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**FEBRUARY 2015
ISSUE 290**





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EDITOR

Brian Lee

CIRCULATION (2,000)

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

CONTRIBUTORS

This month we thank: Rose Everett, Helga Grout, Frank Mauro, Shane McCune and Amanda Peterson.

Cover: Just a short bushwhack off the Suncoaster Trail above Sakinaw Lake, a lonely mushroom basks in the mist of a flushed waterfall brought by recent rains. (Brian Lee photo.)

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SUBSCRIPTIONS

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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

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FEB. 26**

editorial

Je suis Charlie?



By Brian Lee

If one can take a positive from the attack on the French satirical newspaper, *Charlie Hebdo*, it was the media debate that erupted after about whether or not to republish the offending cartoons.

It gave us a prolonged glimpse into the often misunderstood and maligned mechanism of news reporting.

Read the comments below any online news story to see how folks consider themselves expert at second-guessing editorial decisions.

The *Charlie Hebdo* cartoon episode highlighted the dilemma editors face when publishing stuff that may be considered sensational or offensive.

But what made it even more compelling was how divided our brightest media minds were.

As one New York Times columnist wrote, it provided a “teachable moment.”

Major North American news outlets like the New York Times, CNN, Wall Street Journal and Washington Post all decided against including *Charlie Hebdo*’s Muhammad caricatures with stories about the attack.

Theirs was a sound argument and a good reminder for any conflicted journalist grappling with an issue:

Does it add to the story and does its news value outweigh the risk of offending the innocent?

David Walmsley, the Globe and Mail’s editor-in-chief, explained his decision not to include the cartoons:

“We hadn’t published the cartoons before the slaughter and our editorial position remains the same today.”

On the other side was the National Post, Montreal Gazette and many non-print media sources like the

Huffington Post or BuzzFeed.

In Canada the split was further pronounced with CBC’s English language service opting not to publish the cartoons while their French counterparts did.

My first reaction was to expect — and hope for — a movement in which news media around the globe would publish a symbolic caricature of Muhammad.

Not only would it show solidarity with *Charlie Hebdo* but it might also dilute the focus of attacks and render the cartooning taboo impotent.

Instead, “Je Suis Charlie” emerged as the hashtag anthem.

Yes, it affirmed our commitment to freedom of speech but did nothing to attack the core of what mobilized this atrocity in the first place.

A portrayal of the Prophet might be offensive to fundamentalist Muslims but one could argue not “needlessly offensive,” as David Studer, CBC’s director of journalistic standards and practices, claimed was behind his decision to abstain.

The lively debate around the *Hebdo* attack shows it’s a special case in which something bigger is at stake.

At least NY Times public editor Margaret Sullivan acknowledged her paper could be wrong:

“... given these events — and an overarching story that is far from over — a review and reconsideration of those standards may be in order in the days ahead.”

I’m not the only one to agree that their principles of sensitivity gave some major news outlets an easy out.

For what it’s worth, the *Harbour Spiel* teetered back and forth on the issue as well.

But rather than flipping a coin, I bet that it is better for a newspaper to be politically incorrect than afraid.

(Turn page for blasphemy.)

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

DID YOU KNOW?

An \$800,000 capital gains exemption is available for taxpayers disposing of shares in qualified small business corporations.

To qualify, the taxpayer must own the shares for at least 24 months and the corporation must be Canadian controlled and primarily active in Canada.



Events
large or small.

Doug Davis
604.740.2077

spiel picks

P. H. COMMUNITY CLUB AGM: Feb. 23, 7 p.m.

The Pender Harbour Community Club not only manages the historic Pender Harbour Community Hall property but it has long been the community's social hub for organizing many great events throughout the year. Learn more about this integral part of our community at its annual general meeting on Monday, Feb. 23.

SHÍSHÁLH NATION GATHERING: Feb. 28, 9:30 a.m.- 1 p.m.

The shíshálh Nation invites the community of Pender Harbour for a gathering of fellowship, learning and sharing on Feb. 28. The gathering will include food, ceremony and dialogue. This is an opportunity to set aside recent politics to engage, discuss and consider that our two communities have more in common than not. It starts at 9:30 a.m. on Saturday, Feb. 28. All are welcome.

SARAH WRAY HALL GRAND OPENING: Feb. 28, 1-4 p.m.

The Pender Harbour Living Heritage Society invites everyone to an Open House on Saturday, Feb. 28, between 1 and 4 p.m. to celebrate the grand re-opening of the old Irvines Landing Schoolhouse as the Sarah Wray Hall community centre. On Jan. 1, 2015, the SCRD transferred management of the hall to the Pender Harbour Living Heritage Society who will operate it for heritage programs and general community use.

Visitors can tour the renovated historic building, view heritage displays and enjoy refreshments. There will be a special welcome for anyone with memories of classes or community gatherings at the school in the old days. Parking and access for the handicapped is available at the building at 4334 Irvines Landing Road.

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Je suis Muhammad.

Nichols steals OCP show with Pender Harbour Band declaration

The public face of the Pender Harbour and Egmont official community plan review kicked off on Jan. 17 at the P. H. Community Hall.

"It's time for an update," said SCRD senior planner Andrew Allen to the gathering of about 60 people as he presented the OCP process.

The last OCP for Pender Harbour and Egmont was completed in 1998 and has been amended 10 times since.

According to a handout at the meeting, "An OCP is defined by the Local Government Act as a statement of objectives and policies to guide decisions on planning and land use management, within the area covered by the plan."

Allen is stickhandling the OCP process and said his first task, and the main purpose of the meeting, is to establish an OCP preview committee.

"We're looking for about 12 to 15 people with well-rounded skills and background and from various geographic locations throughout the planning area," said Allen.

Allen hopes to establish the committee by March with meetings undertaken until November and a draft OCP produced by December 2015.

More information can be found at www.scrd.ca and input can be e-mailed to Andrew.allen@scrd.ca.

Sechelt Indian Band chief Calvin Craigan took the mic after Allen to announce the band's interest in taking not only an active role in the OCP but in the general community as well.

Craigan announced a shíshálh-hosted community gathering at the P. H. Community Hall on Feb. 28.

After introducing attending staff and councillors, Craigan fielded a question about the motivation behind the recent construction of longhouses



Brian Lee photo

SCRD senior planner Andrew Allen running through the process at the official community plan review kickoff at the P. H. Community Hall Jan. 17.

in local provincial parks.

"We see these small longhouses as a contribution to let the general public know we are still here; we've been here for thousands of year," said Craigan.

"The land those parks sit on were originally ours. When reconciliation comes we're going to pursue how we're going to share those values."

Just as the meeting looked to be wrapping up, Frank Mauro introduced Shauntelle Nichols.

"I am here today on behalf of the Pender Harbour Indian Band to shed some light on the documented history of kalpalin," said Nichols.

Nichols and her family have been pursuing the process for legitimate recognition of what they call the Pender Harbour Indian Band for some years.

"They were an individual clan who governed their own territory, hunt-

ing, gathering and fishing grounds," said Nichols.

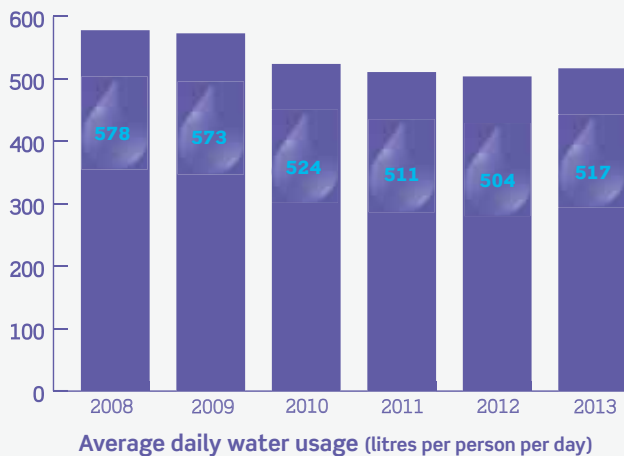
"The natives of Pender Harbour are today an active band formation and are going forward with the objective to reclaim the culture, history and voice of Pender Harbour people for the Pender Harbour community."

As the Sechelt Indian Band has taken recent interest in Pender Harbour, it has spurred approximately 30 First Nations people living in Pender Harbour and Egmont to vocalize their efforts.

Nichols recognized the Pender Harbour Band shared the same "blood and kinship" as the Sechelt Indian Band, but "...in respect, we ask the Sechelt Nation to please refrain from actions affecting the Pender Harbour area without notifying the Pender Harbour Band."

