private property).

The group also encourages additional landowners to sign voluntary landowner stewardship agreements while supporting them to take direct action to improve the quality of their shoreline habitat.

A public education program will inform community members about shoreline habitats, ecologically sound shoreline living and shoreline habitat restoration, enhancement, and naturalization principles and techniques.

This comprehensive program will include presentations, workshops, events, children's programs, outreach tables, shoreline cleanups and resource materials.

It aims to improve shoreline habitat quality by expanding public knowledge about the issue while boosting the capacity of our community to take direct action.

Interested waterfront property owners on the Sunshine Coast are invited to participate in this program.

For more information, contact Dave Stiles at coastwildlife@gmail.com or (604) 989-1007 or visit www.coastwildlife.ca.

BC Bestsellers:

(For the week of March 22, 2015)

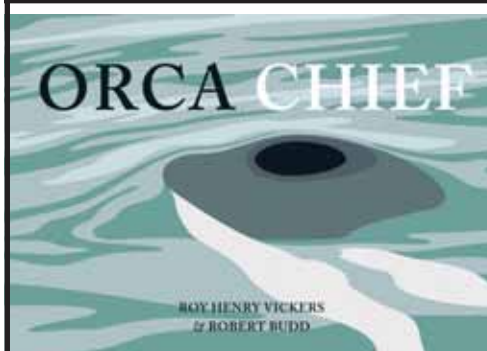
1. ***When Everything Feels Like the Movies*** by Raziel Reid
2. ***Whitewater Cooks With Passion*** by Shelley Adams
3. ***All-Day Breakfast*** by Adam Lewis Schroeder
4. ***British Columbia: A Natural History*** by Richard Cannings and Sydney Cannings
5. ***Cloudwalker*** by Robert Budd & Roy Henry Vickers
6. ***Orca Chief*** by Robert Budd & Roy Henry Vickers
7. ***Dipnetting with Dad*** by Willie Sellars
8. ***The Flour Peddler*** by Chris Hergesheimer and Josh Hergesheimer
9. ***Becoming Wild*** by Niki van Schyndel
10. ***Who We Are*** by Elizabeth May

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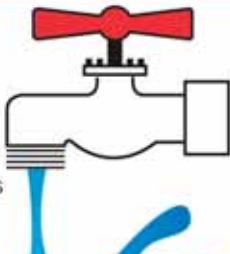
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Skookumchuck viewing times

April

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

April 1	10:19 am -L, 3:50 pm +L
April 2	10:51 am -L, 4:33 pm +L
April 3	11:16 am -L, 5:14 pm +L
April 4	11:38 am -L, 5:54 pm +XL
April 5	11:59 am -L, 6:35 pm +XL
April 6	12:21 pm -XL, 7:16 pm +XL
April 7	12:48 pm -XL
April 8	1:20 pm -XL
April 9	7:35 am +M, 1:47 -XL
April 10	8:26 am +M, 2:47 pm -XL
April 11	9:29 am +M, 3:58 pm -L
April 12	10:56 am +S, 5:09 pm -L
April 13	12:27 pm +M, 6:19 pm -L
April 14	8:20 am -L, 1:36 pm +M
April 15	9:10 am -L, 2:34 pm +L
April 16	9:55 am -L, 3:38 pm +L
April 17	10:36 am -L, 4:34 pm +XL
April 18	11:16 am -XL, 5:27 pm +XL
April 19	11:47 am -XL, 6:20 pm +XL
April 20	12:32 pm -XL, 7:11 pm +XL
April 21	1:17 pm -XL
April 22	2:04 pm -XL
April 23	7:44 am +M, 2:53 pm -L
April 24	8:41 am +S, 3:43 pm -L
April 25	4:36 pm -L
April 26	6:25 am -M, 5:22 pm -L
April 27	12:57 pm +S, 6:33 pm -M
April 28	2:03 pm +M, 7:38 pm -M
April 29	9:02 am -L, 2:55 pm +M
April 30	9:36 am -L, 3:41 +L

These are estimates only and not intended for navigation.

