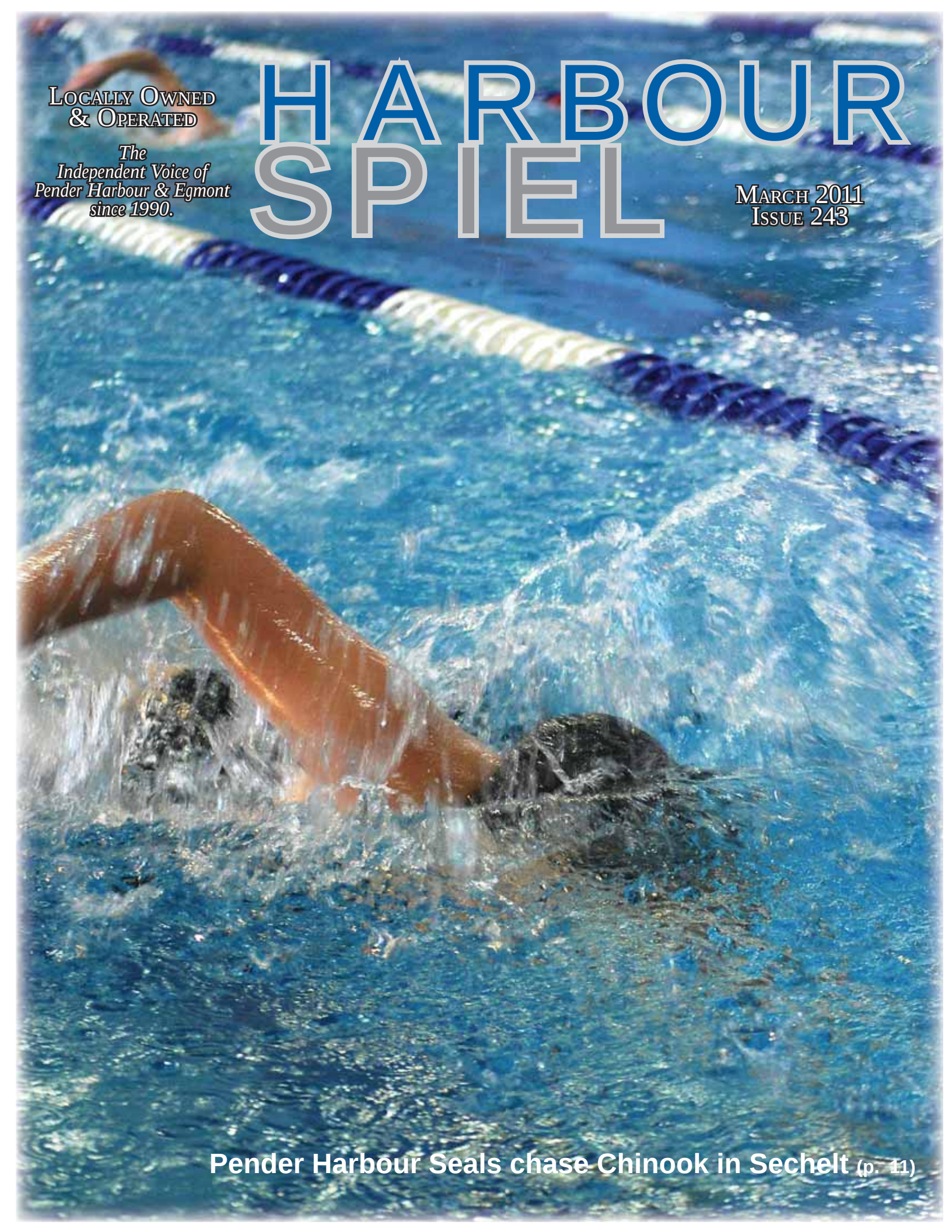


A photograph of a swimmer in a pool, with a blue and white lane line visible. The swimmer's arm is extended forward, and water is splashing around their head.

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*The
Independent Voice of
Pender Harbour & Egmont
since 1990.*

HARBOUR SPIEL

MARCH 2011
ISSUE 243

Pender Harbour Seals chase Chinook in Sechelt (p. 11)



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MARCH 26

9:00 to 1:00
doors open at 8:30

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\$20.00**

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MELOmania Roberts Creek, **GAIA FAIR TRADE** Gibsons



The Independent Voice of Pender Harbour & Egmont since 1990.

