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HARBOUR SPIEL

February 2019
Issue 338





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EDITOR
Brian Lee

CIRCULATION (2,300)
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Each issue of the *Harbour Spiel* (since Nov. 2006) is also available online as a PDF download at www.harbourspiel.com.

CONTRIBUTORS
This month we thank: Rick Harmer, Kym Harris, Leonard Lee, Robert Livingston, Shane McCune and Melli McMillan.

COVER
Winter can be unfairly slandered. The Pender Harbour Golf Course on Dec. 30, 2018. (Darlene Fowlie photo)

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editorial

The old ‘What business would work?’ conversation



Brian Lee

After building deer fences and complaining about the state of our roads, Pendmont’s third most popular pastime might be fantasizing about what business could really make it here.

Who doesn’t ponder business ideas over drinks with friends? Retired people. The rest of us hope for that gig that allows us to remain in paradise *and* make real loot.

What about boat detailing? Or seniors’ services? A tattoo parlour?

I see two kinds of businesses on the Sunshine Coast — those focused on the local market and those that market their product or service to off-Coast customers.

Of the former, lucrative niches still exist but with only 30,000 customers on the Coast and a high proportion of others looking to set up shop, it seems clear you need more than enthusiasm these days.

Ask any local business person who has endured a few decades on the Coast and they’ll recommend cautious research before jumping in.

They might also add that they don’t appreciate competitors.

That’s because, for some businesses, winter here ensures weak sales.

And when the North American economy sneezes, as it did back in 2008, the Coast enters a coma.

But right now, you could make a case that our micro-economy is enjoying one of its healthiest periods ever.

A September 2018 economic outlook commissioned by the Sunshine Coast Credit Union predicts that:

- Employment on the Coast is forecast to climb more than four per-

cent from 2016 through 2021;

- Housing markets will continue to operate at a high level with a strong increase in building permits;
- The share of non-local owner housing demand will likely decline as retirees transition to the Coast full-time, and
- Elevated home sales will near 1,000 units per year on average.

This growth is fuelling a small business boom.

The 2016 census revealed that 26 per cent of the Sunshine Coast workforce is self-employed versus 14 per cent across BC.

The lack of employment diversity on the Sunshine Coast naturally pushes some to self-employment to take advantage of their skills.

And for those who do, there’s plenty of help available — the Sunshine Coast Regional Economic Development Organization and Sunshine Coast Community Futures are just two organizations mandated to promote economic growth here.

SCREDO recently announced it will establish a “Fuse work hub” (story p. 5) in Pender Harbour to offer those who are self-employed access to shared office equipment and space in order to avoid the costs of maintaining a full-time office.

Community Futures has a long track record of providing business advice while helping new ventures acquire financing.

So, the support is there, but first you need that nugget of an idea.

Many have tried rustic furniture. Ditto with photography. Hemp sweaters? It’s a challenging puzzle.

Here’s my tip:

If you get desperate, just do what everyone else does and start up another local magazine.

PODS’ SCRD REZONING/OCP AMENDMENT PUBLIC INFORMATION MEETING: Feb. 2, 10 a.m. - 2 p.m.

Meeting to be held at the Pender Harbour School of Music. The SCRD has received an official community plan and zoning bylaw amendment application to facilitate the development of the Pender Harbour Ocean Discovery Station at Irvines Landing. The purpose of the meeting is to provide an explanation on the bylaw amendments and to have a conversation about the proposed development. It is not the intent to make the final decision or approve the application at this meeting. PODS representatives will also present a recently completed business plan for the marine research centre.

FRED PENNER AT THE P. H. SCHOOL OF MUSIC: Feb. 3, 11:30 a.m. & 1:30 p.m.

Hold on to your hats – Fred Penner returns to Pender Harbour for two shows. A touchstone in the lives of three generations, his stories and songs delight all ages, and everyone joins in the singalongs. Throughout his distinguished career, Fred Penner’s message has been “Never underestimate your ability to make a difference in the life of a child.” Penner will perform two shows on Feb. 3 at 11:30 a.m. and 1:30 p.m.

P. H. ADVISORY COUNCIL MEETING TO CHANGE NAME: Feb. 4, 7 p.m.

On Monday, Feb. 4, the Pender Harbour Advisory Council will ask the membership to change its name to the Pender Harbour and Area Residents Association. The meeting will be held at the Grasshopper Pub at 7 p.m.

news

PODS proposal gets feedback from Irvines Landing neighbours

The Ruby Lake Lagoon Society held the first of two sessions to inform residents about OCP and zoning amendments for their proposed Pender Ocean Discovery Station.

A Jan. 26 meeting at Sarah Wray Hall addressed why current zoning, split between the large south portion of the waterfront property (zoned commercial three) and the small north portion (zoned residential two), be changed to a PA1D (research and assembly) designation to better reflect the property’s intended use.

The PODS development proposes a 200-seat auditorium, research and diving facilities, a restaurant, gift shop, aquarium and a caretaker’s residence.

In a Dec. 13 SCRD staff report, planner Yuli Siao wrote, “Although some components of PODS such as the gift shop and the restaurant are commercial in nature, the facility is mainly a research, educational and assembly institution, for which the ‘tourist commercial’ designation is not suitable.

“The ‘public uses and utilities’



Brian Lee

A PODS rezoning information meeting at Sarah Wray Hall on Jan. 26 attracted some of the immediate neighbours of the proposed development. Another meeting is scheduled for Saturday, Feb. 2 at the P. H. Community Hall.

designation of the OCP is more appropriate for the facility.”

After being presented the most recent plan for PODS, some immediate neighbours expressed concern over traffic volume and the effect the development would have on the peacefulness of their community.

“I don’t think that in these plans, there is any consideration for Irvines Landing,” said David Twentyman.

Barb Kappeli, who lives directly behind the site, expressed concern over the partial loss of her view.

At one time, Bob Fielding represented the previous owner of the site.

“I want to point out to everybody what was proposed prior to this,” said Fielding.

“The Kappelis have talked about their side view, but there was housing that, if you think you will be looking at a wall now, it was nothing compared to what they had planned.

“And it was all proposed under the current zoning — they didn’t have to change any zoning and it wasn’t going to be open to the public at all.”

A second information meeting will be held Saturday, Feb. 2 at 10 a.m. in the P. H. Community Hall in Madeira Park.

SCREDO announces plans for Fuse community work hub in Pender

Pender Harbour will soon see its own Fuse community workhub.

On Jan. 21, the Sunshine Coast Regional Economic Development Organization announced a Coast-wide expansion of their Fuse community work hub program.

A community work hub is described on the Fuse website as “a modern co-working space for independent workers, creatives, and entrepreneurs living in, or visiting, the Sunshine Coast.”

Facilities include desks, private consultation rooms, a board room and open space for larger events including public presentations and community events.

Participants pay a monthly membership or drop-in fee to use the facility.

From a SCREDO press release:

“Fuse Community Workhub has been serving Gibsons for the past four years where its popularity is outgrowing the capacity of its single 700-square-foot location.”

The proposed expansion will see two new locations opened in Pender Harbour and Sechelt as well as a doubling in size of the Gibsons location.

The Pender Harbour location is expected to open in early 2019 but SCREDO has yet to determine where that will be.

In an email to the *Harbour Spiel*, David Chisholm, SCREDO chair, said specific details will be forthcoming.

“In Madeira Park we are working with several partners with a couple of locations still in the running,” said Chisholm.

“The exact location is not yet determined but we are confident that we will have it sorted in time for a March 1 opening.”

Chris Hergesheimer, SCREDO program manager, said the expanded Fuse coworking network “will assist a wider Coast audience by providing professional development opportunities, entrepreneurial support, and networking events in addition to a positive space to conduct business”

The Sunshine Coast Regional Economic Development Organization is a non-profit society formed in 2016 to carry out economic development activities on behalf of the Town of Gibsons, the District of Sechelt, the Sechelt Indian Government District and the Sunshine Coast Regional District.

Pender Harbour Advisory Council to change name and widen focus

The Pender Harbour Advisory Council will hold a meeting on Feb. 4, to change its name to the “Pender Harbour and Area Residents Association.”

According to the agenda for the meeting, “the new name has already been accepted by BC Registry Services but requires approval by membership.”

Since 2013, the Pender Harbour Advisory Council has represented the interests of residents of Pender Harbour on issues such as roads, trash and derelict boats.

From its mission statement: “The council exists to support the vitality of the communities of the Pender Harbour area as excellent places to live, work and play for residents and visitors.”

PHAC intends to change its name at the Feb. 4 meeting to better

reflect a growing mandate — including the official absorption of the Pender Harbour dock management plan working group.

The PHDMPWG will officially join the new association as a committee at the Feb. 4 meeting.

A Jan. 7 PHAC press release stated, “The purpose of this relationship is to give the DMP Working Group a parent organization with a broader base of membership in the community as they continue to focus on how to

best deal with issues related to docks in the Harbour.”

An agenda for the meeting is available at www.penderharbouradvisorycouncil.com.

PHAC draws its main funding from a \$5 per person membership fee and in the release, the council said it has seen a huge spurt in growth as it moves into its expanded mandate.

The meeting will be held at the Grasshopper Pub on Monday, Feb. 4 at 7 p.m.

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1. Which location was once named Lowes Resort?