THE DAYS

APRIL BIRTHDAYS

April 2 ~ **Marty Lowe, Elizabeth Buhlert and Desiree Leech.**

April 3 - **Jamison Warner and Sandi Whelan**

April 4 ~ **Frank Roosen Jr., Doreen Lee, Mike Legge and Bev Thompson.**

April 5 ~ **Doug Silvey and Breanna Clay.**

April 6 ~ **Mike Bathgate and Ursula Dornbierer.**

April 8 ~ **Andrea Clerx and Gloria Fritz.**

April 10 ~ **April Charlton.**

April 11 ~ **Joe Adams.**

April 12 ~ **Matthew Phillips and Tilley Dougan.**

April 13 ~ **Bonnie Lindsay, Geoff Warner, Billy Petraschuk and Don Priest.**

April 14 ~ **Dan Leech and Ann Landry.**

April 15 ~ **Teresa Sladey and Cathy Collins.**

April 17 ~ **Sheila McCann and Carly Campbell.**

April 18 ~ **Russ Foster, Talon Mclean, Howard White, David Brimacomb, Kalen Zayshley and Ron Calvert.**

April 19 ~ **John Field and Laurie Saunders.**

April 20 ~ **Sue Kammerle and Katie Tenbroek.**

April 22 ~ **Dan Choquette and Lorrie Babcock.**

April 23 ~ **Kathy Morant, Sue Richardson, Heidi Vaughan and Jordan Kammerle.**

April 24 ~ **Len Silvey and Alex Dore.**

April 25 ~ **Samantha Stewart and Dietta Edwardson.**

April 26 ~ **Teyjah Xaveress and Blake Campbell.**

April 28 ~ **Jeanette Penson.**

April 29 ~ **Ruth Langton.**

April 30 ~ **Kasey & Kelly Smith, Marie Reid, Hazel Higgins, "Prawntrap" Patty Jackson, Bill Sutherland, Jeff Wilbee and Ava Young.**

APRIL WEATHER

TEMPERATURES, MERRY ISLAND

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

PRECIPITATION, MERRY ISLAND

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

OF APRIL

SNOWPACK AND OUR WATER SYSTEMS

With the low snowpack levels this winter, many people are asking how the mild winter will impact the region's water supply heading into summer.

The snowpack feeding the mountain lakes that provide the majority of the Sunshine Coast's municipal water supply is typically fully melted by early July, requiring the water system to be dependent on accessible stored water (ie. through lake dams and groundwater aquifers) and rainfall during the summer dry season. The depth of snowpack will dictate the timing of this dependency and influence when the release of flow from behind the dams will be needed.

As noted, once the snowpack is depleted, the water system becomes dependent on water storage and rainfall. Reservoir storage levels will lower during drought periods and replenish with rainfall.

During prolonged periods of drought, such as what was experienced in 2012, reservoir storage can become depleted, which is why the SCRD has a drought management plan. This regulatory plan outlines various times for outdoor water use.

Outdoor water use, most notably sprinkling, is the number one consumer of water in summer. The DMP consists of four progressive stages of water restrictions:

Stage 1 (normal): Sprinkling between 7 and 9 a.m. and 7 and 9 p.m., three days a week.

Stage 2 (moderate): Sprinkling between 7 and 9 a.m., two days per week.

Stage 3 (acute): Ban on sprinkling. Water by hand-held containers only.

Stage 4 (severe): Complete ban on outside water use.

We have reached stage 4 in the regional water system only once, and this was during a year with higher than average snowpack. Fortunately, Chapman Lake responds quite rapidly to rainfall compared to many other water systems, gaining over half a metre of storage per rainfall day. Timely rainfall, combined with reduced consumption, is the key to our ability to maintain water service levels during the summer dry season.

For this reason it is necessary to begin conserving water now so we can gradually adjust to less water-consuming habits, rather than shock therapy from a natural disaster.



Think of conserving water like a diet. It is far easier to reduce your consumption over time, than to drastically cut consumption all at once. So try to do something that saves water this summer. It can be big or small, but every action helps. Replace an old toilet, cut back on your lawn sprinkling or establish a drought-resistant plant in your garden.

For more information on water conservation tips, please visit our website at www.scrd.ca/Water-Conservation.