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| • Garden Bay Pub | • Prudential Realty |
| • Halfmoon Bay General Store | • Sechelt Public Library |

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Brian Lee
editor@harbourspiel.com

Contributors

This month we thank: Cathy Anderson, Lynn Charlton, Anne Crocker, Doug Elliott, Brigit Garrett, Eric Graham, Theresa Kishkan, Shane McCune, Alan Stewart and John Wade.

Advertising:

Reserve by the 15th of the month. Our advertisers make publication of the Harbour Spiel possible — please say thank you, and support our community, by supporting them.

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V0N 2H1

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~ NEXT ISSUE MAILS APRIL 1 ~

EDITORIAL

What should you do when the quake hits?



By Brian Lee

That little quake in New Zealand was a lot closer to us than most might think.

When disaster strikes in a Third World city, we often point to our superior construction and say, “That couldn’t happen here.”

Not so with Christchurch.

It’s a city very much like our Victoria with a fault line running nearby and a similar population relying on identical modern conveniences.

The two cities were built roughly around the same time (in the mid-1800s) and New Zealand and Canada share similar building codes and a host of seismic retrofitting programs for older buildings.

So we should take notice.

When I lived in Burnaby, warnings after a foreign quake would sometimes have me consider my escape route.

Instinctively, I knew I had to get back to the Coast.

I’d assume that bridges and ferries would be knocked out and I could only drive so far before I’d have to walk to the nearest ocean access.

Once there my dad would meet me in his trusty fishboat and ferry me home. But then what?

Sure we can go fishing (until we run out of fuel) and I bet we’ll appreciate the elk herds a little more when some enterprising hunter starts trading meat for alcohol.

But for the most part, we depend on the city for food and, sorry, the days are past when we hardy rural types can just pluck our meals from the bush.

It’s been said that without ferry service, the Sunshine Coast will run out of food within seven days.

Planning is everything and my escape route fantasy from the city was just that.

I never discussed it with my dad and with the phone lines down, I likely would have been stuck there.

And I think it’s the case for most folks — when the big one hits, you’re not going to have a plan.

Some Tuesday morning you’ll be lying in bed when everything changes.

People close to you may die and your life might be temporarily reduced to worries about the basic necessities for survival.

If there’s one thing we can take from the Christchurch quake, it’s that the people being pulled from the rubble with bloody faces are us.

So consider what you’d do if it hit. Right now.

You’ll first want to go looting.

Everyone will be racing to the IGA so you have to use your head.

Go straight to the Oak Tree Market and clean them out. (Don’t forget about the freezers in the back.)

Next, hit the liquor store. In five days, that bottle of rye could trade for a dozen cans of soup.

And don’t be afraid to shoot anyone that comes near your truck — they’d do it to you.

If your house is damaged, you might as well set up somewhere comfortable.

If it’s winter, break into one of those empty waterfront homes — they’re well-built, most have generators and the owners won’t be coming back until order is restored.

Afterwards, you might want to lie low for awhile — it’s likely the RCMP will want to speak with you about that shooting thing.

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if it's not in the Spiel.

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MADEIRA PARK ELEMENTARY SCHOOL NEWS:

March 3: PAC Executive Meeting

March 10: PAC general Meeting

March 11: Reports cards go home

**March 16 & 17: Early dismissal and
interviews**

March 21- 25: Spring Break

Stay in the know:
www.sd46.bc.ca/mpesweb/



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SPIEL PICKS

P. H. MUSIC SOCIETY PRESENTS JOE TRIO — MARCH 6

Joe Trio is Allen Stiles, piano, Cameron Wilson, violin, and Charles Inkman, cello. They are definitely “not your average piano trio.” Their ability to switch almost instantaneously from “high art” to high camp is a delight; their classical training and playing is impeccable, their collective sense of humour indispensable. www.joetrio.com/

GARY COMEAU AND THE VOODOO ALLSTARS — MARCH 11

The Garden Bay Pub has reopened its doors and celebrating with a stellar lineup of music to welcome back its customers. On Friday, March 11, Gary Comeau and the VooDoo Allstars play the pub and return for the Sunday Jam two days later. Gary Comeau is a singer-songwriter and musician who plays a range of instruments including guitar, mandolin, fiddle, and piano. He delivers high energy, New Orleans-style rockin’ roots and blues. Although Gary’s own roots are French-Acadian, he was born and raised in Nova Scotia. Despite that his soul seems to have taken a long and inspiring detour through Louisiana and the Mississippi Delta.