12874 Madeira Park Rd. 604-883-9525			
		Patti Gaudet 604-741-8413 Bill Hunsche 604-740-1411 Teresa Sladey 604-740-7535 Dave Milligan 604-885-5414 Carol Reid 604-740-6188	

3. ENVIRONMENT



The Sunshine Coast continues to gradually improve its conservation of water and landfill space. New initiatives to reduce car traffic include Bike to Work Week and the Sunshine Coast Car Co-op.

Regionwide environmental pressures are evident in the increasing numbers of invasive plants and red-listed species at risk of extinction.



Provincial red list of endangered or threatened species on Sunshine Coast:

- Threaded vertigo (snail)
- Northern goshawk (bird)
- Western painted turtle (reptile)
- Northern abalone (shellfish)
- Common wood-nymph (butterfly)
- Western branded skipper (butterfly)
- Silver spotted skipper (butterfly)
- Johnson's hairstreak (butterfly)

Sunshine Coast commuters (2011)



Other: 3%

Sunshine Coast's landfilled waste (per capita):

2010:
440kg/year

25%

2013:
330kg/year

The endangered Sakinaw Lake sockeye species is recovering.

As of Aug. 6, 2014, 439 adults had returned to Sakinaw Lake, making it the fourth season in a row with triple-digit returns. Two elements of the recovery strategy are a captive breeding program and the delay of fishing in the Johnstone Strait until the last week of July — after their return migration.

Wakefield Construction Inc. seeks creditor protection

Wakefield Construction Incorporated, the primary builder behind the reconstruction of the Pender Harbour Hotel, has filed a “notice of intention” to file a proposal seeking creditor protection.

The NOI was filed Jan. 9 and, under the Bankruptcy and Insolvency Act, it gives Wakefield Construction Inc. 30 days of protection from its creditors to enable the company to prepare a proposal.

An NOI is a procedure under the act that allows financially troubled corporations to restructure in order to avoid bankruptcy and allow creditors to receive some form of compensation for amounts owing.

The trustee appointed for the restructuring is Boale, Wood and Company Ltd. of Vancouver.

According to its website, Wakefield Construction Inc. was started in 2004 by Lance Sparling and maintains offices in Sechelt, West Vancouver and Vancouver’s west side.

Rumours have circulated on the Sunshine Coast for months about outstanding amounts owed to contractors and suppliers.

In a letter from Sparling obtained by the *Harbour Spiel* entitled “A Mes-



Brian Lee photo

Contractors were still onsite Jan. 13 after the Pender Harbour Hotel’s primary builder, Wakefield Construction Inc., filed for creditor protection Jan. 9.

sage to Owners,” Wakefield’s president indicates the company intends to make good on debts and complete current projects.

It also confirms accounting irregularities:

“We discovered in early October that our accounting department was not producing accurate information.

“As a result of this work we found that bank reconciliations had not been done for 10 months, vendors were being paid by invoice and not by statement and we had, to the best of our knowledge, between \$600,000 to \$800,000 in lost invoices.”

Bik Brar, representative of the family that hired Wakefield Construction to rebuild the Pender Harbour Hotel after it was gutted by fire in 2013, wouldn’t comment on how

Wakefield’s financial situation might affect his project’s completion.

By press time, contractors could be seen onsite and at least some work on the partially completed building was continuing.

RONA Sunshine Coast was a major supplier of material to that project.

“It’s an unfortunate situation,” said Russ Jones, owner of RONA Sunshine Coast.

“The specifics around it I’m not aware of but I am working with the trustee, John McKeown from Boale, Wood and Company, to recover our unpaid bills.”

For purposes of disclosure, Wakefield Construction Inc. also carries a small outstanding balance with the *Harbour Spiel*.

news briefs

ROYAL CANADIAN LEGION NO. 112 ELECTS NEW BOARD

On Dec. 19, the not-for-profit society that operates the Royal Canadian Legion No. 112 in Madeira Park held its annual general meeting.

Elected to the new board are Brent Parker (president), Ted Taylor (vice-president), Wendy Webb (treasurer), Sue McDonald (secretary).

Pat Wenger is the outgoing president.

INTERNATIONAL CONFERENCE COMING TO PENDER HARBOUR

In October 2016, Pender Harbour will be the site of the 17th International Fungi and Fibre Symposium, a week-long gathering of mushroom dyers (fibre artists with a passion for obtaining colours from fungi).

An initial planning meeting is scheduled for Feb. 14 at 1 p.m. at the P. H. School of Music.

For more information, call Ann Harmer at (604) 883-3678.

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Brian Lee photos

Anyone who managed to shuck their jammies for hiking shoes on Christmas Day and made the trek to Francis Point Park was rewarded to find a pod of about nine Steller's sea lions feeding near shore. The massive beasts traced back and forth along the shoreline trail to the lighthouse for at least three hours, mostly oblivious to a number of delighted families just looking for some fresh air and sunlight.

Canada Post looks to online shopping for growth

As anyone visiting the Madeira Park post office in the days leading up to Christmas might attest, the predictions of doom for our national postal service are somewhat premature.

“As we approached Christmas Day we saw a 30-per-cent increase on some days,” said Madeira Park postmaster Erin McKibbon.

That’s up from a 20-per-cent spike in volume McKibbon estimates they have been experiencing since the summer.

Because of the rapid growth of online communication, the Crown corporation has experienced a precipitous drop in lettermail volume — 4.5 million fewer pieces per day in 2013 than in 2006.

While the volume of lettermail drops, the number of addresses served continues to grow — 1.2 million more in 2013 than 2006.

This has resulted in unsustainable operating losses that looked to doom the letter carrier.

But the same Internet that took away Canada Post’s core product has opened new doors for the Crown corporation and it is actively capitalizing on the opportunity.

According to Canada Post’s 2013 annual report, domestic lettermail volume declined by 4.8 per cent in 2013 while domestic parcels increased by 6.9 per cent during the same period thanks to robust online sales.

In 2013, Canada Post employees delivered 5 million more parcels than the previous year, boosting revenues by \$93 million.

While that figure wasn’t enough to overcome 2013’s \$269 million operating loss, the growth in e-commerce is clearly a trend the carrier recognizes as its future.

Canada Post recently invested

\$200 million to build a distribution centre at YVR to replace their multi-story processing centre in downtown Vancouver.

The 700,000-square-foot Pacific Processing Centre comes with its own tarmac to accommodate Canada Post’s contracted fleet of Boeing 727s and is just one cog in a \$1.7-billion modernization program.

According to Statistics Canada, retail e-commerce sales accounted for 1.5 per cent of total retail sales in in Canada 2012.

And it’s still growing.

For each year between 2015 and 2017, e-commerce sales are expected to grow by 12.5 per cent.

Canada Post delivers two out of three packages ordered online.

Here on the Sunshine Coast, with fewer retail options, these figures are likely even higher.

McKibbon says she’s seen just about every type of product come through her outlet from tires and step-ladders to TVs and Ikea furniture kits.

The most popular online retailers?

“Amazon for sure but Walmart is really picking up steam,” says McKibbon.

Other popular retailers include Costco, Ikea, Beyond the Rack and eBay.

McKibbon said she has also seen a rise in smaller parcels shipped for free directly from China.

“They mail very small items like trinkets and gadgets. We don’t look at the contents of packages but a lot of customers do mention what they buy,” said McKibbon.

The change in service means a change for employees of local postal outlets as well.

Not only do the larger parcels re-

quire more storage space but employees have to physically accommodate the increases in weight and size.

“Our job has changed. Where we used handle a lot of letters and a few parcels, now it’s becoming a more physical workday,” said McKibbon.

To accommodate the change in volume McKibbon says there have been discussions about boosting the square footage to allow easier handling of parcels but they are coping fine for now.

As the service improves, its hard to say what the future holds for “brick and mortar” retailers struggling to find a niche in the rapidly changing retail landscape.

“We’ve had a few people say that they’ve started to order items online and they feel bad for local retailers,” says McKibbon.

“But they say the price and the delivery, you just can’t beat it — it comes right to their door.”

ALL WELCOME:

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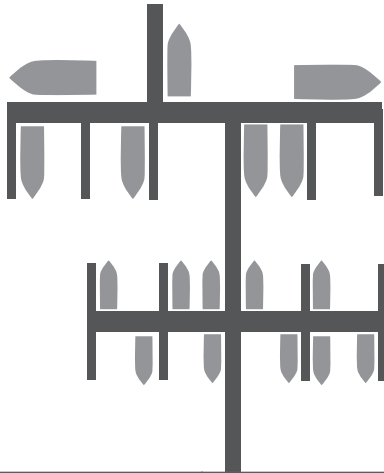
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Join the Pender Harbour and Egmont Official Community Plan Review Committee

We are looking for volunteers (approximately 12-15 people) to form a well-rounded and diverse OCP review committee to assist in the development of the updated plan.

The group would likely meet on average of every 2-3 weeks throughout 2015 (with a summer break) to provide recommendations on vision, goals, objectives and policies within the OCP.