~ **SCRD press release (March 9, 2013)**

APRIL ASTROLOGY

ARIES: MARCH 20 - APRIL 20

The sign of the ram gives Arians loyalty, generosity, high energy and courage. They love adventure and often fiercely defend the underdog. The exit of Mars from Aries will exhaust your energies this month so ensure you get plenty of rest. Fight this stellar-induced fatigue and stay alert for clues to a mystery that has long plagued your conscious thought. You'll find the answer in "Kind of Blue."

TAURUS: APRIL 21 - MAY 21

Taureans are seekers of peace and stability. Although unambitious, they are happy to be the powerhouse behind the scenes. Often sensible and blessed with a healthy dose of cynicism, Taureans may be crushed this month when a close friend or family member moves away. Adding to your pain will be the memory that they failed to return a garden or kitchen appliance before leaving. Also: you will get a dog.

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.).....	883-2054
• 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

organizations

P. H. WOMEN'S CONNECTION

On April 14, discover the old Irvines Landing school-house, now renovated as the Sarah Wray Hall for community use. Tour the renovated historic building, view heritage displays and enjoy refreshments and a local history presentation courtesy of the P. H. Living Heritage Society at 10 am at the corner of Irvines Landing Road and Hotel Lake Road, Garden Bay area. If you need transportation or directions, please email PHwomensconnection@gmail.com or call Karen at (604) 883-9415.

Women face unique health issues beginning at age 50 and throughout the rest of their lives. These include heart disease, osteoporosis, breast and other cancers and diabetes, plus arthritis and other joint problems that occur more often in older women than in younger women. In addition to your age, your family health history can influence your health risks in the years ahead. So can your lifestyle before and after menopause.

On April 28, the PHWC presents "Pay Attention to Your Health." Annaliese Hasler of Vancouver Coastal health and the Pender Harbour Health Centre will discuss what women should be looking out for and how they can protect and maintain their health as the years go by. At 10 a.m. on at the P. H. School of Music in Madeira Park.

HARBOURSIDE FRIENDSHIPS

Come to the Pender Harbour Community Hall at 10:30 a.m. on a Thursday morning for free coffee and cookies and then check out some of these programs. It's all free, but you can also treat yourself to a freshly prepared hot lunch for \$10 at noon.

April 2: Celebrate Easter with Grades 4, 5 and 6 from MPES. Bring a hat to decorate for the Easter parade.

April 9: R.C.M.P. officer Jason Aho will talk about how to avoid being taken in by fraud.

April 16: Movie of the month (TBA).

April 23: Probate workshop.

April 30: A fun morning of song with the popular singing team, Lynne and Reg.

FLAIR ON THE COAST

FLAIR on the Coast has put together an evening featuring 1960s and 1970s classic rock by Playback, a fabulous local band. Matt Morris, from local radio station CKAY 91.7, will emcee the event at the Senior Centre in Sechelt on April 18 from 7 to 11 p.m.

Tickets can be purchased at Funky Finds in Madeira Park for \$25 as well as seven other locations in Sechelt and Gibsons listed on our posters around Pender Harbour.



organizations

There will be a cold buffet, door prize, raffle prizes and 50-50 tickets.

Jean Pate and Carol Bowman hope you will come and support this first fundraising event. Every woman needs to look and feel better about herself, lifting her spirits while going through her cancer treatment. The two-hour workshops began in the Rockwood Centre last November, with guest speakers, wig library (loan of wigs), hair alternative and cosmetic application ideas, skin and nail care.

P. H. GARDEN CLUB

The garden club will meet on Monday April 13 at 1 p.m. (please note the new time) at the P. H. School of Music in Madeira Park. Linda Fogarty of Green Room Organics will talk about successfully growing vegetables and herbs that are particularly suited for our coastal climate in containers. All area gardeners or would-be gardeners are welcome.

class ads



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.

WORK WANTED

- **Fisherman's Resort & Marina seeks two persons** to help with customer service and grounds maintenance. Full-time for July and August. Part-time possibly in June and September. Accommodation can be discussed: call (604) 883-2336 or email fishermans@dccnet.com.

P. H. WILDLIFE SOCIETY

The P. H. Wildlife Society will meet at 7 p.m. on Tuesday, April 21 at PHSS. Joe and Solveig Harrison are our guest speakers.

They will present a talk and slide show on their recent visit to Ecuador and Peru, in particular their visit to Machu Picchu.