- ☐ a. Painted Boat
- ☐ b. Pender Harbour Resort
- ☐ c. Sunshine Coast Resort
- ☐ d. JH Marina and Resort

2. What year did the Pender Harbour Secondary School burn down?

- ☐ a. 1961
- ☐ b. 1966
- ☐ c. 1972
- ☐ d. 1976

3. Height of Mt. Daniel.

- ☐ a. 215 metres (705 feet)
- ☐ b. 440 metres (1,443 feet)
- ☐ c. 660 metres (2,165 feet)
- ☐ d. 805 metres (2,641 feet)

4. Which type of otter is commonly seen on local docks and beaches?

- ☐ a. Marine otter
- ☐ b. North American river otter
- ☐ c. Sea Otter
- ☐ d. Harbour otter

5. West Howe Sound is designated by which regional area in the SCRd alphabet?

- ☐ a. B
- ☐ b. D
- ☐ c. E
- ☐ d. F

6. River at the head of Jervis Inlet.

- ☐ a. Skwawka River
- ☐ b. Jordan River
- ☐ c. Deserted River
- ☐ d. Vancouver River

Answers: p. 34

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

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photojournal



Brian Lee

The fog that enveloped the Strait of Georgia during the middle of last month started to lift slowly over Pender Harbour on Jan. 16.

rcmp news

VANDALISM/MISCHIEF

On Jan. 6, someone vandalized the Madeira Park Harbour Authority office in the 12900 block of Madeira Park Road, Madeira Park, by breaking a front window.

It doesn't appear the vandal gained entry to the premises and nothing was stolen.

Anyone with any information is asked to contact the RCMP.

MVA

On Jan. 7, police attended a single-vehicle incident in the 12000 block of Highway 101, Madeira Park, after a vehicle was found down an embankment.

Police spoke with the sober driver, who had been taken to hospital for non-life-threatening injuries prior to police arrival.

The driver said she was driving south when she rounded a corner on a wet, shady portion of the road and lost traction, spinning out and ending up off road.

The matter was referred to ICBC.

MVA

On Jan. 8, a passerby reported a single-vehicle collision in the 13700 block of Highway 101, Pender Harbour, where the vehicle ended up in the ditch, striking a rock wall and causing a partial traffic obstruction.

The lone driver did not report any serious injuries but the vehicle sustained severe damage and had to be towed.

It appears that vehicle speed relative to the road conditions was a factor.

The matter was referred to ICBC.

MVA

On Jan. 17, while en route to another call, police were flagged down by people at a single-vehicle incident on Highway 101 near Three Cedars Road, Madeira Park.

A witness reported seeing the northbound vehicle swerve and over-correct before landing backwards in the ditch.

The driver was able to exit the vehicle on her own and was taken to hospital for non-life-threatening injuries.

The file is under investigation.

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Mary Mackay
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Rachel Manley
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Dave Milligan
604-883-9212

Alan Stewart
604-740-2353

Protecting whales through citizen science



submitted

Humpback whales often breach the surface during feeding.

*submitted by the
Pender Harbour Wildlife Society*

There is an urgent need to protect British Columbia’s vulnerable cetacean (whale, dolphin, and porpoise)

populations.

Of the 27 species of cetaceans found in B.C.’s waters, 12 are listed as “at risk” under Canada’s Species at Risk Act.

These animals are adversely

affected by human activity — prey availability, pollution, and vessel-associated impacts such as ship strike, underwater noise, and physical disturbance can disrupt critical life processes, or cause injury or death.

photojournal

In order to help mitigate vessel-associated threats, the B.C. Cetacean Sightings Network is using citizen science and smartphone technology in an effort to protect these marine mammals.

On Tuesday, Feb. 19, the Pender Harbour Wildlife Society will host Jess Torode-Scott, co-ordinator of the BC Cetacean Sightings Network.

Torode-Scott’s presentation “Protecting Whales through Citizen Science,” will feature a lesson on how to identify cetaceans and offer recent news about research and conservation projects.

She’ll also let people know how they can get involved in this citizen science initiative by reporting whale sightings.

Torode-Scott has been the co-ordinator of the BCCSN, a division of Ocean Wise’s marine mammal research program, since 2017.

She has worked in aquariums, wildlife rehabilitation centres and veterinary clinics and holds an undergraduate degree in biology from the University of Victoria.

She acquired a masters degree in marine ecology from the University of Aberdeen, where she studied the effects of commercial fishing on the diet and body condition of harbour



submitted

Jessica Torode-Scott, co-ordinator of the BC Cetacean Sightings Network.

porpoises in the North Sea.

The wildlife society hosts Torode-Scott on Tuesday, Feb. 19 at 7 p.m. at the P. H. Secondary School.

The society’s annual general meeting will follow the presentation.

This is a free event and all are welcome.

Visit www.penderharbourwildlife.com or email info@penderharbourwildlife.com for more information.



Panoramic composite image of Pender Harbour and beyond from a forestry road above Gunboat Bay Jan. 15.

Forty-six months to go...



Leonard Lee
Area A director, SCRD

Forty-six months to go.

That is how long your new local government representatives have to deliver on the promises made while campaigning for the job.

My first two months have been spent mostly on director orientation, a process that involves outside consultants and SCRD staff educating us board members on our role in local governance.

Basically, we have been learning how to get things done on behalf of the people who elected us.

This month's director orientation workshops consumed eight full days

but there was a 10-day break over Christmas, and it was much appreciated.

LOCAL GOVERNMENT LEADERSHIP ACADEMY

Most recently, the Local Government Leadership Academy sponsored a three-day seminar for elected officials in Richmond.

At this gathering, we met rural directors from around the province and heard stories of success and failure from several seasoned political veterans and local government staff from the Lower Mainland.

We also had workshops on major functions such as local government law, public hearings, overview of the regional district system (which is unique to B.C.), local government fi-

nance and local government planning. A typical day started at 7 a.m. and went to 9 p.m. and was time well spent.

I also had an additional learning experience when my truck window was broken and an entirely worthless bag of Tupperware containers was stolen.

I learned to never leave anything that could have a value in plain sight in a locked vehicle in Richmond and discovered that a shattered tempered glass side window scatters an amazing amount of small glass crystals everywhere inside the cab of a truck.

SCRD STRATEGIC PLAN

On Jan. 11 and 12, I participated in a two-day SCRD directors' strategic plan exercise.

It was good to understand that many of our local priorities in Area A are also high priorities of all directors.

The new SCRD strategic plan will focus on housing for seniors, an adequate water supply, better road maintenance, an improved highway system, planning for good use and management of Crown lands, economic development and protection of the natural environment.

These are all issues of significance for Area A.

EGMONT CELL SERVICE

A local issue on which I am working currently is high speed internet and improved cell service to the Egmont Area.

Telus recently installed two mini cell sites and it has improved coverage to some portions of Egmont.

I understand that it will also provide for higher-speed wireless internet connectivity.

Raincoast Networks is now offering 30 MBs internet service over radio to at least one Egmont household.

I have scheduled a meeting with a principal of Raincoast to find out more details.

The best solution is still fibre to the home so people in Egmont can enjoy real high-speed digital communications.

In support of that goal I recently met with a senior Telus representative in Vancouver and we have agreed to further discussions.

I remain hopeful that Telus will follow up with further cell and high-speed internet improvements for Egmont and elsewhere on the coast.

There is a second opportunity for fibre to the home to be provided by Strathcona Regional District as detailed in a Jan. 2018 *Coast Reporter*

article.

I have contacted the private company interested in supplying those services and will be kept informed as the project progresses.

I was told that construction may start here on the Coast as early as this fall, but it is dependent on many variables — including the federal government releasing announced funding.

LOCAL ISSUES

I have a list of other local issues including complaints made by residents who used the appropriate RCMP or SCRD complaint process but who have seen no action or have had no status report provided.

These complaints include the following:

- Too much junk being kept on a residential rental property;
- Boats being stored on the side of the road, and
- A zoning bylaw being ignored and potholes not being attended to.

I do appreciate being made aware of these issues and will deal with them, but I must ask you to be patient.

Tracking down the status of the complaints will take time and your local district office is manned by one person who must prioritize his time (me).

Yes, it is important to me that I provide answers to your inquiries —

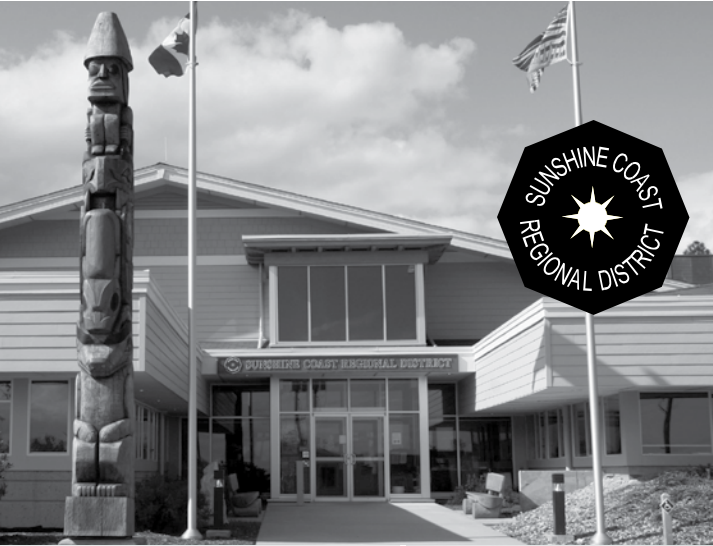
and I will.

If you see the need to ask for my assistance, please send me an email as it will allow me to have a written understanding of the problem to be addressed and provide a status report to you easily.

CONTACT

I also would appreciate knowing what you think of my articles and any suggestions for improvement you may have.

The email to use is leonard.lee@SCRD.ca.



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SUNSHINE COAST REGIONAL DISTRICT
Upcoming meetings

Agendas are available at www.scrd.ca/Agendas-2019.

Special Corporate and Administrative Services Committee:

Round 1 Budget
February 4 and 5 at 9:30 a.m.

Planning and Community Development Services Committee
February 7 at 9:30 a.m.

Infrastructure Services Committee
February 21 at 9:30 a.m.

Regular Board
February 21 at 1:30 p.m.

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

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

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Edith Van Delft
FEBRUARY 21, 1939 – NOVEMBER 22, 2018



Edith Van Delft passed away peacefully in Abbotsford on Nov. 22. Van Delft was 79 and had Alzheimer's.