Applicants should respond by Feb. 20:
Andrew Allen, Senior Planner
Andrew.allen@scrd.ca
604-885-6804

HOW THEN SHALL WE LIVE?

**A workshop for people who are looking for
alternate retirement housing and lifestyles.**

By 2026, one in six Canadians will be over 65. Baby boomers are looking for homes with less maintenance to provide more freedom. Plenty of seniors' housing exists yet many find the options limited or unaffordable.

This workshop will present diverse housing alternatives and attendees will explore their situations and preferences while developing ideas for themselves and their community.

Facilitator Rita Boehler-Wiebe has a strong and unique background in both health care and architecture and offers insightful understanding of lifestyle needs at any age.

Friday, March 20 · 9:15 am – 4:45 pm
Royal Canadian Legion #112

(The kitchen will be open for those participants who do not wish to pack a lunch.)

To register:

Linda Curtiss: 604.883.2819 (lcurtiss@eastlink.ca) or Marlene Cymbalist: 604.883.9900

Brought to you by the Pender Harbour Seniors Initiative, a VCH SMART funded program

RCMP alerting public to scams

Submitted

Residents of the Sunshine Coast are being targeted by fraud artists once again, this time with the promise of essential computer repairs.

Sunshine Coast RCMP have received multiple reports of people receiving suspicious phone calls associated with what is often referred to as the "Microsoft Scam."

What typically happens is a resident receives a phone call, often from someone claiming to be from a reputable company like Microsoft.

The caller tells the resident that they have error files on their computer indicating a virus and that for a fee of around \$50, the caller will remotely access their computer and remove the virus.

The resident is told to download software, which the scammer can use to access online banking information and personal data.

The scammer then tells the resident that instead of taking the payment, the company mistakenly deposited money into the resident's bank account.

They will then ask the resident to send a money order to the company to refund the overpayment.

The money order gets cashed, while no overpayment ever occurred.

"These scammers can be very persuasive and believable, so we want the public to be aware that this is a scam.

"Downloading software to allow someone to remotely access your computer carries inherent risks," said Sunshine Coast RCMP Const. Harrison Mohr.

"Unfortunately it is often the elderly that are targeted by these scams, so we ask that people talk with their

parents, grandparents and neighbours, to help them avoid being victimized."

It is extremely difficult to track these types of scammers, but residents are encouraged to report any attempted fraud to the Canadian Anti-Fraud Centre.

Anyone who has fallen victim to this, or any scam, should also report the incident to their local police.

FACEBOOK SCAM

On Jan. 9, a Sunshine Coast resident reported being scammed after being "friended" on Facebook by an unknown male suspect.

The suspect convinced the resident that he needed financial assistance for a good cause.

After receiving a fraudulent scanned image of the scammer's passport to "prove" his identity, the resident wired a large sum of money to a third party at the suspect's request.

A second large sum was wired to a different third party a few days later, again at the suspect's request.

The suspect then requested another large sum of money at which point the resident grew suspicious.

When the resident voiced these concerns, the suspect became even more demanding.

The file is still under investigation.

Common Canadian Scams

(CBC's Doc Zone, Nov. 20, 2014)

CATPHISHING

A romance scam in which a fraudster pretends to be someone they are not on an online dating or social media website, for the purpose of taking money or personal information from their targets.

ASTROTURFING

This is a term for posting fake online reviews on websites such as Google or Yelp. It's a form of false advertising that can help to boost a company's public profile online through what is supposed to be an unbiased consumer review website.

PRETENDER SCAM

A business receives an invoice which appears to be from an "authorized" service provider for things like online advertising, webhosting, website domain registration or trademark copywriting services. In all cases, the service is misrepresented and the business is often threatened that they will be referred to a collections' service if they do not pay the invoice.

PENDER HARBOUR MUSIC SOCIETY PRESENTS:

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& Jane Hayes*

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Presented by Pender Harbour Chamber Music Festival www.penderharbourmusic.ca



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School of Music, Madelra Park

TICKETS: \$25 at Harbour Insurance,
John Henry's Marina, Sechelt Visitors
Centre & Gala's Fair Trade

Training for the Mountain Grind? Think aerobic.



By Amanda Peterson

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

Training your cardiorespiratory system to take on an obstacle course race also involves aerobic training.

Don't confuse aerobic exercise with spandex, headband and bouncing to the beat in a step class; aerobic exercise is continuous, sub-maximal exercise, performed over a long period of time.

Long, slow, distance training is a form of aerobic exercise which involves high volume, or high mileage, performed at low or moderate intensity.

The activity should last 15 to 60 minutes, and be performed three to five times per week — for example, a long walk, a hike or a light jog.

Aerobic exercise can also involve intermittent bouts of exercise performed at a higher intensity.

Consider running for five minutes, walk or jog for five minutes, and repeat.

The extra stress on the cardiorespiratory system helps improve aerobic power, muscular strength and speed.

PHYSICAL EFFECTS OF TRAINING

Training indoors on a treadmill is one way to start your training, but remember the race is on a mountain trail.

The best way to train is to get outside and start walking so walk or hike for 10 kilometres and then work on increasing your speed.

You'll find you will work muscles you didn't know you had from running outdoors.

You will use different stabilizing muscles to adjust to the changes in surface you encounter like grass, gravel, mud, and pavement.

These changes are what stimulate your body to improve.

PSYCHOLOGICAL EFFECTS OF TRAINING

Training outdoors also provides psychological benefits.

Studies indicate working out in nature — amid the trees and far from the typical stressors of life — boosts a person's mood and lowers tension, anxiety and stress levels.

It is also stimulating for your mind to have changing scenery rather than the same four walls surrounding you at the gym, or at home on the treadmill.

Being in the weather is something you will have to prepare for, in

training and for the race.

Proper clothing will help in your adventures so seek out the best footwear, jackets, pants and gloves.

Carefully chosen footwear and gloves will be important during the obstacle course race as you will be working through varying terrain and climbing walls.

The gloves will help protect your hands and allow longer grip durations throughout the obstacle challenges.

Having proper gear to train in will prepare you for the elements you could face on race day.

HYDRATION

During intense exercise, it is possible lose up to two litres of water per hour.

Water is important for temperature regulation, removal of waste products, maintaining pH balance, and energy production.

Dehydration can inhibit your physical performance and if severe, can lead to serious medical complications.

Drink water before you even start your training — before you start to lose any water at all.

Take small amounts in during your training and don't rely on thirst as an indicator for a drink break.

If you drink large amounts all at once, you may find it can cause discomfort with cramps and nausea, so try to maintain adequate water intake during exercise.

Water is the best fluid to drink because it is the most quickly absorbed into the body system.

Sugar and salt beverages take longer to absorb.

Hydration should begin one to two hours prior to the race and be maintained throughout the event.

Take some time for you.



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Take a look at the new face of Royal Canadian Legion No. 112

Dear Editor,

In the public's eye, the Legion is a mysterious, dark building, with restricted access where a few old people come to drink and play darts.

Members are only visible on Remembrance Day or selling poppies on the corner.

Nothing could be further from the truth. Today your Legion is vibrant and fiscally viable.

Membership, at \$45 per year, is open to anyone and no military or RCMP affiliation is required.

More important, you don't have to be a member to experience what the Legion has to offer.

The only requirement, due to liquor law guidelines, is that non-members sign the register and have a member countersign.

It's easy and painless.

But why not join instead, which gives you access to every Legion in Canada, their counterparts in the U.S. and a chance to support many community projects?

As a liquor primary licensee, the Legion is normally not permitted minors on the premises but thanks to recent changes to our liquor laws, the Legion now allows minors under certain circumstances.

Anytime the kitchen is open and meals are consumed, minors, accompanied by a parent or guardian, are allowed until 10 p.m.

Think of it as a family friendly restaurant during meal hours that serves liquor.

Also, the Legion can now provide jobs for some of our senior

youth, serving meals and working in the kitchen — a win for everyone.

What else does membership provide?

The Legion has the only pool table in town, dart boards line the walls waiting for players, lottery terminals, a cribbage club in evidence every Wednesday, and a wide screen TV with all the sports channels.

The Legion holds meat draws twice each week on Saturday and Sunday and our chef prepares superb, inexpensive food.

Weddings, wakes, meetings, celebrations of any type are all possible at your Legion and it's open to any and all challenges.

It holds at least one special function a month: New Year's, Robbie Burns Day, Valentine's Day, golf tournaments, concerts such as Nearly Neal, Oktoberfest, the Rotary art auction to name a few.

It's your chance to be part of one of the oldest volunteer service organizations in Canada.

How has your Legion contributed to our community this year?