Everyone is welcome. There is no charge and refreshments will be served. A short meeting will follow.

SOM COFFEEHOUSE

On Friday, April 10 the School of Music Coffeehouse presents Katrina Bishop (voice and piano), Dawn Loverock (voice and piano), Teal Loverock (singer/songwriter and guitar) and Mark Vance (new solo material, voice and guitar).

Performances are at the P. H. School of Music in Madeira Park at 7:30 p.m.

VOLUNTEERS NEEDED

APRIL TOOLS

One to two hours per week after school (for four weeks).

Helping PHSS students build their boats to race at April Tools.

APRIL TOOLS

Two to three hours - April 25 only:

Various duties including helping with tent and booth set up, general operations and providing supervision at the kids' boat building table.

P. H. SCHOOL OF MUSIC

2-3 hours, once a month:

Volunteer gardener(s) to clean up and tidy the gardens around the Pender Harbour School of Music. Call Joanne at (604) 883-9749.



This volunteer listing service is provided free of charge by the Harbour Spiel with listings compiled by the Pender Harbour Community School. If you can help out with any of the above needs or if your non-profit organization would like to submit a listing for specific help, please contact the PHCS: (604) 883-2826 or phcs@dccnet.com

WORK WANTED

- **Free scrap car removal.** Hiab crane service. Reasonable rates for large/heavy items brought from Lower Mainland. Curt (604) 740-7287.

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Thanks for saving your Canadian Tire dollars for us —
please leave at the Legion.

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

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.

Understanding seasonal allergies

By Sandra McLean RN

Spring is here, so let's discuss allergies.

A normal, healthy immune system will respond to invading viruses by sending in special cells, proteins and natural chemicals to fight and neutralize the foreign invaders.

When a person has allergies, the invaders are actually harmless, like pet hair, pollens and dust-mites but the body mistakes the allergens for a potential threat.

The first time a person is exposed to the allergen the body activates special cells that make large proteins called antibodies that are specific to the type of allergen.



The antibodies then attach themselves to other immune cells, making them sensitive to the specific allergen.

The next time these allergens invade the body the sensitive immune cells attack.

When the immune cells attach themselves to the allergen it creates a natural chemical called histamine.

Histamine goes into the surrounding tissues and creates the early symptoms of allergies such as inflammation.

Allergic rhinitis, or hay fever, affects the nose and eyes causing sneezing, itchy watery eyes and nose.

A few hours later a new response develops that causes swelling, inflam-

mation and congestion in the affected area.

Why do some people have allergies and others do not?

There is no simple answer to that, but genetics and environment have a huge effect.

Ideally, children should be exposed to different allergens in the first year of life so they can develop healthy immune systems.

In fact, something called the "hygiene hypothesis" suggests that allergies are more prevalent in wealthy industrialized countries than developing countries because of a lack of early exposure to parasites and bacteria typically found in the environment of developing countries.



This prevents our bodies from developing an appropriate immune response, so that in the event of exposure to simple allergens, our bodies don't really know how to respond and they overreact.

Medications like antihistamines or natural remedies cannot cure allergies but can temporarily relieve the symptoms.



Antihistamines help reduce the histamine response and symptoms of allergies but the only research-proven treatment for allergies is allergen immunotherapy.

Allergen immunotherapy is a process where you receive increasing doses of the allergen that causes the hyper-response, in the form of an injection.

Over time, your body develops a tolerance and desensitization response.

This is the same way that childhood vaccines work.

The bottom line is a healthy balance of outdoor play and vaccinations at every age.

Gesundheit.



PENDER HARBOUR AQUATIC & FITNESS CENTRE

APRIL

CLOSED GOOD FRIDAY AND EASTER MONDAY

Eat Well and Exercise

Fitness Circuit for girls ages 13-18 followed by an education session on Holistic Nutrition 4:45-5:45pm open for anyone.

Mondays:

3:30-4:30pm Fitness Circuit

4:45-5:45pm Nutrition workshop

Registered Holistic Nutritionist

Nyla Dougan will teach how you can take control of your personal health through nutrition.