IN TOUCH THERAPEUTIC YOGA STUDIO OPEN HOUSE — MARCH 19

Brigit Garrett is showing off her new yoga and fitness studio on Saturday March 19 from 5 to 8 p.m. Garrett has scheduled a wide variety of yoga and fitness classes in the space and is accepting appointments for registered massage therapy.

P. H. BLUES SOCIETY PRESENTS RUSSELL MARSLAND — MARCH 25

The Pender Harbour Blues Society is hosting Russell Marsland at the P. H. Community Hall on Saturday, March 25. Doors open at 8:30 p.m. At 17 Marsland became lead guitarist at a famous Vancouver nightclub called Lassetter’s Den whose house band included Tom Lavin from the Powder Blues Band and David Lanz, keyboardist for the late great Frank Zappa. He later co-founded the legendary Rhythm and Blues Allstars, performing alongside B.B. King, the Allman Brothers and War.

PHOTOJOURNAL



This pod of at least a dozen Pacific white-sided dolphins was seen feeding off Francis Peninsula for consecutive days during the middle of February.

Madeira Park Shopping Centre expansion delayed indefinitely

Plans have been delayed for an expansion of the Madeira Park Shopping Centre.

A new 16,000- to 18,000-square-foot building is to be occupied by the IGA Marketplace grocery store and was originally slated to be completed "sometime in 2012" (Harbour Spiel, January 2010).

Phillip Locke, owner of Locke Property Management, the company that manages the H. Y. Louie-owned property, says they still intend to proceed but it's taking longer than anticipated.

"H. Y. Louie's had a change in management and everything's taking longer to process but the issue is being



H. Y. Louie illustration

Residents will have to wait a little longer for this new building proposed for the western end of the Madeira Park Shopping Centre.

dealt with," said Locke.

When asked if a downturn in the economy had anything to do with holding off on the construction, Locke had this to say:

"They don't operate on that

basis. We're looking at two or three years from now.

"The economy may have a bit to do with it but it's long-range planning."

No funds for toilets in community parks pot

Some Garden Bay residents and business owners are upset at a recent SCRD decision to remove portable toilets from Garden Bay.

Lucy Archbold, owner of John Henry's Marina in Garden Bay, received a letter Feb. 2 from SCRD parks services manager Carleen McDowell.

The letter indicates the decision came about during recent budget talks in which SCRD directors identified a problem with their funding.

"These toilets were established as public services but are problematic as the lands are not under SCRD jurisdiction and therefore the toilets may not continue to be funded under the Community Parks function."

Five toilets were identified to be removed: two at the Madeira Government Dock, a seasonal toilet at Garden Bay Lake and two toilets across the street from LaVerne's Grill (one seasonal and one year-round).

The toilets each cost \$2,200 to maintain last year and Barrie Wilbee,

alternate director for Area A, says he agreed that it didn't make sense for the toilets to be funded through the parks function.

Wilbee confirmed they will be removed by the end of February but is working on a solution.

He plans to introduce a round three budget proposal that will see funding for the two Garden Bay toilets come under the Economic Development function for Area A.

The toilets would then be reinstalled by May 1 for six months.

Meanwhile, SCRD staff are examining funding options for funding the other three toilets.

The letter states that the Harbour Authority of Pender Harbour might be interested in assuming responsibility for the two Madeira Park toilets.

Wilbee says the placement of a toilet at Garden Bay Lake has more to do with water source protection and says one consideration is that it could be funded through the North Pender Harbour Water function.

Proud sponsors of Abbeyfield House Dinners for Donors campaign: 142 bricks sold to date!



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Three out of five ain't bad for local harbour authority

The Harbour Authority of Pender Harbour recently became one of only six marinas or harbours in BC that have received accreditation through the Georgia Strait Alliance's Clean Marine BC program.