She spent her last six days surrounded by her children

Edith will be forever remembered by her four children — Audrey, Heidi, Jaci, Paul.

She is also survived by her brother Joe (Shelly), her extended family, her grandchildren and great grandchildren.

Edith was married to Fred Van Delft for 42 years and lived most of those years in their home in Garden Bay.

A small service was held at Woodlawn Funeral Home in Abbotsford on Nov. 24.

Alfred Sale
MARCH 17, 1932 – DECEMBER 2, 2018



Alfred Sale passed away suddenly in Sechelt with his family by his side.

Alfred was born in Meland Norway and came to Canada in 1952.

He was a building inspector in North Vancouver where he raised his three sons before retiring to Madeira Park in the early 1980s.

He enjoyed fishing, boating and travelling with wife Margaret in their motorhome, later spending winters in Dessert Hot Springs, Calif.

He is survived by his wife Margaret, three sons, Michael, Chris and Ralph (Marlene) and four stepchildren, Sharon, John, Cindy and Blair.

He is also survived by three grandchildren, 11 stepgrandchildren and seven stepgreat-grandchildren, brother Olave, sisters Ester and Dogny.

Sale was pre-deceased by brother Karl and sister Gudrun.

Thefamily thanks Dr. Robinson and the staff of Shorncliffe for their wonderful care.

No service by request

OBITUARIES: The *Harbour Spiel* publishes obituaries free (for local residents) as a longstanding effort to recognize those who lived in Pender Harbour and Egmont. Submissions must be timely and include the date of birth and date of death. The editor will edit for length and to remove first-person and personal messages as required to maintain editorial consistency.



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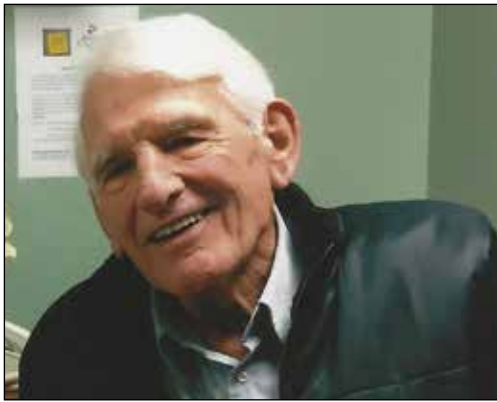
- Minor mechanical
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Frederik Van Delft
APRIL 1, 1929 – DEC. 3, 2018



On Monday, Dec. 3, 2018 Frederik Van Delft passed away at the age of 89.

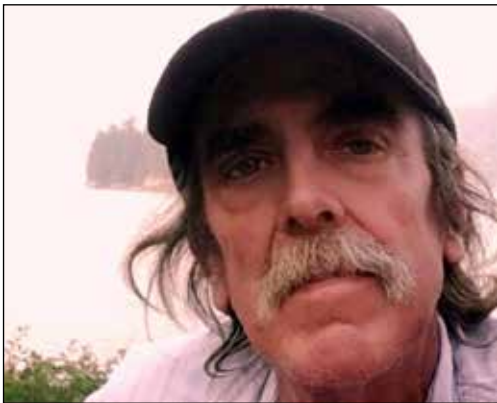
Van Delft will be remembered by his four children — Pieter, Ed, Helena, Robert, brother George, brother and sisters in Holland, his extended family, his grandchildren and great-grandchildren.

Fred and his wife Edith were married for 42 years and they lived most of those years in a home they built together in Garden Bay.

Fred enjoyed being a part of the Pender Harbour Food Bank and the Pender Harbour Paddling Club.

A small service was held at Woodlawn Funeral Home in Abbotsford on Dec. 8.

Ross Macdonald
MAY 15, 1950 – DECEMBER 9, 2018



Long time Pender Harbour resident Ross Macdonald passed away on Dec. 9 after a life well-lived. It followed a fierce, 8 year battle with cancer.

Ross's passions were his sailboat, making fine furniture, reading, music and conversations with his friends.

He is survived by his wife, Wendie Milner, and their daughter, Sarah Macdonald.

Ross will be missed and remembered by many in the Harbour and beyond.

There will be no service by request.

In lieu of flowers, please donate to the charity of your choice.

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On behalf of the GRIPS non-profit society membership, the trustees wish to thank Garden Bay residents, Barbara Nield, Bill Haskett and John Farquhar, for so ably representing Green Recycling in Pender during recent Recycle BC contract negotiations with the Regional District.

We also wish to thank Barbara Nield as the most efficient secretary any organization could want.

As volunteers, they brought their years of business experience which will allow GRIPS to stay above water for the next two years.

GRIPS is funded by Encor Bottle Depot contract profits as well as electronics, paint, and environmental fees paid by customers, the Recycle BC container consumer charges and a smaller SCRD landfill diversion subsidy contract.

Negotiating a contract requires skill and finesse and Area A residents were very well served by Barb, Bill and John.

Both sides were impressed by their careful attention to detail and professionalism.

Local recyclers owe them a debt of gratitude – let them know when you meet.

Joe Harrison
Green Recycling in Pender Society

883-1165
Hwy. 101 and Menacher Rd.



This Baker's Beach Polar Bear swim was only one of a few that took place around Pender Harbour on New Year's Day. Other chilly dips reportedly took place at the T-Dock in Garden Bay Lake and Madeira Park boat launch.

Seniors suffering from Vancouver Coastal Health care gaps

Editor,

Thanks to Alicia De Leo for her timely article on “Self assessing caregiver strain (Harbour Health, Jan. 2019).

Your article featured good information, but many of the “stay resilient” suggestion are not available or possible to access in Pender Harbour.

I am presently caring for my husband who suffers with Alzheimer’s disease.

It is a 24/7 daily challenge and I am showing signs of caregiver strain.

As you wrote, it is very important to have a respite caregiver in order to be able to attend exercise programs and other self care programs.

However, Vancouver Coastal Health home care is only able to provide a respite caregiver for three hours a week (which is to start in January after being on the waiting list for months).

This will be barely enough coverage to attend to my medical appointments and necessary health treatments (and only if an appointment is available in that time slot, as there is no flexibility from VCH).

Another concern is that there is no guarantee that the same respite care aid will be available each time, even though Alzheimer patients do much better with familiarity and the same support worker.

I was recently told by a long-term VCH care co-ordinator that people should think twice about moving to Pender Harbour where the health ser-

LETTERS Letters to the editor should be of local interest, exclusive to the *Harbour Spiel* and include your full name, address and daytime phone number for verification. Letters may be edited for length and clarity. *editor@harbourspiel.com*

vice is so limited.

For example, there is no Handi Dart service past Halfmoon Bay that could transport patients to adult day-care in Sechelt.

As well, it’s difficult to find VCH employees willing to travel the distance to Garden Bay.

In your article you also mentioned the benefits for caregivers to attend a caregiver’s support group.

To date there is none available in Pender Harbour.

Attending a support group in Sechelt requires four hours of services of a respite caregiver in order for me to attend a two hour session with a two hour drive, often in inclement weather.

Your article mentions the importance of not withdrawing from your friends and activities that you usually enjoy, however due to our financial situation, it is impractical for me to hire someone regularly at \$30 an hour to go to activities such as a Women’s Connection session, book club or serve as a volunteer in the community.

Consequently, I am now forced to step down from my directorship position at the Pender Harbour Living Heritage Society.

I have had offers of help from a few friends, but dealing with a mental decline illness can be difficult and uncomfortable unless you have some knowledge of the disease.

Seniors like me, dealing with their own health problems and caring for a spouse with a complex illness should not have to take on the extra burden of lobbying for health care funding.

I’ve learned that parents of Special Needs children receive a financial allowance to cover respite caregivers of their choice but this option is not available for seniors even when VCH cannot service them in their area.

Seniors should have the same choice — after all they have been lifetime taxpayers and contributors to the wealth and growth of this province.

With a program like this, caregivers could hire a familiar respite worker and schedule time when it is needed — not at the convenience of VCH.

There will be a long exhausting journey ahead as I’m told there is at least a two-year wait for placement in a care facility.

Until you are in this dire situation, you are unable to comprehend the impact and frustrations of dealing with the shortfalls in the health system that need to be actively addressed by our community.

Thanks again Alicia for raising awareness on caregiver strain as it is often suffered in silence.

Dorothy Faulkner
Garden Bay

Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program



Healthy Meals has resumed.

For service, please contact
Wendy (604.883.2514), Anky (604.883.0033) or Linda (604.883.2819).

Top 10 BC bestsellers of 2018

Descriptions from publisher websites or book's back cover copy.

The Association of BC Book-sellers compiles a weekly list of the bestselling books in BC.

The "BC Bestseller List" is compiled using sales data from more than 80 independent bookstores in BC.

Only books published in British Columbia are eligible to be included in the weekly bestseller list.

Pre-published titles are eligible as are map books with substantial text. Books with ads, crossword books, and calendars are not eligible.



1. One Eagle Soaring
Roy Henry Vickers & Robert Budd (Harbour Publishing)

The second volume in their exciting new series, First West Coast Books.

One Eagle Soaring, a "first numbers" book, explores counting and numbers with the help of West Coast animals — from a single eagle aloft, to a pair of swimming whales, as well as leaping frogs, honey-hungry bears and a group of 10 dozing marmots.

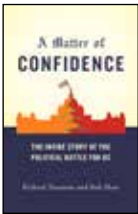
Combining Roy Henry Vickers' vivid illustrations, a glossy tactile finish and a simple yet catchy text, this sturdy board book introduces babies and toddlers to the spectacular scenery and wildlife of British Columbia.



2. 21 Things You May Not Know About the Indian Act
Bob Joseph (Page Two Strategies)

The essential guide to understanding the legal document and its repercussion on generations of Indigenous Peoples, written by a leading cultural sensitivity trainer.

Since its creation in 1876, the Indian Act has shaped, controlled, and constrained the lives and opportunities of Indigenous Peoples, and Bob Joseph's book comes at a key time in the reconciliation process, when awareness from both Indigenous and non-Indigenous communities is at a crescendo.