April 20-June 1. \$30

Jelly Bean Hunt and Easter Swim

April 1, 2, 4 & 5

Follow the clues on Facebook, enter your name to win! Come to the Easter Swim on Sunday April 5, 1-4pm (\$5 family special) to enjoy games and Easter fun and claim your prize if your name is drawn. Adults can win a gift certificate to Freedom Spa and kids can win a one-hour pool party rental.

Zumba/Zumba Core

Latin-inspired fitness program,

5 weeks \$60

Wednesdays, April 8-May 6,

7-8pm

May 13-June 10

Learn to Swim for Adults

Swimming is an important skill with health, fitness and potentially life-saving benefits that can be learned at any age. We offer adult swim lessons Monday evenings 6-6:30pm or Tuesday mornings 10-10:30am. Feel confident this summer.

Well done!

Congratulations to all those who have been participating in the 25km Swim Challenge. Swimming strengthens the heart and lungs.

Swimming works out all of the body's major muscles.

And, swimming helps reduce stress. See you at the Pool.

CLOSED GOOD FRIDAY AND EASTER MONDAY



604.885.6866

phaquatic@scred.ca

www.scred.ca/Recreation

recreation

Eat well — holistically

By Nyla Dougan,
Registered Holistic Nutritionist

Holistic relates to systems as a whole, not as separate parts. Registered holistic nutritionists view the body and all its systems as a complex, interwoven entity.

RHNs recognize that people are biochemically distinct with internal and external influences driving how you feel and perform. Using this approach, RHNs are able to create personalized plans to cultivate one's well-being.

They will guide you towards using an integrated body and mind approach to eating a clean, balanced, whole foods diet. The goal of a holistic nutritionist is to facilitate an acute health recovery plan while building a foundation to encourage long-term health. Proper nutrition not only provides energy but is a means to restoring and maintaining a healthy mind, body and spirit.

Following your innate wisdom and eating a clean, fresh diet can yield positive results including weight loss, increased vitality, increased fertility, increased digestive power, fewer aches and pains, elimination of gas and bloating, increased brain power, alleviation of allergies, balancing hormones and radiant skin and hair.

A balanced diet may be simplified into categories and subcategories. Macronutrients include your basic carbohydrates, proteins and fats. Within carbohydrates there are subcategories such as, soluble and insoluble fibre. Fresh ground flax seed adds soluble fibre to boost your omega-3 fats and safely chelate heavy metals and toxins out of the body.

Understanding how your body and your nutrition health work together can provide a balanced health. For example, consider that processed, fragmented foods — and not fats — may be the culprit in your health imbalance. It's important to know which fats are beneficial, and how healthy fats can positively transform your body. Knowing how to complement animal protein intake with a more plant-based diet could support your weight loss goals by increasing your fibre and nutrient consumption.

Proper food preparations such as soaking your grains, sprouting and eating in season will assist you in maximizing the nutrient content of your food and support optimal digestion. We are what we eat, digest and assimilate. The quality of food prepared impacts the degree of well-being experienced.

When eating in season, you are providing your body with what it needs for the present season. Eating locally

Asparagus & Radishes with Mint

Serves 4

- 1 bunch of local asparagus
- ½ tbsp. butter
- 6-8 medium-large local radishes
- 1 tbsp. extra virgin olive oil
- 1 tsp. rice vinegar
- ¼ cup fresh, local mint leaves (stems removed)
- sea salt and freshly ground pepper to taste

1. Snap off the woody ends of the asparagus and cut each stalk into 1-inch pieces.
2. Heat the butter in a large sauté pan over high heat and cook the asparagus for 2-3 minutes, until they're warmed through and tender, but still crisp.
3. Slice the radishes into thin rounds using a mandoline or sharp knife. Toss with the asparagus in a large bowl.
4. Whisk together the olive oil and vinegar. Pour over the vegetables and toss. Season with sea salt and pepper.
5. Finely slice the mint leaves and add to the bowl.

Can be refrigerated for four hours before serving. Serve cold or at room temperature.

grown food often brings a greater nutritional profile, more flavour, more affordability and keeps us tuned to nature and our own body cycles.

That's what holistic is.

PENDER HARBOUR COMMUNITY SCHOOL

APRIL HAPPY EASTER!