Besides providing two post-secondary education bursaries to PHSS students in financial need, the Legion donated funds for the MPES trip to Camp Byng for leadership training, kitchen facilities for preparation of the Healthy Meals program, \$1,675 in 2014 to our local food bank, \$500 to the PTSD and dog training programme, supported the P. H. Health Centre providing monitors for the Healthy Heart program and provided staff training for nurses.

It helped fund the Seaforth High-

lander army cadet core, the P. H. Pipe Band, the Coast Fiddlers, Harbourside Friendships and P. H. Community Club Fall Faire.

This is what your dues, attendance at functions, meat draws and gaming revenues help support.

Today the Legion still advocates for veterans, their dependents and the needy — not only those that served in the major wars, but anyone who has ever donned a Canadian uniform including the RCMP.

Canada's recent actions and peacekeeping abroad means there are plenty of veterans who need help obtaining benefits and services.

We advocate for them and remember them.

The money collected through poppy sales is mandated and only spent in support of veterans' needs, not day-to-day expenses.

Your Legion is a valuable community asset, which must be used and retained.

Legions throughout the Vancouver area are thriving and there is no reason why it can't happen here.

Like us, they receive no government support to keep the doors open.

Become a member, participate and donate your expertise and time.

If you don't wish to become a member, enjoy a meal with your friends and celebrate what we are fortunate enough to have.

If you don't, this valuable community asset may become just a memory.

Bill and Lyn Charlton
Garden Bay

LETTERS

The *Harbour Spiel* welcomes letters to the editor. Letters 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.

e-mail: editor@harbourspiel.com

An overview of SCRD advisory committees



By Frank Mauro,
Area A Director

The SCRD board appoints a number of volunteer advisory committees with various specialties to assist the board in decision-making.

The advisory committees provide greatly appreciated considered opinions from experts in the community and the input assists directors in gauging community views on various subjects.

Some committees are area-specific and some are region-wide.

The area specific committees are:

ADVISORY PLANNING COMMISSION

It's required by the Local Gov-

ernment Act to "... advise the board, or a director of the board representing the electoral area, on all matters referred to it by the board or by that director respecting land use, the preparation and adoption of a community plan, or a rural land use bylaw or a proposed bylaw or permit that may be enacted or issued..."

The Area A committee meets monthly and consists of 12 members (the maximum).

Minutes and recommendations from these meetings are forwarded and considered at the board's planning and development committee.

NORTH AND SOUTH PENDER HARBOUR WATER ADVISORY COMMITTEES

These two committees advise the area director on capital works, opera-

tion and performance of the associated water systems.

Region-wide committees include:

PLAN MONITORING ADVISORY COMMITTEE

A statutory committee "to monitor and advise the SCRD on matters involving the implementation of the Sunshine Coast solid waste management plan, and evaluate its effectiveness."

This includes landfills, recycling, collection and all matters relating to solid waste.

NATURAL RESOURCE ADVISORY COMMITTEE

The members have expertise in natural resources, community, watershed and economic development etc., and make recommendations to the

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

Special Corporate and
Administrative Services Committee
- Round 1 Budget Review

February 3, 4, 5 and 10 at 9:00 a.m.

Infrastructure Services Committee

February 5 at 1:30 p.m.

Planning and Development
Services Committee

February 12 at 9:30 a.m.

Regular Board

February 12 at 7:30 p.m.

Community Services Committee

February 19 at 1:30 p.m.

Corporate and Administrative
Services Committee

February 26 at 1:30 p.m.

Regular Board

February 26 at 7:30 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.

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.



planning and development committee on broad resource issues including:

- Timber harvesting operations and forestry plans;
- Environmental impact of resource activities on air, land, watersheds, lakes, ocean;
- Economic significance of resource use decisions;
- Outdoor recreation natural resource issues, and
- Other resource issues for the Sunshine Coast.

This committee has 12 members and meets every two months.

RECREATION AND PARKS SERVICES ADVISORY COMMITTEE

Advises on matters related to parks and recreation to the interests and needs of citizens and user groups across the entire region.

Duties include:

- Providing input to staff, hearing delegations from citizens and user groups, and advising the SCRD on policy re the Parks and Recreation Master Plan;
- Advising on gaps or significant issues with community organizations and user groups and the public, without making operational decisions;
- Providing advice on meeting both social and physical needs of residents of all ages, and
- Supporting partnership approaches and fostering community development.

This committee consists of 12 members and meets once per month.

AGRICULTURAL ADVISORY COMMITTEE

Makes recommendations on the following issues:

- Applications initiated under the Agricultural Land Commission Act;

- Applications to amend official community plans and zoning bylaws affecting Agricultural Land Reserve lands;

- Transportation plans within or adjacent to the ALR, and

- Major development proposals with potential impact on the ALR.

This committee consists of 12 members and meets once per month.

There are several other committees including affordable housing and youth action etc., but due to space issues, these will be a topic of a future article.

The Area director sits as an ex-officio member on all the local committees and a director is appointed as board liaison on the region wide committees.

I was liaison to the PMAC and NRAC last year and am liaison to NRAC this coming year.

I wish to end with a very important local volunteer committee:

The official community plan review committee is a limited duration special purpose volunteer committee which will be struck to review the Area A OCP.

It is a very important, challenging, and complicated task.

The reward will be the satisfaction in knowing that you have participated in setting the vision and direction for our community.

OPEN DISCUSSION

I will be available between 8 a.m. and 10 a.m. on Saturday, Feb. 6 at the Copper Sky in Madeira Park to answer questions and to listen to your concerns.

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

THANKS! to local merchants:

- **Richard** (PetroCan)
- **Richard & Dave** (Oak Tree Market)
- **Troy** (IGA)
- **Moe, Carey & staff** (Marina Pharmacy)
- **Tess & Russ** (Rona)
- **Earth Fair Store staff**

We are truly blessed to have such caring merchants in our community to help make our events successful.

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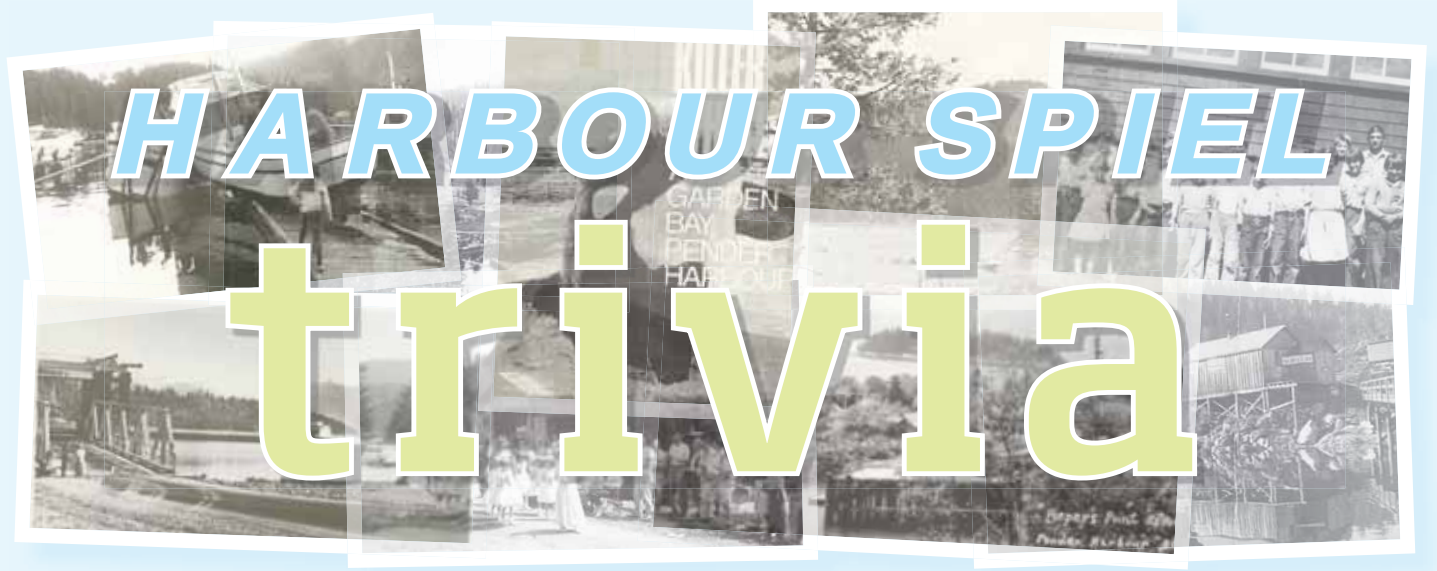
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VALENTINES DINNER
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trivia

1. Which of the following is one of two local electric vehicle charging stations?

- ☐ a. Egmont Heritage Park
- ☐ b. Earls Cove Ferry Terminal
- ☐ c. John Henry's Marina
- ☐ d. Madeira Park government wharf

2. How long does it take to hike into Skookumchuck Narrows (one way)?

- ☐ a. 20-30 minutes
- ☐ b. 45-55 minutes
- ☐ c. 80-90 minutes
- ☐ d. 90+ minutes

3. Which local island is (falsely) reputed to have been once owned by Robin Williams?

- ☐ a. Harness Island
- ☐ b. Beaver Island
- ☐ c. Edge Island
- ☐ d. Whitestone Island

4. Spelling of the channel separating Nelson Island and Egmont/Pender Harbour?

- ☐ a. Agamemnon
- ☐ b. Agamennon
- ☐ c. Agamemgnon
- ☐ d. Agamemenon

5. What local geographical feature is named Ambrose?

- ☐ a. bay
- ☐ b. mountain
- ☐ c. channel
- ☐ d. lake

6. Chair of the SCRD

- ☐ a. John France
- ☐ b. Frank Mauro
- ☐ c. Garry Nohr
- ☐ d. Donna Shugar

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Gertrud Makrutzki (née Shmidt)

SEPTEMBER 13, 1926 — DECEMBER 28, 2014

Gert was born in Haltern, Germany and was a long time resident of Madeira Park.