3. A Matter of Confidence: The Inside Story of the Political Battle for BC
Rob Shaw and Richard Zussman (Heritage House)

A breathtaking behind-the-scenes look at the dramatic rise and fall of Christy Clark's BC Liberals, the return to power of the NDP, and what it means for British Columbia's volatile political climate.

British Columbia's political arena has always been the site of dramatic rises and falls, infighting, scandal, and come-from-behind victories.

However, no one was prepared for the historic events of spring 2017, when the Liberal government of Christy Clark, one of the most polarizing premiers in recent history, was toppled.

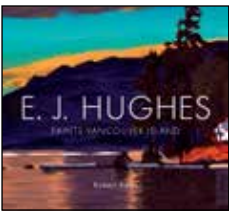


4. 105 Hikes In and Around Southwestern British Columbia
Stephen Hui (Greystone Books)

David and Mary Macaree's *103 Hikes in Southwestern British Columbia* has been the province's most popular and trusted hiking guide for nearly 50 years.

Inspired by their beloved classic, Stephen Hui carries on their legacy with hikes across a wider area and range of abilities; an at-a-glance summary

of all the hikes in the book; tips for hiking safely and ethically; full-colour topographical maps; a rating system for hike quality and difficulty; Indigenous place names where appropriate; and shorter or longer options for many outings.

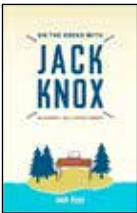


5. E.J. Hughes Paints Vancouver Island
Robert Amos (TouchWood Editions)

A handsome new retrospective on one of BC's most beloved artists that unveils, for the first time, photographs, sketches, and ephemera from the artist's estate.

The reputation of E. J. Hughes in British Columbia is second only to that of Emily Carr.

His paintings are collected by every major gallery in Canada and fetch more than \$1 million at auction, yet Hughes lived a notoriously private life.



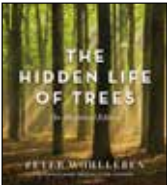
6. On the Rocks with Jack Knox: Islanders I Will Never Forget
Jack Knox (Heritage House Publishing)

From bestselling author and beloved columnist Jack Knox comes a new collection of unforgettable true stories about the people who shape the unique culture of Vancouver Island and its surrounding areas.

Full of humanity, heart, and sometimes humour, *On the Rocks with Jack Knox* celebrates ordinary people who have extraordinary stories to tell.

From Alban Michael, the last person on Earth to speak Nuchatlaht, to Diana Deans, the Port Angeles customs inspector who caught the Millennium Bomber, the people in this

fascinating volume represent all walks of life.

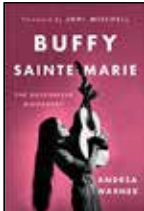


7. Hidden Life of Trees: The Illustrated Edition
Peter Wohlleben (Greystone Books)

In his international bestseller *The Hidden Life of Trees*, Peter Wohlleben opened readers' eyes to the amazing processes at work in forests every day.

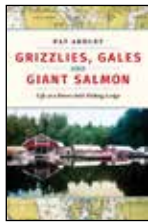
Now this new, breathtakingly illustrated edition brings those wonders to life like never before.

With compelling selections from the original book and stunning, large-format photographs of trees from around the world, this gorgeous volume distills the essence of Wohlleben's message to show trees in all their glory and diversity.



8. Buffy Sainte-Marie: The Authorized Biography
Andrea Warner (Greystone Books)

In this, Sainte-Marie's first and only authorized biography, music critic Andrea Warner draws from more than 60 hours of exclusive interviews to offer a powerful, intimate look at the life of the beloved artist and everything that she has accomplished in her 77 years (and counting).



9. Grizzlies, Gales and Giant Salmon: Life at a Rivers Inlet Fishing Lodge
Pat Ardley (Harbour Publishing)

At age 19, Pat Ardley packed up her belongings and left Winnipeg for Vancouver, looking for adventure.

Little did she know that she'd spend the next 40 years in the wilderness, 30 of which would be spent with a man known as George "Hurricane" Ardley.

Pat met George soon after arriving in Vancouver, and not long after that the two of them set out for Addenbroke Island to work as junior lighthouse keepers.



10. A West Coast Summer
Caroline Woodward, illustrated by Carol Evans (Harbour Publishing)

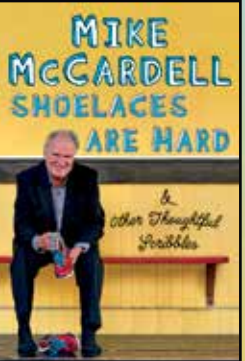
Pairing two dozen of Carol Evans's wonderful watercolours with a lilting rhyming story by Caroline Woodward, *A West Coast Summer* tells of a timeless, idyllic season where "Sea salt in the air floats everywhere / and cedars smell so sweet beside the shore."

Children race bikes along sand flats, jig at the dock for herring and leave footprints in the sand.

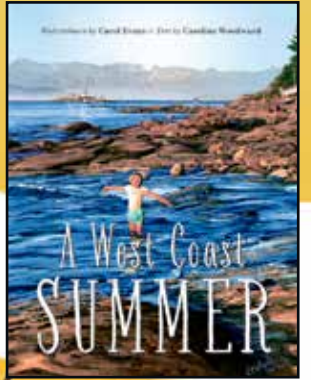


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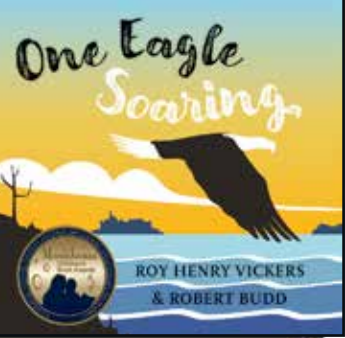
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• Egmont & District Volunteer Fire Department	(604) 883-2555
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• P. H. Blues Society.....	(604) 741-1186
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• Ruby Lake Lagoon Society	(604) 883-9201
• Skookumchuck Heritage Society.....	(604) 883-9994
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organizations

SCHOOL OF MUSIC COFFEEHOUSE

This month's lineup for Friday, Feb. 8 will include a set by Matt Richards, local singer, songwriter and guitarist. The SoM Coffeehouse is at the P. H. School of Music in Madeira Park and starts at 7:30 p.m.

P. H. WILDLIFE SOCIETY

The Pender Harbour Wildlife Society will host Jessica Torode-Scott, co-ordinator of the BC Cetacean Sightings Network. Torode-Scott will present "Protecting Whales through Citizen Science" on Tuesday, Feb. 19 at 7 p.m. at the P. H. Secondary School.

The society's annual general meeting will follow the presentation. This is a free event and all are welcome. Visit www.penderharbourwildlife.com or email info@pender-harbourwildlife.com for more information.

photojournal



Brian Lee

Yet another image of Jan. 21's blood moon taken without a tripod.

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harbour seals



Note your seal of approval or disapproval.

By email only: editor@harbourspiel.com. Include full name and telephone number. (Editor will edit for length.)

Harbour seals of approval to **everyone at the Pender Harbour Golf Club** for 17 amazing years of employment, friendship and the opportunity to learn.

Jason Haines

Grateful Seals to **Tony McMullen** for his weekly assistance at the Bargain Barn and to the staff at Harbour Insurance for their practical help with general operations.

We couldn't do it without you.

Karen Wells
Bargain Barn

Big Seals of Approval to **Troy and the Pender Harbour IGA** who, along with the Wilson Creek IGA and the Independent in Sechelt, helped the Sunshine Coast Rod and Gun Club with our annual Christmas Charity Meat Shoot. Donations are going to the Food Bank, Elves Club and the Coast Salvation Army.

Harry Luck

Harbour Seals of Approval to **Larry and Linda Curtiss** for allowing the Pender Harbour street hockey club to play at the Fisheries building for the past four years.

We have seen the joy and fun this program has brought to the youth of Pender Harbour and cannot thank you enough for giving us the space to play.

Elissa Duke and Davy Lacey

A cupboard full of Harbour Seals of Approval to **the wonderful man who played guitar outside the Oak Tree Market** and donated his proceeds to the Pender Harbour Food Bank. We thank you so much.

Wendy Phillips
P.H. Food Bank

A multitude of Harbour Seals to all those who helped brighten up Pender Harbour for Christmas 2018 with either physical help or donations.

In particular, **Pender Harbour Choir, Glen and Ian from Rotary, Rona, the IGA crew, Len Lee, the Pharmacy, Euseria, John Henrys and the busy gang from HUGS.** Its getting better and brighter every year thanks to everyone's enthusiasm.

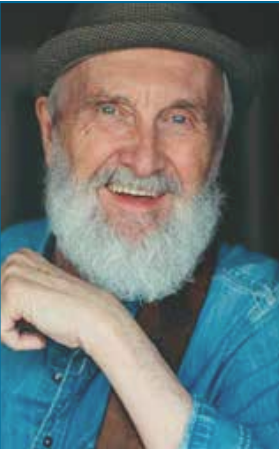
Bill and Lyn Charlton

Oceans full of Harbour Seals of Approval to **Mr. Smith and all Madeira Park Elementary students** who participated in the thank-you postcards to local veterans as well as Canadian Armed Forces serving in Mali, West Africa. Your appreciation of their contributions to Canada was truly heartwarming.

Lyn and Bill Charlton

A Harbour Seal of approval to **Erin at the Madeira Park post office.** I felt like she dropped everything to meet me at my roadside box to check out why my key wasn't working. Thank you Erin, your kindness did not go unnoticed.

Diane Baron



PENDER HARBOUR MUSIC SOCIETY PRESENTS:

FRED PENNER

**SUNDAY
FEB. 3
11:30AM &
1:30PM**

Hold on to your hats – Fred Penner returns to Pender Harbour for two shows!