"The Heart of the Matter"

Provincial conference ~ Apr 9 & 10

Thu 5:30-10pm & Fri 9am-3pm

Chatelech Secondary School, Sechelt

A conference for community school enthusiasts ~

something for everyone with 20 workshop sessions to choose from. \$69 for community members ~ <http://heartofthematter.eventzilla.net>



Computer Café:

iPad basics

FREE iPad Basics with Karen Dyck
Tues, Apr 24 — 1:00-3:00pm in
the Harbour Learning Centre
Learn tips and techniques for making
the most of your iPad!

Tax Preparation Assistance

Remember you can book an appointment to get help filing your income tax return. Please call 604.865.0336

Learn to play the Ukulele

FREE Tuesdays 3-4pm at the Harbour Learning Centre ~ we are having so much fun, please come and join us!

Family Music Night

FREE Friday, Apr 24, 6:30-8:30pm
PH School of Music, all ages
Come join us in a casual night of singing — bring the whole family!

DROP IN SPORTS @ PHSS

\$3
Pickleball ~ Wed 6:30-8:30pm
Soccer ~ Thu, 7:30-9:30pm,
Ages 12 +

April Tools

Sat, Apr 25 — Seafarers Millennium Park. Kids activities sponsored by PH Community School

UPCOMING

High Five Training

Sat, May 23 ~ 10am-5:30pm, PH Aquatic & Fitness Centre, \$85
Great for anyone working with children aged 6 to 12 — i.e. camp counsellor, coaches, swim instructors). 604.885.6866

Non-Profit Workshop Series in May

A series of professional training sessions aimed at helping our Non Profit organizations run more effectively. Give us a call for more info or to suggest a workshop.

PHCS Society AGM: Monday, May 25 at 4:30pm



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

My year in Denmark: Alex Christian's Rotary exchange

By Alex Christian

I was 16 when my friend Brianna Milligan persuaded me to “at least apply to go on an exchange.”

She had just spent a year in Sweden and inspired me to get out and experience something on my own.

After months of wading through the interview process, the phone rang and Jan Smalley told me the Pender Harbour Rotary Club would sponsor me to study abroad.

It was to have been my grad year — 2013/2014 — and I had just turned 17 when I travelled alone to Denmark.

I arrived in Denmark in August 2013, knowing only a few facts about the country and its language.

I had emailed with my two future host families but they were still strangers to me then.

After five months of listening to their language, I finally came to understand it but wasn't successfully speaking Danish until month six.

High school in Denmark was



photo submitted

Alex Christian's (middle) Danish host family is coming to visit her in Canada this summer. (l-r): Søren, Signe, Asger, Alex, Anne and Anette.

difficult, especially in the beginning when I couldn't understand a word anyone said.

The main goal in school for an exchange student is to experience the same life as those in the host country and to make friends, not to strive for perfect grades.

At the same time, I felt I was learning much more than the typical Danish student.

Having grown up in Pender Harbour, I was the new girl for the first time in my life.

Everyone enjoyed speaking to a foreigner, so there was always something interesting to discuss.

But it was my host families who were the people I became closest to.

They welcomed me into their lives and treated me as their own.

During the winter break, a family invited me to go skiing in Austria and my music class travelled to Italy for a week in March.

We sang Danish choir songs in Florence churches and visited historical sites.

Near the end of my exchange, I did a Eurotour with over 60 exchange

students who were also in Denmark.

We travelled to seven different countries in 17 days and it was one of my highlights.

After turning 18, I returned home last July and looked at Canada through the eyes of a foreigner.

The mountains of BC looked familiar yet so different.

It took me awhile to get used to speaking and hearing English — and Canadians actually do say “eh,” a lot.

I learned that what I missed most was walking my dogs surrounded by the natural beauty of Pender Harbour.

I have been home for almost eight months now, and want to encourage those in high school now to consider applying for an exchange.

The Rotary club offers long-term and short-term exchange programs and I hope more locals take advantage of the opportunity.

It took me completely out of my comfort zone but taught me a lot.

I thank the Rotary Club of Pender Harbour for sponsoring me and my parents for their supporting in allowing me one of the best experiences of my life so far.

It is so nice to see all our regular customers!



hours:

Tuesday to Sunday 9AM - 7PM
(Closed Mondays)

LaVerne's Grill

BREAKFAST • LUNCH • DINNER

We're Looking forward to celebrating 14 years of authentic food and atmosphere with you and your family!