On Dec. 28, at the age of 88, with her body and mind tired after a brief illness, she left us.

She was predeceased by her

beloved husband Herbert and siblings Hannie, Millie, Heinz, Henny and Heti.

She is survived by sister, Leni as well as nieces and nephews.

Gert will be remembered by family and friends for her kindness

and affection for those around her and her feisty spirit.

There will be no service, by request.

In lieu of flowers, please make a donation to a charity of your choice.

photojournal



David Campbell photo

The clear atmosphere and dramatic cloud formations often make the winter the best time for photographing local sunsets.

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Accidental Eden: Hippie Days on Lasqueti Island

The following is an excerpt from "Accidental Eden: Hippies Days on Lasqueti Island" (Caitlin Press) by Douglas Hamilton and Darlene Olesko.

The present-day Lasqueti Island Arts Centre, with its grassy lawn and surrounding forest, provides a perfect place for the lively summer Saturday market, the new kids' playpark and the summertime arts picnic.

The building is in False Bay, on two acres of land belonging to the Powell River Regional District and therefore to the people of Lasqueti Island.

But in the 1970s, this very spot was occupied by a different building altogether. This was the site of Lasqueti Branch 166 of the Royal Canadian Legion.

It was open on the last Saturday night of each month.



Tom Wheeler photo

Lasqueti locals hanging out on Douglas Field during a 1975 May Day picnic.

You entered the hall into a coatroom, then turned left into the main room, where one side consisted of tables and chairs all set up for the bingo games.

Ultra-bright electric lighting came from the overhead lights, which were powered by a diesel generator that throbbed from the forest beyond the parking lot.

Ian Cole, the ferry captain, always brought a big pot of chili to share, and the delicious smell wafted in the air.

The bar was a little room with a small square opening where you ordered your beer.

Beer was a stubby brown glass bottle of Old Style, and it cost 50 cents.

The Legion members took turns bartending.

Island men in their 40s, 50s and beyond, they were especially friendly with the young hippie girls.

They'd make jokes and tease us as we slid the two quarters across the plywood counter.

The old-timers would play bingo with bingo cards splayed out in one hand and a drink in the other and maybe a cigarette smouldering away in the ashtray.

Rosa Shumack would have about five or six bingo cards fanned out on the table, as well as a few in her hand.

"On the B! Eleven on the B!" a big voice would shout out.

Round discs would slide over numbers; people would mutter to each

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1. **Whitewater Cooks With Passion** by Shelley Adams
2. **The Sea Among Us** Edited by Richard Beamish and Gordon McFarlane
3. **Live at the Commodore** by Aaron Chapman
4. **Great Bear Wild** by Ian McAllister
5. **Who We Are** by Elizabeth May
6. **Cardboard Ocean** by Mike McCardell
7. **The Dirty Apron Cookbook** by David Robertson
8. **Echoes of British Columbia** by Robert Budd
9. **From the West Coast to the Western Front** by Mark Forsythe and Greg Dickson
10. **That Went By Fast** by Frank White

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other and lean one way or another, trying to see how their neighbours were doing.

On the other side of the room, young people would be setting up to play music.

At first, the newcomers were allowed to play music only when the bingo game was over, and after that, a few favourite dance records were played.

Then we set up our guitars and our funky little amps, if we had any.

Microphones were those little tape-recorder mics, wrapped with electrical tape onto a branch that was set into a stable steel plate, or whatever worked.

We shared them, two or three to a mic.

There was a small room, like a kind of kind of closet, at the rear of the hall.

If we brought our kids along, and we usually did, we'd sit in there with them, maybe tune our guitars or just play games with them, and then snuggle them into coats and blankets when they fell asleep.

Then we'd leave the door open just a crack and go out and have fun.

Our throw-together bands had a few singers, a few guitar players, one bass player and a drummer.

The drummer had a small, basic set with a very tinny sound, which sounded great to our ears.

We played songs like "Hotel California," "Up on Cripple Creek," "Lively Up Yourself" and "Satisfaction," which are many of the same songs we play today at jams.

We'd drink as much of the 50 cent beer as we could afford and play and dance until about 10 or 11.

The mood in the Legion Hall was relaxed and friendly, but there were a

few incidents that I can recall.

One time, Terry Beck was having a heated argument with Keray Farrell and it came to blows over in the corner.

Terry's mother, Ruby Nichols, was standing over the fighters, shrieking, "Kill him, Terry! Kill the son of a bitch!"

All of us peace-loving hippies stood by in shock at this violent display, but no one killed anyone.

Another time, Bill Harrison walked into the room, looked around and said in a loud voice,

"We're gonna get the RCMP in here and clean this whole place up," directing his baleful glare at us newcomers.

But it was all bluster, and everyone got right back to the business of bingo and beer.

The place never did get "cleaned up," much to our appreciation.

We continued to enjoy those Legion Saturday nights for several more years, until the Legion was burned to the ground in 1979 by a troubled young local man.

He also set fire to the little wood-working building in Mud Bay known as the Scottie Shack, and then made an unsuccessful attempt to burn down



photographer unknown

Merrick Anderson performing at the Legion Hall. (Note the twig mic stand).

the church across the road as well.

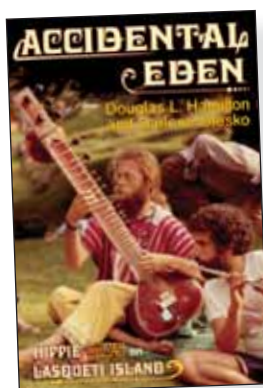
The land there became a kind of salvage yard, filled up with old junk cars and trash.

That was all cleared out in the '90s, and it sat empty for a while until the island's new regional director, Merrick Anderson, suggested that it be the new home for the arts council building.

Today, only memories of those old Saturday nights at the Legion remain.

Accidental Eden: Hippie Days on Lasqueti Island

Caitlin Press, 6" x 9", 256 pages, 100 b&w images, paperback, \$24.95



ABOUT THE AUTHORS:

Douglas L. Hamilton was born in Washington, DC. Inspired by a brief vacation to BC in the early 1970s, he moved to Lasqueti Island and built a squatter's shack made of driftwood on an isolated beach. Hamilton now lives on his Lasqueti Island property with his partner and her harpsichord.

Darlene K. Olesko was born in Portland, Ore., but was drawn to Lasqueti Island during the "back to the land" movement in 1971. She continues to live on Lasqueti Island at the very end of Spinster Flats Road (where the ditch is washed out).

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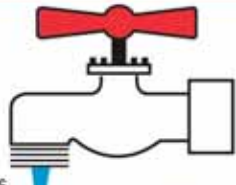
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flood (tide flowing into Sechart Inlet).

Feb. 1	2:09 pm +S
Feb. 2	10:54 am -M, 3:01 pm +S
Feb. 3	11:35 am -M, 3:46 pm +S
Feb. 4	12:10 pm -M, 4:28 pm +M
Feb. 5	12:39 pm -M, 5:09 pm +M
Feb. 6	1:00 pm -M
Feb. 7	1:20 pm -M
Feb. 8	1:46 pm -M
Feb. 9	7:20 am +L, 2:17 pm -M
Feb. 10	7:59 am +L, 2:53 pm -M
Feb. 11	8:42 am +M, 3:33 pm -M
Feb. 12	9:32 am +M, 4:21 pm -M
Feb. 13	10:30 am +M
Feb. 14	11:35 am +M
Feb. 15	12:42 pm +M
Feb. 16	1:47 pm +M
Feb. 17	9:35 am -S, 2:47 pm +M
Feb. 18	11:13 am -M, 3:44 pm +M
Feb. 19	11:56 am -M, 4:38 pm +M
Feb. 20	12:38 pm -M, 5:32 pm +L
Feb. 21	1:19 pm -L
Feb. 22	2:01 pm -L
Feb. 23	2:45 pm -L
Feb. 24	3:35 pm -L
Feb. 25	8:35 am +M, 4:38 pm -L
Feb. 26	9:29 am +M, 4:04 pm -M
Feb. 27	10:35 am +S
Feb. 28	11:58 am +S

These are estimates only and not intended for navigation.