SCHOOL OF MUSIC, MADEIRA PARK
Sponsored by Shelley & Allan Nienhuis/Rotary Club of Pender Harbour

TICKETS: \$15 (kids \$10) @ www.penderharbourmusic.ca Harbour Insurance Strait Music

Harbour Seals of Approval to **Carol Goodwin, Steve and Dilys Williams and Gloria Nicol** for doing such a terrific job in the organizing and running of the Pender Harbour Community Craft Fair. The proceeds of over \$800 to the P. H. Community Hall are very well appreciated.

Marlene Cymbalist
P. H. Community Club



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pender harbour tides ~ february 2019

February	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Fri 01	9.1	11.2	13.0	14.3	14.7	14.5	13.7	12.9	12.2	11.9	12.2	12.8	13.4	13.8	13.6	12.6	11.0	8.9	6.8	5.0	3.9	3.5	4.1	5.5
Sat 02	7.5	9.8	12.1	13.8	14.9	15.0	14.5	13.6	12.6	11.8	11.6	12.0	12.6	13.3	13.6	13.3	12.1	10.3	8.1	6.0	4.4	3.4	3.4	4.4
Sun 03	6.1	8.4	10.8	13.0	14.5	15.2	15.0	14.2	13.0	12.0	11.3	11.3	11.8	12.6	13.2	13.4	12.9	11.5	9.5	7.3	5.3	3.9	3.3	3.6
Mon 04	5.0	7.1	9.5	11.9	13.9	15.0	15.2	14.6	13.5	12.3	11.3	10.8	11.1	11.8	12.6	13.2	13.3	12.5	10.9	8.8	6.6	4.8	3.6	3.4
Tue 05	4.2	5.9	8.3	10.8	13.0	14.6	15.2	14.9	14.0	12.6	11.4	10.5	10.4	10.9	11.8	12.7	13.2	13.1	12.1	10.3	8.1	6.1	4.5	3.7
Wed 06	3.9	5.2	7.2	9.7	12.1	14.0	15.1	15.1	14.4	13.1	11.6	10.5	9.9	10.1	10.8	11.9	12.7	13.1	12.8	11.5	9.7	7.6	5.8	4.5
Thu 07	4.2	4.9	6.5	8.8	11.2	13.3	14.7	15.2	14.7	13.6	12.1	10.6	9.7	9.4	9.8	10.8	11.9	12.7	12.9	12.4	11.1	9.2	7.3	5.8
Fri 08	5.0	5.1	6.2	8.0	10.3	12.5	14.2	15.1	15.0	14.1	12.6	11.0	9.7	8.9	9.0	9.6	10.7	11.8	12.5	12.7	12.0	10.7	9.0	7.4
Sat 09	6.2	5.8	6.3	7.7	9.6	11.7	13.5	14.7	15.0	14.4	13.2	11.6	10.0	8.8	8.3	8.5	9.4	10.5	11.6	12.3	12.4	11.7	10.5	9.1
Sun 10	7.8	7.0	7.0	7.8	9.2	11.0	12.8	14.2	14.8	14.6	13.7	12.2	10.4	8.9	7.9	7.6	8.1	9.0	10.2	11.4	12.1	12.2	11.6	10.7
Mon 11	9.5	8.6	8.1	8.4	9.2	10.6	12.2	13.5	14.4	14.6	14.0	12.7	11.1	9.4	7.9	7.1	7.0	7.5	8.6	9.9	11.1	11.9	12.1	11.8
Tue 12	11.1	10.3	9.6	9.4	9.7	10.5	11.7	12.9	13.9	14.4	14.1	13.2	11.7	10.0	8.3	6.9	6.2	6.2	6.8	8.0	9.4	10.8	11.8	12.4
Wed 13	12.3	11.9	11.3	10.8	10.6	10.8	11.5	12.4	13.3	14.0	14.1	13.6	12.5	10.8	9.0	7.3	5.9	5.3	5.3	6.0	7.3	8.9	10.5	11.9
Thu 14	12.8	13.0	12.7	12.3	11.8	11.5	11.5	12.0	12.7	13.4	13.9	13.9	13.2	11.8	10.0	8.0	6.3	4.9	4.2	4.3	5.2	6.7	8.5	10.5
Fri 15	12.2	13.3	13.8	13.6	13.1	12.5	12.0	11.8	12.1	12.7	13.4	13.8	13.8	13.0	11.4	9.4	7.3	5.4	3.9	3.2	3.4	4.5	6.3	8.5
Sat 16	10.8	12.8	14.1	14.6	14.4	13.7	12.8	12.0	11.8	12.0	12.6	13.4	13.9	13.9	13.0	11.3	9.1	6.7	4.6	3.0	2.4	2.7	4.0	6.2
Sun 17	8.8	11.4	13.5	14.9	15.2	14.8	13.8	12.6	11.7	11.4	11.7	12.4	13.3	14.0	14.1	13.2	11.3	8.9	6.3	4.0	2.4	1.8	2.3	4.0
Mon 18	6.5	9.4	12.2	14.4	15.6	15.6	14.8	13.5	12.0	11.0	10.7	11.2	12.2	13.3	14.2	14.3	13.3	11.4	8.8	6.0	3.7	2.1	1.7	2.5
Tue 19	4.5	7.3	10.4	13.2	15.2	16.0	15.6	14.4	12.7	11.1	10.1	9.9	10.6	11.9	13.3	14.2	14.4	13.4	11.4	8.7	6.0	3.7	2.3	2.1
Wed 20	3.2	5.6	8.6	11.7	14.3	15.9	16.2	15.3	13.7	11.7	10.0	9.0	9.1	10.0	11.5	13.1	14.2	14.4	13.4	11.4	8.8	6.2	4.1	2.9
Thu 21	3.1	4.6	7.1	10.1	13.0	15.2	16.2	16.0	14.7	12.7	10.6	8.9	8.0	8.2	9.4	11.1	12.8	13.9	14.2	13.3	11.4	9.0	6.7	4.9
Fri 22	4.1	4.6	6.2	8.8	11.6	14.1	15.8	16.2	15.5	13.8	11.6	9.4	7.8	7.1	7.5	8.8	10.6	12.4	13.6	13.8	13.1	11.5	9.4	7.5
Sat 23	6.1	5.7	6.4	8.1	10.4	12.9	14.9	16.0	15.9	14.7	12.8	10.5	8.3	6.9	6.4	7.0	8.3	10.1	11.8	13.1	13.4	12.9	11.6	10.0
Sun 24	8.5	7.5	7.4	8.2	9.8	11.9	13.8	15.2	15.7	15.2	13.8	11.7	9.5	7.5	6.2	5.9	6.5	7.8	9.6	11.3	12.5	13.1	12.8	11.9
Mon 25	10.8	9.7	9.1	9.1	9.9	11.2	12.8	14.2	15.1	15.2	14.4	12.8	10.8	8.7	6.9	5.8	5.6	6.2	7.4	9.0	10.7	12.1	12.8	12.9
Tue 26	12.4	11.7	10.9	10.5	10.5	11.1	12.1	13.2	14.1	14.6	14.4	13.5	11.9	10.0	8.1	6.5	5.6	5.4	5.9	7.0	8.5	10.1	11.6	12.7
Wed 27	13.2	13.1	12.6	12.0	11.6	11.5	11.8	12.4	13.1	13.7	14.0	13.7	12.7	11.2	9.4	7.7	6.2	5.4	5.2	5.7	6.8	8.3	9.9	11.5
Thu 28	12.8	13.6	13.7	13.4	12.8	12.2	11.9	11.9	12.3	12.8	13.2	13.4	13.1	12.1	10.7	9.0	7.3	6.0	5.1	5.0	5.5	6.7	8.3	10.1

Robert Livingston (with data provided at www.tbone.biol.sc.edu/tide)

Cooler colour codes indicate lower tides. For kayaks and small boats accessing Canoe Pass (Beaver Island), these colour codes (right) indicate what should usually provide sufficient depth for passage. Note: variability occurs due to barometric pressure, wind conditions, etc.

Canoe Pass:



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hiking

Taking ‘hell’s stairs’ to the peak of Mt. Daniel

Garden Bay’s Melli McMillan is “on a mission to get back into shape.” “Since Mt. Daniel is a stone’s throw from my place, I figured I should hike up it, at least once,” Mc-Millan said.

The trail to the peak of Mount Daniel rises 1,061 vertical feet from the parking area.

It’s a steady climb that one can

make in about 40 minutes to an hour (depending on pace).

McMillan’s first ever summit attempt was back in October.

“I never made it to the top.

“The rain might have had something to do with it, but I had no climbing legs and was thoroughly gassed.”

Only three months later, she has tackled the climb over 50 times.

“The trail still irritates me,” Mc-Millan said.

“There is nothing pleasant about it, except the view on top.”

But McMillan says it’s the view that keeps pulling her back.

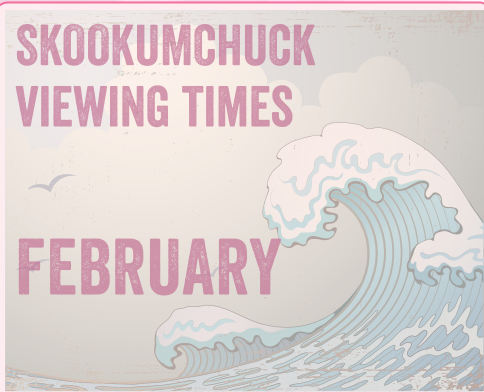
“That’s my reward — I take a picture after every climb.

“I figured I would get sick of the same view, but every day is different.”



Melli McMillan

This rewarding view makes the arduous climb to the top of Mt. Daniel worth every burning step.