Clean Marine BC is a voluntary program that aims to reduce the environmental impact of coastal marinas.

The Georgia Strait Alliance administers the program with the help of a variety of government, industry, non-profit and private support.

In order to gain accreditation, participants must undergo an independent audit to establish their level of environmental stewardship.

Pender's harbour authority, which manages public docks in Whiskey Slough, Madeira Park, Hospital Bay and Secret Cove, was audited in early December and received a rating of three anchors out of a possible five.

Rating criteria take into account items relating to all aspects of marina operation including fuelling, handling of waste oil and the elimination of contaminants into the ocean and air.

Pender Harbour joins a small list of other marinas to received accreditation including:

- Westport Marina, Sidney (three anchors).
- False Creek Marina, Vancouver (four anchors).
- Maple Bay Marina, Duncan



After receiving accreditation in the Clean Marine BC program, successful applicants receive a flag to reflect their commitment to sound environmental stewardship. Here a brand new flag flies proudly at the Harbour Authority of Pender Harbour office.

(four anchors).

- Shelter Island Marina, Richmond (two anchors).
- Taku Resort and Marina, Quadra Island (3 anchors).

Accreditation is valid for three years with participants encouraged to work toward increasing their eco-rating.

Pender Harbour Music Society presents:



JOE TRIO

... not your average piano trio

Sunday, March 6 • 2 pm

Pender Harbour School of Music

Tickets: \$20 at Harbour Insurance (Madeira Park), John Henry's (Garden Bay), Visitor Info Centre (Sechelt) and Gai's Fair Trade (Gibsons).

www.penderharbourmusic.ca

Concert
presenter:





Len Thompson photo

Len Thompson sent these photos of his sailboat *Pililani* moored in a Mazatlan marina. Len tells an interesting story surrounding the mysterious figure (Pililani) seen here: 'Last year brother Ed was taking garbage to the Pender landfill and when driving by the wood burn pile he saw a face sticking out looking at him. He couldn't believe his great find and put her in his truck. When I was up last summer from Mexico he reluctantly parted with her. She is now rebuilt (she suffered a little wear and tear after getting thrown in the dump) and she's now at home on the trunk cabin roof.' Anyone willing to offer insight into Pililani's origin can contact the Spiel.

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Public art project sets up in Madeira Park



The fringe around the eastern side of the Madeira Park Elementary School field just gained a little colour.

On Feb. 7, 30 mosaic panels were installed on recently constructed concrete seating that runs along the Madeira Park Elementary school field fence.

The mosaic panels were designed and created by the Grade 8 art class from Pender Harbour Secondary School under the direction of art teacher Keith Shaw and volunteer Julie Malcolm.

Local businesses and community members helped out by donating many of the materials.

Each tile is set in the concrete bench seating to form a flowing series depicting swimming fish that gradually morph into birds in flight.

When the landscaping is completed there will be a number of raised benches set behind and grass sloped spectator area.



Keith Shaw photo

A PHSS Art 8 student adds the finishing touches to one of 30 mosaic tiles installed at the Pender Harbour Community Hall Garden.



Jessie Little, Rob Saunders, Mathew Campbell, Marc Deschenes and Bill Gilkes set the tiles as Swanson's concrete truck driver Chad Procknow looks on.



This mosaic is still in the process of being set into the concrete bench but already hints at the potential beauty when the landscaping is complete.

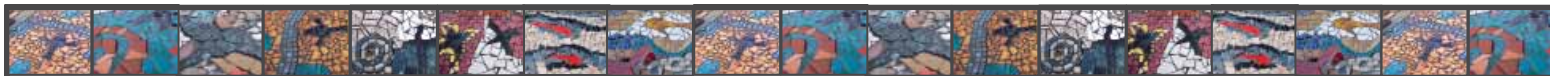
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Black Bill Gilkes (l) flexes for the camera.



Rob Saunders adds the finishing touches to the concrete borders



A variety of materials were donated by businesses and individuals to offer the students a range of colours and textures.