THE DAYS

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 ~ **Wendel Welander and Eddie Smith.**

Feb. 11 ~ **Cody Pantages, Scott Smith and Chris Garbers.**

Feb. 12 ~ **Ab Haddock and Tony Rabachuk.**

Feb. 14 ~ **Dolly Clayton, Steve Morton, Christine Fenn and Elsie Rennie.**

Feb. 15 ~ **Shawna Lee Edwardson.**

Feb. 16 ~ **Irene Boyd.**

Feb. 17 ~ **Dot Farrell, Daniel Dore and Jessica Munro.**

Feb. 18 ~ **Dr. Rick Smalley.**

Feb. 19 ~ **Don & Joan McDougall.**

Feb. 21 ~ **Ron Pratchett, Ryan Phillips, Helen LeBlanc and Cathy Silvey.**

Feb. 22 ~ **Chelsea Scoular.**

Feb. 23 ~ **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.**

FEBRUARY ASTROLOGY

AQUARIUS (JAN. 21 - FEB. 18):

You will live through a relatively positive life stage manifesting itself in a bountiful sea of important and large-scale outcomes. The sun, the celestial body responsible for the expulsion of this sign, will change the direction of its energy and instead of traditional negativity will supply the Aquarian with a powerful blast of positive energy. As a result, February will be a month that is fully positive for the Aquarian; not too rich with opportunities, but absolutely without any problems or significant barriers. Soak it up because March's solar dissonance will soon cast a shadow of absolute despair over every part of your life.

PISCES (FEB. 19 - MAR. 19):

Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. For this month, expect Venus, the planet-exalt of Pisces, to be significantly reinforced due to a general combination with other objects of the solar system. This means that throughout the entire month of February, you will be able to leverage powerful support from the planet of love to overcome the repulsion members of the opposite sex usually feel towards you.

OF FEBRUARY

LA PSYCHOLOGIE D'AMOUR

1. Women are less attracted to men who have a belly (this one might be a bit obvious). A large amount of abdominal fat on an individual indicates that they have lower levels of testosterone – meaning that they also have lower sex drive and low fertility.

2. Men are more attracted to women who possess a bone structure that resembles that of their mothers. This is known as “sexual imprinting,” which is a term coined by researchers.

3. A strong sense of humour is generally associated with intelligence and honesty. This is why most women are attracted to men who possess a strong sense of humour.

4. Couples or partners who are similar to each other are not likely to last in romantic relationships. Although opposites attract, couples that are either too similar or too different are not likely to last very long. According to researchers, there always has to be a strong foundation for similarities, as well as things that both individuals can learn from each other.

5. The act of falling in love is known to have a calming effect on a person's body and mind. This, in turn, will raise levels of nerve growth for about a year.

6. Studies have shown that happiness is contagious. It can be hard for people to walk away from someone who is happy, or not love someone who is happy simply because they are so enjoyable to be around.

7. Women felt that men became more attractive if they saw other women smiling at them.

8. People are most likely to break up once they have hit the three to five month period in their relationships.

9. Men who possess deeper voices are more likely to appear attractive or make an impression on women than men who possess higher voices.

10. According to some psychologists, human beings are not capable of being “just friends” with members of the opposite sex.

11. Apparently, it will only take up to four minutes to decide whether you like someone or not. As such, if you want to make a good impression on someone, you have only got around four minutes to do so.

12. If you hold hands with someone you love, this can help to alleviate physical pain as well as any feelings of stress and fear.

~Udemy.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

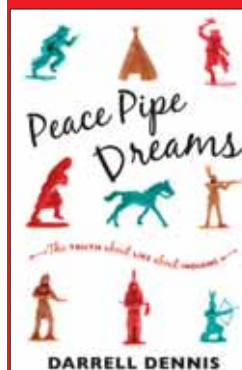
February should have about 85.7 hours of bright sunshine (the most since October), 16 days with measurable rainfall and one day with measurable snowfall. February should have a total rainfall of 97.9 mm and a total snowfall of 6.7 cm. The highest February daily rainfall recorded is 49 mm (Feb. 11, 1983); the highest February daily snowfall recorded is 22.9 cm (Feb. 15, 1983).

FUNNY GUYS

from

D&M

DARRELL DENNIS AND SCOTT FESCHUK



Peace Pipe Dreams
The Truth about
Lies about Indians

Comedian Darrell Dennis employs personal anecdotes and cutting wit to provide a compelling overview of First Nations issues and why they matter.

FIRST NATIONS
\$22.95



The Future and Why We Should Avoid It
Killer Robots, The Apocalypse and Other Topics of Mild Concern

Maclean's writer Scott Feschuk's hilarious survival guide will help us navigate these troubled times.

HUMOUR
\$22.95



Douglas & McIntyre

www.douglas-mcintyre.com

ORGANIZATIONS DIRECTORY

• Blues Society	883-2642
• Bridge Club	883-2633
• Chamber of Commerce, P. H. & Egmont	883-2561
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Club, Egmont	883-1379
• Community Club, Pender Harbour	883-2583
• Community Policing.....	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	883-9760
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.).....	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont.....	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	883-1361
• Men's Cancer Support Group.....	883-2393
• P. H. Aquatic Centre Society.....	885-6866
• P. H. Choir (7 p.m., Tuesday).....	883-9248
• P. H. Garden Club.....	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	883-2054
• P. H. Living Heritage Society.....	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society.....	883-3678
• P. H. Piecemakers (quilters).....	883-2573
• P. H. Pipe Band.....	883-0053
• P. H. Power & Sail Squadron	883-1366
• P. H. Volunteer Fire Dept (Wed. evening).....	883-9270
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society.....	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed., 1:30 p.m.)	883-2563
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre.....	883-2316
• Sunshine Coast Better At Home.....	989-6171
• Sunshine Coast SHROOM.....	883-3678
• TOPS (Take Off Pounds Sensibly).....	740-1509
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services.....	741-5246

**Many of the above organizations
urgently require volunteers.**

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



organizations

P. H. WOMEN'S CONNECTION

Wear red on Feb. 10 for the Women's Connection 15th birthday and Valentine's Day celebration. There will be interactive games, surprises, fun and fellowship for this very special event. (There will be cake, too.) At 10 a.m. at the P. H. School of Music in Madeira Park.

On Feb. 24, Jon Paine presents a slideshow and talk about his recent trip to Iceland. Ian Grant will do the same about his two-week boating trip on the Canal du Midi in southern France, followed by two weeks on safari in Kenya and Tanzania. At 10 a.m. at the P. H. School of Music in Madeira Park.

PENDER HARBOUR HERRING ENHANCEMENT

Local residents are urged to report herring spawning observations to local groups like the Rotary Club of Pender Harbour or the Ruby Lake Lagoon Society in order to aid recovery efforts. Volunteers in these organizations are interested in learning of sites in which herring spawn on creosote pilings. Creosote pilings are a favoured spawning surface but the chemicals kill the eggs. Once a site is identified, volunteers may drop herring curtains or help wrap creosote pilings to prevent the egg mortality. If you have any knowledge of such places, please contact Glen Bonderud (Rotary) at leebay@dccnet.com or Lee-Ann Ennis (RLLS) at leeann@lagoonsociety.com.

SoM COFFEE HOUSE

This month's Coffee House at the School of Music lands on Friday, Feb. 13. Doors open at 7 p.m. with music beginning at 7:30 p.m. This month features Cajun band, Back Porch Reunion, show tunes by two Halfmoon Bay Performing Arts vocalists and Nikki Weber's Stars (Cam and Chris Peters, Kaya and Fay Duffy and our own Renee Harper).

P. H. WILDLIFE SOCIETY

The P. H. Wildlife Society will meet on Tuesday, Feb. 17 at 7 p.m. at PHSS. This is the annual general meeting of the society — annual reports and elections held for executive and directors. Members are urged to attend.

The speaker for the meeting is Anayansi (Ana) Cohen-Fernández, a biologist and reclamation specialist. Cohen-Fernández has extensive experience in ecological and reclamation research, environmental consulting, teaching and community stewardship. The title of her presentation is "Who Would Have Thought? Tools And Strategies For Reclamation Of Wildlife Habitat." Everyone is welcome. There is no charge and refreshments will be served.