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

1. 9:34 AM -S, 1:19 PM +S
2. 10:26 AM -S, 2:14 PM +S
3. 11:11 AM -M, 3:03 PM +S
4. 11:50 AM -M, 3:48 PM +S
5. 12:25 PM -M, 4:31 PM +S
6. 12:56 PM -M
7. 1:22 PM -M
8. 1:47 PM -M
9. 2:15 PM -M
10. 2:45 PM -M
11. 8:08 AM +L, 3:19 PM -M
12. 8:50 AM +M, 3:58 PM -M
13. 9:39 AM +M, 4:45 PM -M
14. 10:36 AM +M
15. 11:40 AM +M
16. 12:49 PM +M
17. 9:53 AM -S, 1:55 PM +M
18. 10:45 AM -M, 2:57 PM +M
19. 11:31 AM -M, 3:55 PM +M
20. 12:14 PM -M, 4:51 PM +M
21. 12:51 PM -L
22. 1:35 PM -L
23. 2:15 PM -L
24. 2:56 PM -L
25. 3:38 PM -L
26. 8:56 AM +M, 4:28 PM -M
27. 9:47 AM +M
28. 10:50 AM +S

These are estimates only and not intended for navigation.

harbour almanac



LOVE AND MONEY

12%

Percentage of the general population who say they've never talked about money with their spouse.

91%

Nearly all Americans in committed relationships agree that it is important to discuss their partner's financial history before marriage.

26%

Percentage of Americans who admit they tend to avoid talking about finances.

31%

Percentage of those (according to one study) with combined finances who admitted to lying to their spouses about money.

40%

The percentage of Americans surveyed who agree that honesty about finances is more important than honesty about fidelity.

1/3

In an American Express survey, one third of couples reported finances to be the most stressful facet of their relationship, followed by intimacy at 11 per cent, children (9 per cent) and in-laws (4 per cent).

89%

Percentage of married couples with annual household incomes of \$50,000 or more who say they are happy (compared to 79 per cent of couples with an annual household income below that level).

~ businessinsider.com

FEBRUARY WEATHER

TEMPERATURES, MERRY ISLAND

Our average February daily high temperature is 7.5 C; average low is 3.4 C, giving us a mean daily temperature of 5.5 C. The highest February temperature recorded is 14.3 C (Feb. 27, 1986); the lowest is -10.1 C (Feb. 13, 1990).

PRECIPITATION, MERRY ISLAND

February should have about 85.7 hours of bright sunshine (the most since October), 16 days with measurable rainfall and one day with measurable snowfall. February should have a total rainfall of 99 mm and a total snowfall of 7 cm. The highest February daily rainfall recorded is 49 mm (Feb. 11, 1983); the highest February daily snowfall recorded is 22.9 cm (Feb. 15, 1983).

harbour almanac

FEBRUARY ASTROLOGY



AQUARIUS: JAN. 20 - FEB. 18

Aquarians are original, independent humanitarians who shy away from emotional expression. This often makes them seem uncompromising and aloof. This new year starts with the Sun in Capricorn which will make things weird. As hinted at last month, a sensitive family matter will flare up before March. If it hasn't happened yet, it will land very soon. Prepare by taking a break from, and avoiding, family altogether. Don't feel guilty — you will soon see them excessively.



PISCES: FEB. 19 - MAR. 20

The finest of the signs, Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Pisceans need not worry — the stars love them in 2019. When it comes to that new relationship you've been considering, don't sell yourself short, you can do better. Romantic partners will come to you — the spring delivers a rare double-header of full moons in Libra and your intimate, erotic eighth house. A sexual windfall appears during this period.

BC BESTSELLERS

For the week ending Jan. 19

The BC bestseller list uses sales data from over 80 independent bookstores in BC representing sales of BC published books released within the calendar year.

1. **21 Things You May Not Know About the Indian Act** by Bob Joseph (Page Two Strategies)
2. **On the Rocks with Jack Knox** by Jack Knox (Heritage House Publishing)
3. **Hidden Life of Trees: The Illustrated Edition** by Peter Wohlleben (Greystone Books)
4. **One Eagle Soaring** by Roy Henry Vickers & Robert Budd (Harbour Publishing)
5. **Iron Road West: An Illustrated History of British Columbia's Railways** by Derek Hayes (Harbour Publishing)
6. **105 Hikes In and Around Southwestern BC** by Stephen Hui (Greystone Books)
7. **Dancing in Gumboots** edited by Lou Allison, with Jane Wilde (Caitlin Press)
8. **E.J. Hughes Paints Vancouver Island** by Robert Amos (TouchWood Editions)
9. **Out of the Woods: Woodworkers along the Salish Sea** by Pirjo Raits (Heritage House Publishing)
10. **Robert Bateman: The Boy Who Painted Nature** by Margriet Ruurs, art by Robert Bateman (Orca Book Publishers)

~ Association of Book Publishers of BC

FEBRUARY BIRTHDAYS

- Feb. 1 ~ **Randy Rayment and Earl Stewart.**
Feb. 2 ~ **Mary Cochet, Jennifer Jones and Paola Stewart.**
Feb. 3 ~ **Chloe Campbell and Lorna Rousseau.**
Feb. 4 ~ **Susan Hardie.**
Feb. 5 ~ **Rick Hartley and Roland Fritz**
Feb. 6 ~ **Lachlin Rand.**
Feb. 9 ~ **Joyce Garbers and Jackie Crowell.**
Feb. 10 ~ **Eddie Smith.**
Feb. 11 ~ **Cody Pantages, Scott Smith and Chris Garbers.**
Feb. 12 ~ **Ab Haddock and Tony Rabachuk.**
Feb. 13 ~ **Kim McCanse.**
Feb. 14 ~ **Dolly Clayton, Steve Morton, Christine Fenn and Elsie Rennie.**
Feb. 15 ~ **Shawna Lee Edwardson.**
Feb. 16 ~ **Carly Bloch and Irene Boyd.**
Feb. 17 ~ **Dot Farrell, Daniel Dore and Jessica Munro.**
Feb. 18 ~ **Rick Smalley.**
Feb. 19 ~ **Joan McDougall.**
Feb. 21 ~ **Ryan Phillips, Helen LeBlanc and Cathy Silvey.**
Feb. 22 ~ **Chelsea Scoular.**
Feb. 23 ~ **Tony Botticelli, Evelyn Cumming and Donna Campbell.**
Feb. 24 ~ **Debbie Rand.**
Feb. 25 ~ **Bruce Haines.**
Feb. 27 ~ **Neale Smith and Rick Jones.**
Feb. 28 ~ **Nolan Percival, Trevor Morin, Bob Walsh, Erin Fraser and Sharlene Gamble.**



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

Jennifer Mejia – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Lyn Rondeau – Adult Mental Health

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSIOTHERAPY – (604) 989-4828

PHYSICIANS – (604) 883-2344

Drs. Forgie, McDowell, Robinson & Smith

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

CHIROPRACTORS – (604) 883-2764

Dr. Blake Alderson, DC

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

Dr. Terry Dickson, DC, BSc, ART provider

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



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

ALCOHOLICS ANONYMOUS meets Wednesdays at 7 p.m. – everyone welcome.

TEENS' DROP IN CLINIC: Offered every Tuesday between 3 and 5 p.m.

LOAN CUPBOARD: Crutches, walkers, wheelchairs, commodes, raised toilet seats etc.

FOKUS (Focus On Keeping Us Strong):

Helping each other work towards better health – Fridays, 10:30am *FREE* More info? Lori 604-740-1151

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

harbour health

Recognize the importance of self-care

*Kym Harris,
PHHC Community Co-ordinator*

It is often easy to forget about taking good care of ourselves in our busy lives.

Many of us are working, caring for young children and some of us are acting as full-time caregivers for family members.

In our hectic and demanding schedules, we forget that taking care of ourselves should be our No. 1 priority.

If we neglect to do this, then what possible good can we be to those depending on us?

That said, most people in these types of situations do just that.

After all, surely we can put our own needs aside for our families, partners and even work.

It can feel more important somehow and the right thing to do.

In fact it is absolutely the wrong thing to do.

One must realize how crucial it is to take one's own needs into consideration and place oneself ahead of, or at least as valuable as, others.

This can be easier said than done and takes some time and practice to achieve.

Start by recognizing that your physical and mental health is important.

Make a goal, write it down on paper, and then take small steps to start.

Realize that it is important to take time out for yourself to maintain good health in order to continue caring for those you love.

Remember to start small.

This can include having a coffee with a friend, having someone that will offer a listening ear can be very



helpful.

Going for a short walk is a great way to destress and get some exercise too.

If you find it challenging to get out of the house due to family obligations, try taking a long bath.

Taking time out to read and do crossword puzzles can also be helpful.

Anything you find enjoyable and fulfilling can help give you a sense of self-care.

Sometimes it might be necessary to reach out to the community or the local health care system itself to obtain the time needed for one's own self-care.

Although our resources are limited, we are working on changing this at the Pender Harbour Health Centre.

Coming soon, the health centre will be offering an adult day program two half-days per week.

This will allow a full-time caregiver to drop off their family members to a warm, welcoming, and safe environment for some activity, socialization and lunch.

This time can then be used as respite for the caregiver.

Support groups are another way to recharge yourself and the health

centre will be offering a regularly scheduled Alzheimers support group in the near future.

Support groups are a good way to talk about concerns you have in the daily difficulties caring for a loved one with Alzheimers.

This is done in a confidential and safe environment with trained leaders and others who share similar experiences.

Getting emotional support and validation is another way of taking care of oneself.

Sometimes we must remember to reach out, make ourselves heard and ask for and insist on the help we need.

DRIVERS NEEDED

Can you spare some time to drive a senior in your neighborhood to their medical appointment?