Sarah Wray Hall grand re-opening, Feb. 28



Dorothy Faulkner photo

Former Irvines Landing School students Bob Fielding and Muriel Cameron dodge questions about who marked up the new blackboard.



Brian Lee photo

Former student Len Lee accepts a gift and a token of recognition for leading the renovations of the Sarah Wray Hall from P. H. Living Heritage Society president Elaine Park.



Brian Lee photo

The Sarah Wray Hall on Feb. 28 looking as it would have 60 years ago while walking back across the field after recess.



Brian Lee photo

Rosemary Bonderud (r) presents Elaine Park (l) with an orchid in recognition of her efforts in the restoration.



Brian Lee photo

Four generations of Sarah Wray's descendants (l-r): Kirsten Wallace, Isabel Gooldrup, Kelsey Wallace, Elaine Sanders, Shirley Cawley, Jan Norris, Brad Vader and Braeden Vader turned the day into a family reunion.

community calendar

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

APRIL

Thurs. April 2.....Harbourside Friendships (Easter with MPES students) - P. H. Community Hall, 10:30 a.m.
Sun. April 5.....Sunday Jam w/ Joe Stanton Band - Garden Bay Pub, 2 p.m.
Mon. April 6.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. April 7.....P. H. Wildlife Society present Joe and Solveigh Harrison's slide show of Ecuador - PHSS, 7 p.m.
Tues. April 7.....P. H. Seniors Initiative SC Botanical Garden bus trip/luncheon - departs P. H. Community Hall, 10 a.m.
Thurs. April 9.....Harbourside Friendships (RCMP officer talks about fraud) - P. H. Community Hall, 10:30 a.m.
Fri. April 10.....SoM Coffee House - P. H. School of Music, 7:30 p.m.
Sat. April 11.....Open house for proposed dock management plan for Pender Harbour - P. H. Community Hall, 12-4 p.m.
Sun. April 12.....Sunday Jam w/ Steve Hinton Band - Garden Bay Pub, 2 p.m.
Mon. April 13.....P. H. Garden Club presents Linda Fogarty (Green Room Organics) - P. H. School of Music, 1 p.m.
Tues. April 14.....P. H. Womens Connection Sarah Wray Hall tour - Sarah Wray Hall, 10 a.m.
Thurs. April 16.....Harbourside Friendships (movie of the month - TBA) - P. H. Community Hall, 10:30 a.m.
Sun. April 19.....Sunday Jam w/ Simon Paradis and Gut Bucket Thunder - Garden Bay Pub, 2 p.m.
Mon. April 20.....P. H. Food Bank pickup - P. H. Community Church, noon
Thurs. April 23.....Harbourside Friendships (probate workshop) - P. H. Community Hall, 10:30 a.m.
Fri. April 24.....Family Music Night - P. H. School of Music, 6:30 p.m.
Sat. April 25.....April Tools Wooden Boat Challenge - Madeira Park government wharf, 10 a.m. start
Sat. April 25.....Chinese buffet featuring live music and dancing with Apasionado - Royal Canadian Legion #112
Sun. April 26.....Mountain Grind obstacle race - P. H. Lions Park, start TBA
Sun. April 26.....Sunday Jam w/ Peter Van B3 - Garden Bay Pub, 2 p.m.
Tues. April 28.....P. H. Womens Connection health presentation - P. H. School of Music, 10 a.m.
Thurs. April 30.....Harbourside Friendships (popular singing team Lynne and Reg) - P. H. Community Hall, 10:30 a.m.



FERRY DEPARTURES

~ Effective to May 13, 2015 ~

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.
11:50 a.m. - April 3 only
12:40 p.m. - Sun. only
1:20 p.m. - Daily except Sun.
3:30 p.m.
4:00 p.m. - April 2 only
5:30 p.m.
7:25 p.m.
9:15 p.m.

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.
12:50 p.m. - April 3 only
2:30 p.m.
4:30 p.m.
5:00 p.m. - April 2 only
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.
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5:30 p.m.
9:00 p.m.

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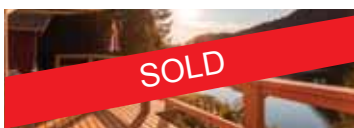
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