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.

PETS

- **Puppies for sale.** I have hundreds of puppies for sale. All breeds — can ship. \$30/dozen. No questions asked. Volume discounts. Discretion expected and assured. Call Dimitri.

WORK WANTED

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

harbour seals



Note your approval or disapproval.

Send to: editor@harbourspiel.com.

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

Harbour Seals of Approval to everyone who supported the fundraiser for Eric and Sue, especially: **Oak Tree Market (Richard and Dave), Marketplace IGA (Troy and Lori), Shelly Wharton and Zot Clayton, Cindy Schroeder, Heather Brown, Gordon Sanders** and a special thanks to **Chef Boy-R-Dean, Chantel and Roosendal Farms**. This community's support for locals is truly amazing.

Terri Honeybourne

A serendipitous Harbour Seal of Approval to **everyone who helped out with our Christmas Craft Fair**. From the organizers, the kitchen helpers and bakers to the vendors and public who came out and supported us.

Donelda Brown, Manager
Serendipity Child Care Centre

A warm Harbour Seal of Approval to **Cindy and Marshal** who have given so much of their time to finding new owners for Stewart's tools.

Dorothy Harrowing and daughters

A huge Harbour Seal of Approval to **John Hall and the Sun Coast Radio Club** who went above and beyond to find new homes for Stewart's radio equipment. We couldn't have done it without you — heartfelt thanks.

Dorothy Harrowing and daughters

A Harbour Seal of Approval to **Nancy Mackay and choir**, the **Secret Santa** who donated candy boxes and gifts for door prizes, **volunteers** who donated cooked turkeys and success.

Cathy Anderson
Harbourside Friendship Group

A big wet, whiskery Harbour Seal of Approval to all the staff and volunteers at the Royal Canadian Legion No. 112 New Year's Eve party including: **Linda Evans, Becky and Lorne Udy, Lisa and Doug Borden, Lyn and Bill Charlton, Dylis and Steve Williams, Nok Lepage** and I'm sure I've missed others.

Guests enjoyed an evening of entertainment by Apasionado (Lori Carmichael and Randy Rayment). Thanks to everyone for a great 2015 kickoff.

Brent Parker
RCL No. 112

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



Healthy Meals Service has resumed.

Call Linda: 604.883.2819 or Anky: 604.883.0033.



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – 883-2764

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

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

DENTISTRY – 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

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

PUBLIC HEALTH NURSE – 883-2764

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

FAMILY NURSE PRACTITIONER – 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Siemion Altman – MD Psychiatrist – 885-6101

Tim Hayward – Adult Mental Health – 883-2764

PHYSICIANS – 883-2344

Drs. Cairns, McDowell, Robinson & Justin L Smith

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

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.

Take responsibility for your health care

By Rose Everett

When it comes to maintaining your personal health care needs, nobody does it better than you.

Good health starts at home, so check the following list to see how you're doing.

PROACTIVE RESPONSIBILITY — A HEALTHY LIFESTYLE CHECKLIST

- Maintain recommended body weight.
- Enjoy a nutritious diet with moderate portions.
- Get regular physical activity.
- Prioritize healthy sleep.
- Don't smoke or use drugs.
- Use alcohol in moderation.
- Master your stress.
- Nurture personal relationships.
- Cultivate a healthy personal environment.
- Find meaning and purpose in life.

Does this list intimidate you?

Even in the most limited situations, there are healthy choices.

Think about one healthy choice you could make each day, something that would give you back control without having to overhaul your life.

Even one good choice can put you on the right path.

Instead of acting as a passive recipient, be an active participant in the provision of your health care.

WORK WITH YOUR HEALTH CARE PROVIDERS

Be smart about your appointments by booking enough time to address your concerns.

Address key issues early in the visit and be prepared to explain the symptoms clearly.

Make sure you understand what



the provider tells you and what you need to do next.

You want to know exactly what your diagnosis is, all treatment options and possible side-effects.

Follow up on recommended tests, referrals and treatments in a timely manner.

While you need to take charge, it doesn't mean you need to go it alone.

We all need help sometimes.

• Take a trusted relative or friend to a doctor appointment to act as another set of ears and to write down what is said.

Be sure they understand that they should listen and not speak for you.

• In hospital, enlist the help of trusted relatives or friends to help prevent possible miscommunication and medical errors.

Many hospitals offer social workers and other services to provide support and guidance.

• If you have a specific condition, consider joining a support group in your community or online.

PERSONAL HEALTH RECORD

Set up and maintain your own personal health record, either in a folder or digitally.

Anytime you see a different prac-

titioner, you will be asked to provide your health history.

It can be difficult to remember all this information, especially in an emergency situation.

Include:

- Emergency contacts.
- Contact information of your health care providers, including specialists and dentists.
- Health insurance information — name of your insurance company and key phone numbers for service.
- Current medications and dosages.
- Allergies.
- Important events, dates and hereditary conditions.
- Details of significant illnesses and surgical procedures.
- Results from recent doctor visits.
- Tests results, eye and dental records, immunization records.

RECENT BEQUEST

The Pender Harbour Health Centre gratefully acknowledges the recent very generous bequest from the John Salisbury estate.

A plaque will be mounted in appreciation and in memory of Mr. Salisbury.

PENDER HARBOUR AQUATIC & FITNESS CENTRE

FEBRUARY is heart month!

Physical activity is an important part of heart health and we have a host of programs to keep you healthy and active with 17 drop-in fitness classes each week to join in on.

View our aquafit and gym class schedule online:

www.scrd.ca/Pender-Harbour-Aquatic--Fitness-Centre

Or, swim and workout on your own schedule:

www.scrd.ca/Public-Swim

Family Day

In celebration of family day we are offering a **FREE** swim on:
Monday, Feb 9, 1-4pm

Buddy up

Saturday Feb 14, 9am-12pm
Come with a friend and each only pay \$2 (valid for pool, gym and fitness class).

Low cost activities

Toonie Tuesdays: 5-9pm

\$5 Family Swim Sundays, 1-4pm

25km swim challenge

Count your laps and you could win one of 15 PHAFC special swim towels!

Metre Eaters

Kids, count your laps and earn your "Metre Eater" certificates — one for each 5000m. Earn five and you too could win a towel!

Weight Room Orientations

FREE with your My Pass membership or \$15. Take the unknown out of the weight room. Phone us for an appointment.

Personal Trainers/ Weight Trainers

Have a trainer develop a strength and conditioning plan specific to you and your goals. Call us for contact information.

If you have always wanted to learn how to swim or to improve your swim skills, we offer adult swim lessons Monday evenings and Tuesday mornings. Give us a call for more details.



604.885.6866

phaquatic@scrd.ca

www.scrd.ca/Recreation

recreation

Putting the 'you' in ukulele

By Helga Grout,

Life P. H. Community School volunteer

A couple of years ago I found myself in Hawaii and got excited about buying my first ukulele. Although the origin of the ukulele is Portuguese, it was first brought to the Hawaiian island in the late 1800s.

Hawaiians were not only impressed with the beautiful sound of the instrument, but also with the speed at which the musicians' fingers flew on the fingerboard. It is said that the Hawaiians called this instrument the ukulele, which roughly translates as "jumping fleas." It quickly became Hawaii's most popular musical instrument.

According to Queen Liliuokalani, the last Hawaiian monarch, the name also means "the gift that came here," from the Hawaiian uku (gift or reward) and lele (to come).

The ukulele has surged in popularity in the past few years and is currently taught in many schools. Love of the instrument extends beyond childhood and there are many enthusiasts who meet to play together, listen to each other, and continually work on their skills.

The power of creating ukulele music is explored in the CBC radio documentary "Four Little Strings:" www.cbc.ca/livingoutloud/episode/2011/05/20/may-20-2011/.

Ukulele groups are springing up all over the place like daisies. There is an annual ukulele festival in Van-



couver, with many diverse performances, workshops, and events. Ukulele school Ruby's Ukes started the festival in 2009 and it has been well attended ever since.

The Vancouver Ukulele Circle is a drop-in event for people wishing to just have fun playing together regardless of skill level. The Langley Ukulele Ensemble tours and performs regularly, presenting a wide range of traditional ukulele music, rock, folk and anything else the director Peter Luongo can arrange for them.

Closer to home, Gibsons has a group who meet on Mondays at the Arts Building. So, why not a group here in Pender — the "Daisy Ukes!"

Working as a life coach, I'm always looking for a chance to help families enjoy time together. I was lucky enough to grow up in a singing household. Some of my favourite memories are of singing Christmas carols around the piano with my parents, siblings and entire extended family.