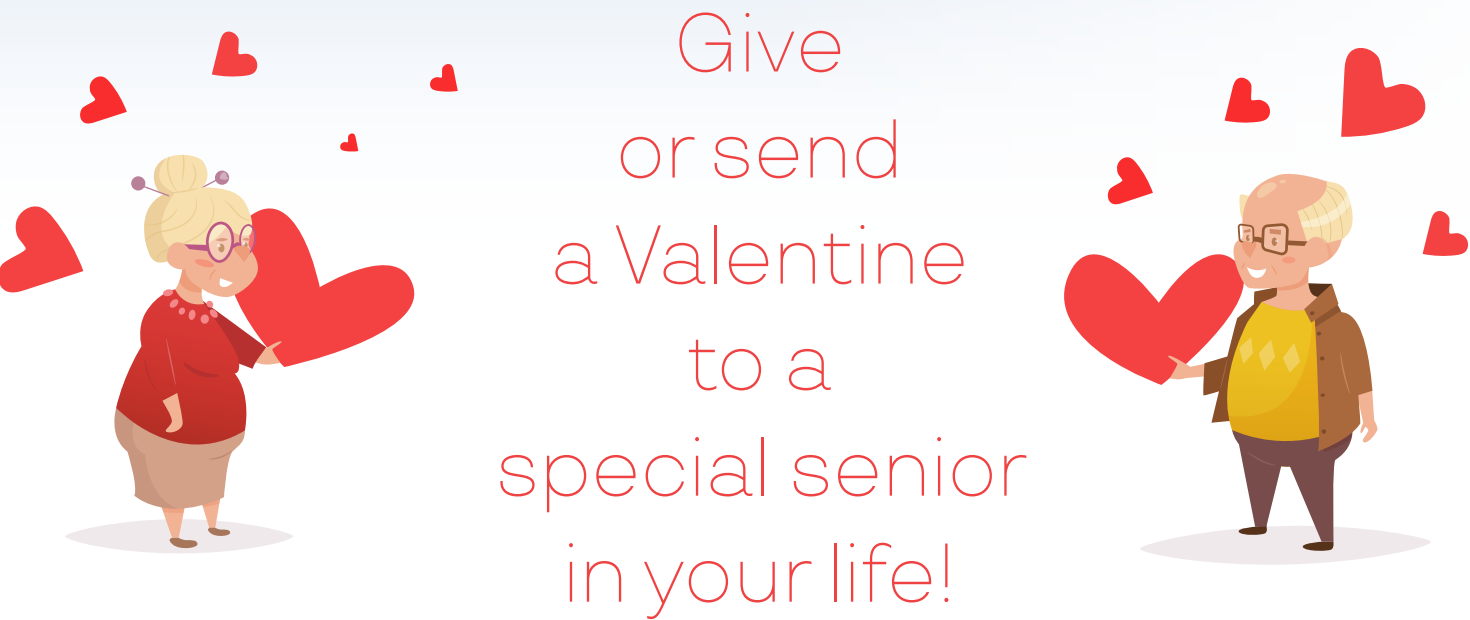
The Pender Harbour Health Centre is looking to register members into the Vancouver Coastal Health volunteer drivers program.

If you can help please contact Kym Harris at the health centre, Monday to Wednesday, 8 a.m. to 4 p.m., to help with this much needed service.

Mileage costs will be reimbursed, and liability covered by VCH.

This month in recreation

PHAFC PHSI PHCS





Seniors Helping Seniors

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

- CARPET BOWLING: Wednesdays, Feb. 6, 13, 20 & 27**
At the Egmont and Pender Harbour Community Hall 1-3pm Drop-In \$3.
- WALKING: Mondays, Feb. 4, 11, 18 & 25**
At the P. H. Community Hall 10:30-11am. Drop-in \$3.
- CHAIR YOGA: Fridays, Feb. 1, 8, 15 & 22**
At the P. H. Community Hall from 10:30-11:30am. Drop-In \$3. Improve your balance, strength & flexibility with gentle moves with Maureen.
- HARBOURSIDE FRIENDSHIPS: Thursdays, Feb. 7, 14, 21, & 28**
Thursdays at the P.H. Community Hall. Starting at 10:30am lunch served at 12 noon. Drop-in \$10.
- Feb. 7 – Games with friends.
 - Feb. 14 – Valentines Day Party.
 - Feb. 21 – Betty & Don Spanza to do a Tai Chi demonstration.
 - Feb. 28 – Nurse Jennifer Edwards to speak about our Heart.

Don't forget your valentine.



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www.scrd.ca/Recreation

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Beginner Total Body: Tues and Thurs 1-2:30pm. Feb 19-Mar 7. 6 classes/ \$120*
H2O Bootcamp: Tues Feb 5, 6-7pm and Sat Feb 16, 11am-12pm. \$15/ 1 class*
- YOGA with Instructor Brigit Cogrossi**
Core Back Essentials: Mon 9:15-10:13am Feb 11- Apr 8 \$96/8 classes*
Tues 6-7:15pm Feb 12 – Mar 19. \$72/ 6 classes*
Restorative Yoga: Tues 3:30-4:45pm Feb 12-Apr 2 \$96/8 classes*
- MYPASS/DROP IN HATHA FLOW**
Fridays 9:15-10:30am. Feb 8 start date
Use your monthly MYPASS or 10 visit MYPASS or pay drop in.
- ADULT STROKE IMPROVEMENT**
Fridays 12:15-12:45pm. Feb 1-Mar 14 \$42/6 classes*
30 minute swim lesson with a focus on improving technique and power for all strokes.
- FAMILY DAY: Monday February 18**
The facility is open 1-4pm.
- LOW COST SWIM TIMES**
Toonie Tuesdays: 5-8:30pm.
\$5 Family Swim: Sundays 1-4pm (Family is maximum 6 people, maximum 2 adults)
- *Pre-registration is required.



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604.883.2826
phcs@dccnet.com
www.pendercommunity.ca

- CHOCOLATE ROSES: For fun or for a special Valentine?**
Thursday, Feb 7, 6:30-8:30pm in the PHSS Foods Room ~ \$25
Learn how to sculpt your own beautiful roses out of Chocolate Clay. Perfect for decorating cakes, cupcakes or just giving one to your Valentine.
- RRSP & TFSA'S INFORMATION SESSION**
Wed, Feb 13, 6:30-8:00pm, Community School, \$10 donation
Learn the advantages and benefits of these investment options for any stage of life. Linda Cordell, SC Credit Union.
- CPR C & AED RECERTIFICATION**
Fri, Feb. 15, 10am-2pm pm at the Community School ~ \$75
A four-hour re-certification program. Call for more information.
- ITALIAN COOKING: Homemade pasta & sauces from scratch**
Thursday, Feb 21, 6:30-8:30pm in the PHSS Foods Room ~ \$30
Learn to prepare pasta from scratch with sauces & share a meal in class. You will prepare cannelloni, so please bring a take-home container.
- CONVERSATION CAFÉ**
Thursday, Feb 21, 6:30-8:30pm at Euspiria Café ~ free
Come out and hear from guest speaker discussing current youth issues, enjoy refreshments, ask questions, share ideas, information and other areas of interest with fellow parents!
- BASKET WEAVING**
4 Thus, Feb 28 to Mar 21, 9:30am-12pm @ the Community School ~ \$75
Beginner level class to learn to make different styles of baskets with various materials. Instructor is Karen Dyck. All materials provided.

The Shíshálh Nation’s ‘Strategic Land Use Plan’

Completed by the Sechelt Indian Band in 2007, the 110-page *Strategic Land Use Plan* intends to be “a living document for the land use planning within the Shíshálh Nation territory.”

Chapters of interest from the SLUP document will be excerpted in upcoming issues of the *Harbour Spiel*. To download the full document, visit www.shishalh.com/docuploads/forms-and-applications/A-Strategic-Land-Use-Plan-for-the-sh--sh--lh-Nation-1416417270-1.pdf.



Excerpted from the Sechelt Indian Band’s “A Strategic Land Use Plan for the Shíshálh Nation.”

3.2.5 ARCHAEOLOGY AND EVIDENCE OF CULTURAL USE

The Shíshálh territory has been subject to a moderate amount of archaeological work, the majority of which has been cultural resource management, driven by the requirements of developers and industry.

Until 2004, little research-oriented archaeological work had been conducted by either the Shíshálh Nation or academic institutions.

Consequently, the overwhelming majority of recorded archaeological sites are concentrated in three geographic areas: stl’ítl’kwu (Secret Cove), séxw?ámin (Garden Bay) and the ayl’-khain (Nelson/Hardy Island, Saltery Bay) area.

The bias towards recorded site distribution is a consequence of three factors.

Firstly, previous studies, most notably the Gulf of Georgia archaeological survey 32, have been marine-based studies with an emphasis on recording oceanside sites.

Of the total archaeological survey conducted within Shíshálh territory, 95 per cent has occurred within one kilometre of the oceanside, while five per cent has been conducted within a one- to two-kilometre distance.

Secondly, the majority of studies within Shíshálh territory have been cultural resource management projects initiated on behalf of industry, notably forest licensees and residential

and commercial construction, which generally occur in close proximity to the oceanside.

Thirdly, in cases where assessments of timber harvesting developments have occurred in upland environments, they have been conducted in disturbed/harvested areas that provide little chance of identifying archaeological sites, most notably culturally modified trees.

To begin rectifying the bias in archaeological research, the Shíshálh Nation initiated phase I of the Shíshálh Nation archaeological inventory and site evaluation in 2004, the objectives of which were twofold:

- To gain a better understanding of archaeological site distribution, and
- To better understand the antiquity and intensity of occupation.

As part of this study, high elevation areas located within the alpine and sub-alpine biogeoclimatic zones were subject to systematic archaeological survey and four shell midden/residential sites were subject to profiling and carbon dating.

Four archaeological sites were identified in the alpine during the inventory phase of the project and three sites in the vicinity of the Sechelt isthmus were profiled and carbon-dated.

Analyses of carbon dates indicate that occupation of these three residential sites extended back at least 3,500 years.

Further, high-elevation archaeological survey was conducted in 2005 at which time six additional high-elevation sites were identified along the north and west side of lékw’émín

(Jervis Inlet).