A small group of ukulele enthusiasts is forming and we invite anyone who would like to learn to play or share your knowledge with this fun group. If you've ever wanted to play an instrument but felt overwhelmed or not good enough, here's a great opportunity. All ages are welcome — come to the P. H. Community School, Harbour Learning Centre on Tuesdays from 3-4 p.m. or call (604)883-2826 for more information.



February 2015

PENDER HARBOUR COMMUNITY SCHOOL

FEBRUARY

Did you know?

If you use a PHSS or MPES IGA pre-loaded card, 4% of your purchase will be donated back to that school. Call PHSS at 604.883.2727 or MPES 604.883.2373 and ask for a card.

IGA Marketplace ~ you are awesome!

Computer Café

Tues Feb 17, 1-3pm, Drop-in
\$10, Harbour Learning Centre
Creating email newsletters using
Constant Contact.

Family Music Night

FREE Friday Feb 27, 6:30-8:30pm,
All Ages, PH School of Music
Come join us in a casual night of
singing ~ bring the whole family

Ukulele Group

Tuesdays, 3-4pm, All ages, Free,
PHCS. A small and enthusiastic
group of people are gathering once
a week to play and learn the ukulele
~ join us!

Canadian Firearms

Safety Course

Unrestricted: Fri Feb 20 (6-9pm),
Sat 21 (9am-5pm).
Restricted: Sun Feb 22 (9am-
3pm). \$130 for unrestricted,
(add \$60 for restricted), Harbour
Learning Centre

SPECIAL PRESENTATION

Understanding Complex Developmental Behavioral Conditions
(including Fetal Alcohol Spectrum Disorders)

Training open to everyone and is free of charge. Saturday, Feb 28 ~ 10am
to 3pm, Pender Harbour Learning Centre, Madeira Park. RSVP: Karen Foley,
604-885-5881, karenfoley@sccss.ca, Circle of Support, SC Community
Services Society

COMING IN MARCH:

Conservation & Outdoor Recreation

Coming in March ~ call
604.883.2826 to put your name
on the list.

Pysanky Ukrainian Easter Egg Decorating

With Joi Phillips Sat Mar 7,
1-4pm \$20, Ages 12 + , Harbour
Learning Centre. Learn the tech-
nique and history of this ancient
beautiful art form.



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

A Christmas Carol by Charles Dickens

Few events have created a local buzz like December's Madeira Park Elementary School production of "A Christmas Carol."

Whether it was the talent of the performers, live musical accom-

paniment or the elaborate set and costumes, word spread of the performance like a happy flu.

The work required was enormous — just one of the nine costume sewers is reputed to have spent 300 hours at

her sewing machine while director/set designer/drummer/harpist/principal Barry Krangle must have slept at the school in the weeks prior.

For those unable to attend, the photos here are a weak substitute.





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.

FEBRUARY

Fri. Jan. 30.....Mama's Japanese Kitchen grand opening - 12808 Madeira Park Rd., 11 a.m. - 7 p.m.
Sat. Jan. 31.....Mama's Japanese Kitchen grand opening - 12808 Madeira Park Rd., 11 a.m. - 7 p.m.
Sun. Feb. 1.....Superbowl XLIX party - Royal Canadian Legion No. 112, 3:30 p.m. kickoff
Sun. Feb. 1.....Sunday Jam w/ Joe Stanton - Garden Bay Pub, 2 p.m.
Thurs. Feb. 5.....Harbourside Friendships (Valentines Craft Day) - P. H. Community Hall, 10:30 a.m.
Sun. Feb. 8.....Sunday Jam w/ Steve Hinton - Garden Bay Pub, 2 p.m.
Tues. Feb. 10.....P. H. Women's Connection 15th anniversary - P. H. School of Music, 10 a.m.
Thurs. Feb. 12.....Harbourside Friendships (with musician Skinny Jimmy) - P. H. Community Hall, 10:30 a.m.
Fri. Feb. 13.....School of Music Coffehouse - P. H. School of Music, 7:30 p.m.
Sat. Feb. 14.....Planning meeting: International Fungi and Fibre Symposium - P. H. School of Music, 1 p.m.
Sat. Feb. 14.....Valentines Day Dinner w/ Randy Rayment and Lori Carmichael - Royal Canadian Legion No. 112
Sat. Feb. 14.....Valentines Day Dinner for two - Garden Bay Pub
Sun. Feb. 15.....Sunday Jam w/ Simon Paradis and Gutbucket Thunder - Garden Bay Pub, 2 p.m.
Sun. Feb. 15.....P. H. Music Society presents François Houle and Jane Hayes - P. H. School of Music, 2 p.m.
Tues. Feb. 17.....P. H. Wildlife Society AGM w/ Ana Cohen-Fernández - PHSS, 7 p.m.
Thurs. Feb. 19.....Harbourside Friendships (plans for P. H. Seniors Initiative) - P. H. Community Hall, 10:30 a.m.
Sun. Feb. 22.....Sunday Jam w/ Peter Van B3 - Garden Bay Pub, 2 p.m.
Mon. Feb. 23.....P. H. Community Club annual general meeting - P. H. Community Club, 7 p.m.
Tues. Feb. 24.....P. H. Women's Connection travelogue by Jon Paine and Ian Grant - P. H. School of Music, 10 a.m.
Thurs. Feb. 26.....Harbourside Friendships (Movie of the month - TBA) - P. H. Community Hall, 10:30 a.m.
Fri. Feb. 27.....P. H. Community School presents "Family Music Night" - P. H. School of Music, 6:30 p.m.
Sat. Feb. 28....."Understanding Complex Developmental Behavioral Conditions" - P. H. Learning Centre, 10 a.m.
Sat. Feb. 28.....Community gathering hosted by the shíshálh Nation - P. H. Community Hall, 9:30 a.m. - 1 p.m.
Sat. Feb. 28.....Sarah Wray Hall grand opening - Sarah Wray Hall, Irvines Landing, 1-4 p.m.

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



FERRY DEPARTURES

~ Effective to March 31, 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.bcf ferries.com for information on added sailings during peak periods.

HORSESHOE BAY

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

LANGDALE

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

EARL'S 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.

SALTERY BAY

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

Write it on your heart that every day is the best day in the year.

~ Ralph Waldo Emerson

'Join shíshálh for a gathering of fellowship, learning and sharing, in the spirit of neighbours building every greater understanding and relationships with one another. The gathering will include food, ceremony, and dialogue. shíshálh will share some of our knowledge, teachings, and culture as it relates to the Pender Harbour area, our relationship to the land, and ideas about visions for the future.'



shíshálh Nation

Pender Harbour Community Meeting

Date: Saturday February 28th 2015

Time: 9:30 am- 1:00 pm

Place: Pender Harbour Community Centre,
12905 Maderia Park, B.C.

Something to squirrel away?



SELF-STORAGE (Up to 5' x 10')

- Secure
- Heated
- Boats and RV storage

DOWNTOWN MADEIRA PARK

Squirrel Storage

Larry & Linda Curtiss (604) 883-2040

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AND BOBCAT SERVICES

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One passionate
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BACTERIA.

**Happy
Valentines
Day.**

PENDER HARBOUR DENTAL

Pender Harbour Health Centre

(604) 883-2997

° Orthodontics ° Hygiene ° Implants ° Botox

You can live without it.
But why would you?

Nobody beats our meat.

Oak Tree Market

604.883.2411 sales@oaktreemarket.ca



all are invited to attend

Pender Harbour Community Club AGM

Monday • February 23 • 7pm

Come learn what we've been up to!

big screen projector new youth group

The club needs the community!
Bring new ideas. Renew your membership.

SATURDAY NHL (5PM) GAME GIVEAWAY: JOIN US AND ENTER TO WIN
A 3 DAY TRIP FOR TWO TO LAS VEGAS! (w/ PURCHASE OF ANY DOMESTIC BEER OR APPY)



GARDEN BAY PUB

OPEN DAILY AT 11 A.M.

604.883.2674

VALENTINES DAY (Feb. 14) Dinner for two: \$55

Choice of:

- Stuffed Pork Loin rice & vegetables
- Salmon, crab & prawn paupiette
- Harwood Chicken rice & vegetables
- 10 oz. Ribeye mushrooms, potatoes & vegetables

*Includes coffee or tea, soup or salad and decadent Valentines dessert!

Menu specials (Families welcome!)

SUNDAY BREAKFAST BUFFET (11am-2pm)

SUNDAY DINNER BUFFET (5-8PM):

FEB. 1: Southern style

FEB. 8: Pasta feast

FEB. 15: Chinese food

FEB. 22: Roast beef

Live Music Weekly

FEB. 1: Joe Stanton Band (2 p.m.)

FEB. 8: Steve Hinton Band (2 p.m.)

FEB. 15: Simon Paradis & Gut Bucket Thunder (2 p.m.)

FEB. 22: Peter Van B3 (2 p.m.)