In addition, five archaeological sites were identified in 2006 at mid-elevation in spípiyus swiya (Caren Mountain Range) located along the central axis of the Sechelt Peninsula.

Archaeological survey in the ?iy ch’ách’tl-am (Clowhom Reservoir) and mitigative excavation of archaeological site DkSb-30 near Saltery Bay provided dates for the occupation of residential sites at between 7900-11,000 BP (before present).

The change in focus to research-oriented studies and the subsequent archaeological findings are consistent with Shíshálh oral history that states that the entire territory from the oceanside to the mountain tops was and continues to be utilized extensively and intensively by the Shíshálh Nation from time immemorial to present.

3.3 CURRENT POLITICAL STRUCTURE AND SELF -GOVERNMENT

3.3.1 SELF-GOVERNMENT

Beginning in the 1980’s, the Shíshálh Nation sought legislation for self-government in order to gain greater control over our own land, and to free ourselves from our status as wards of the federal Crown under the Indian Act.

On Oct. 9, 1986, Canada enacted the Sechelt Indian Band Self Government Act, S.C. 1986, c.27.

The stated purpose of the act was to “enable the Sechelt Indian Band to exercise and maintain self-government on Sechelt Lands, and to obtain

Harbour Spiel

control over and administration of the resources and services available to its members.

By virtue of this act, the 33 Band Lands previously held as reserves under the Indian Act were transferred to the Shíshálh Nation in fee simple title, and the Sechelt Indian Band name also became official.

The SIB also became the first Indigenous nation in Canada with self-government powers.

However, some federal laws still apply under this new arrangement.

On July 23, 1987, British Columbia passed the Sechelt Indian Government District Enabling Act, which established the Sechelt Indian Government District council as the administrative arm of our nation responsible for band land management.

3.3.2 POLITICAL AND ADMINISTRATIVE STRUCTURE

Since amalgamation in 1925, and informally prior to it, our historical Shíshálh leadership and political structure was replaced by a Canadian political system, which was imposed upon us by the federal Crown.

The exact nature of political structures and procedures imposed upon the nation were more formally defined upon the granting of self-government in 1986.

The current SIB administrative council is made up of an elected chief and four councillors with specific portfolio responsibilities.

The headquarters of the Shíshálh Nation is at the House of Héwhíwus in Sechelt.

3.3.3 TREATY NEGOTIATIONS

The SIB engaged in treaty negotiations with British Columbia and Canada in 1994, and completed an

agreement in principle in April 1999.

The AIP included an offer of land, \$40 million as cash compensation, a variety of hunting, fishing and gathering rights (including a fishing quota and a proposed wildlife harvest area), and phasing-out of tax exemptions.

This AIP was not supported by the Shíshálh Nation membership, on the grounds that the offer was inadequate.

For example, the land offer was for 0.6 per cent of the territory and represented the smallest offer of land on a hectare/person basis in Canada.

The cash offer in the AIP would also be paid out over 20 years, but the financial benefit for this would be offset against the imposition of a tax burden, resulting in a net financial loss to the nation over the long term.

The AIP also did not provide any provision for an increased decision-making role for the Shíshálh Nation.

The Shíshálh Nation leadership therefore submitted to BC and Canada in March 2003, a set of conditions required for the resumption of treaty negotiations.

These conditions have yet to be met.

In 2004, the Shíshálh Nation conducted a referendum to determine the level of support for continuing

with treaty discussions or engaging in litigation to resolve the issue.

The community provided leadership with a strong and clear mandate to proceed with litigation if necessary.

3.3.4 RELATIONSHIP TO NEIGHBOURING NATIONS

We are not a warlike people and have no tradition of conquest.

We were, however, subject to raids by northern groups and, on occasion, retaliated.

For the mainland populations, and particularly the Shíshálh, trade with inland peoples was a major feature of our commerce and provided access to exotic goods in exchange for surplus smoke-dried fish, dentalium shells, fish oil and húpit (deer) hides.

Though transportation for coastal trade was relatively easy, routes to the Interior were difficult and required considerable preparation and endurance.

In more recent times, we have negotiated agreements or a memorandum of understanding with several of our neighbouring First Nations to address boundary issues, including the Squamish Nation (1995), the Sliammon First Nation (1995) and the Te’mexw Treaty Association (1997).



Brian Lee

Starting in 2004, the Shíshálh Nation undertook an archaeological inventory that has revealed a number of previously unknown alpine archaeological sites, including at least five in the Caren Range (pictured here from the peak of Mt. Hallowell).

FEBRUARY

Sat. Feb. 2.....PODS rezoning/OCP amendment public information meeting - P. H. School of Music, 10 a.m.

Sun. Feb. 3.....P. H. Music Society presents Fred Penner (2 shows) - P. H. School of Music, 11:30 a.m. & 1:30 p.m.

Mon. Feb. 4.....Pender Harbour food bank pickup - P. H. Community Church, noon

Mon. Feb. 4.....P. H. Advisory Council meeting - Grasshopper Pub, 7 p.m.

Thurs. Feb. 7.....P. H. Community School presents "Learn how to make chocolate roses" - PHSS, 6:30 p.m.

Fri. Feb. 8.....School of Music Coffeehouse - P. H. School of Music, 7:30 p.m.

Wed. Feb. 13.....RRSP & TFSA info. session - P. H. Community School, 6:30 p.m.

Thurs. Feb. 14....Valentines Day

Fri. Feb. 15.....CPR C and AED recertification - P. H. Community School, 10 a.m. to 2 p.m.

Mon. Feb. 18.....Pender Harbour food bank pickup - P. H. Community Church, noon

Mon. Feb. 18.....Family day at the pool - PHAFC, 1 to 4 p.m.

Tues. Feb. 19.....P. H. Wildlife Society presents Jessica Torode-Scott - PHSS, 7 p.m.

Thurs. Feb. 21.....P. H. Community School presents "Italian cooking" - PHSS, 6:30 p.m.

Thurs. Feb. 21.....Conversation Cafe - Euspiria Cafe, 6:30 p.m.

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

FERRY DEPARTURES

Effective to March 31, 2019

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

7:30 am - Daily
9:45 am - Daily
11:55 am - Daily
2:10 pm - Daily
4:20 pm - Daily
5:30 pm - Daily
7:50 pm - Daily
10:55 pm - Daily

LANGDALE

6:20 am - Daily
8:40 am - Daily
10:50 am - Daily
1:05 pm - Daily
3:15 pm - Daily
5:25 pm - Daily
6:40 pm - Daily
8:55 pm - Daily

EARLS COVE

6:30 am - Daily except Sun
8:25 am - Daily
10:25 am - Daily
12:40 pm - Daily
5:05 pm - Daily
8:00 pm - Daily
10:00 pm - Daily

SALTERY BAY

5:35 am - Daily except Sun
7:25 am - Daily
9:25 am - Daily
11:20 am - Daily
3:40 pm - Daily
6:05 pm - Daily
9:30 pm - Daily

We come to love not by finding a perfect person,
but by learning to see an imperfect person perfectly.
~ Sam Keen



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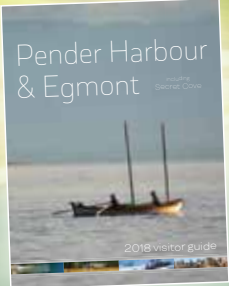
thank you

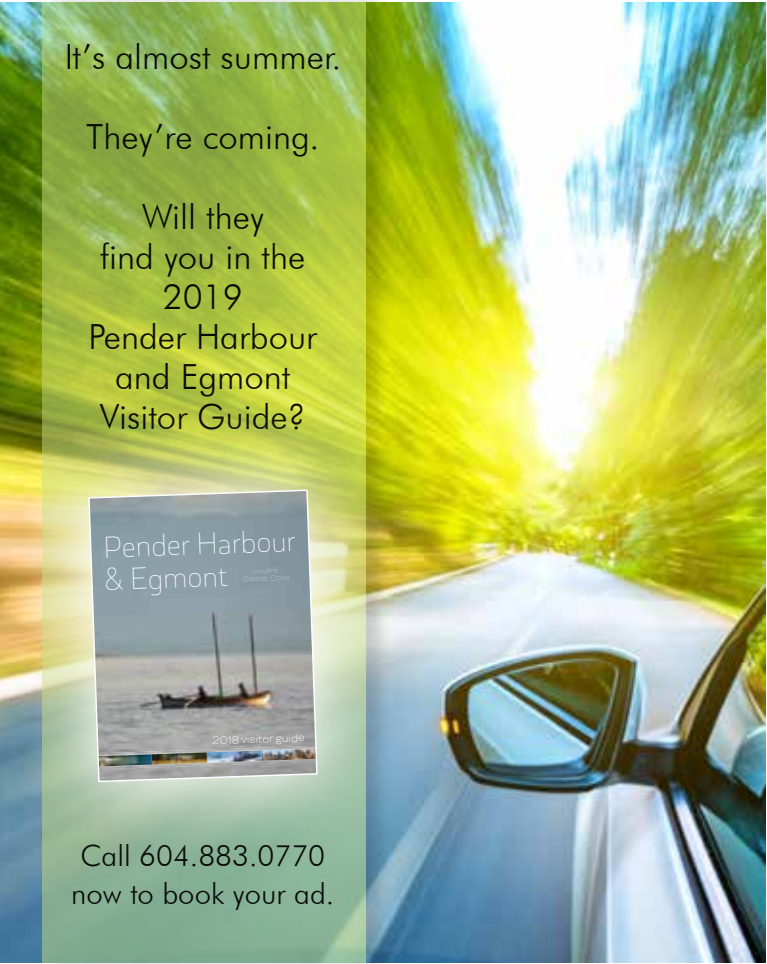
Jack Cewe Ltd. (Delta Rock)
for donating a load of crushed gravel to resurface
the paths at Princess Louisa Marina Provincial Park.

Sladey Timber
for their kind donation of a barge
to transport the gravel to the site.



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