March 2011



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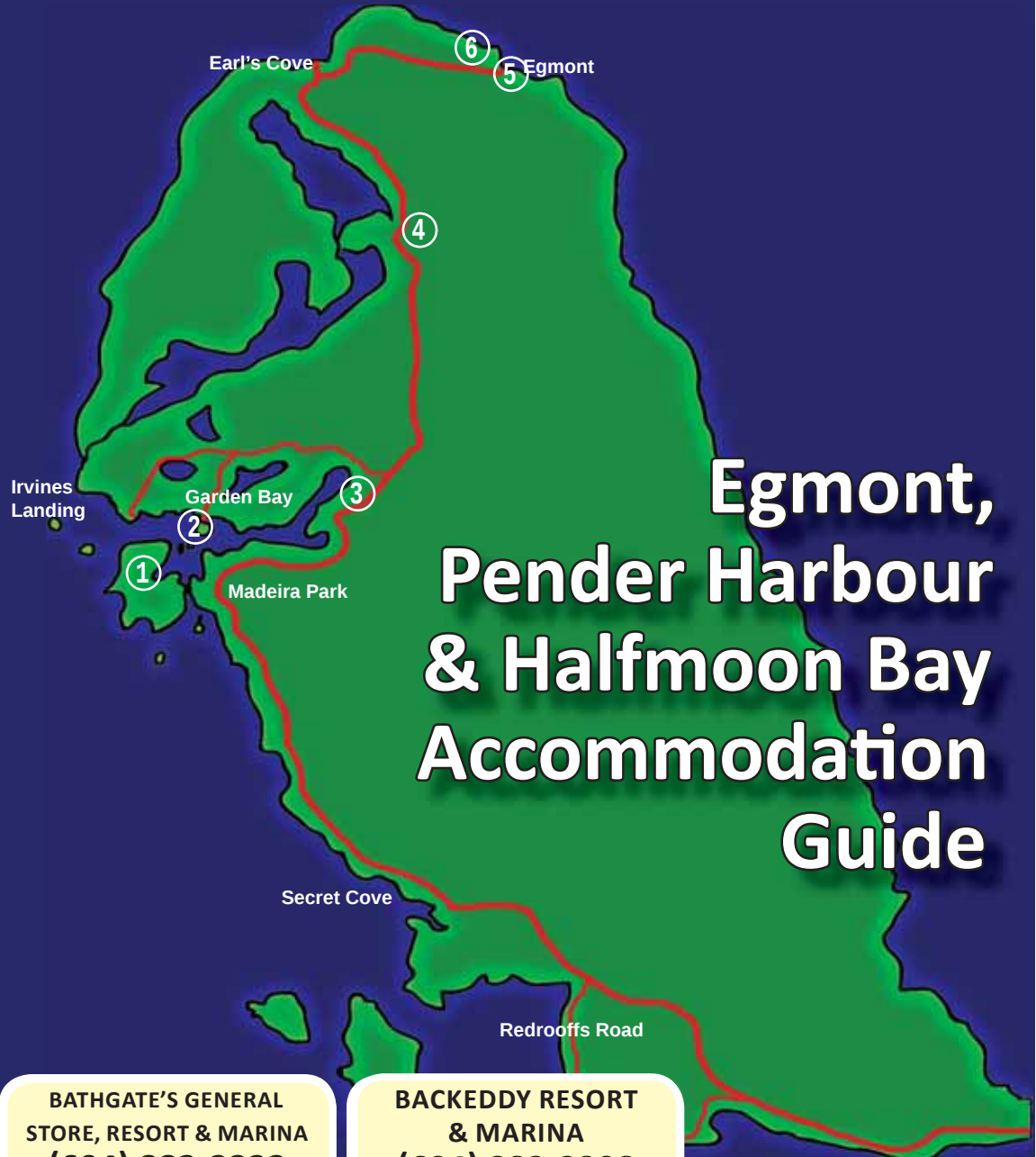
5

BACKEDDY RESORT & MARINA (604) 883-2298

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backeddy.ca



6



Egmont, Pender Harbour & Halfmoon Bay Accommodation Guide

Pender Seals take to the water in Sechelt

The Pender Harbour Seals swim club took five athletes to a “fun meet” at the Sechelt Aquatic Centre Feb. 13.

The meet was hosted by their down Coast rivals the Chinook Swim Club who train out of the Sechelt pool.

It was all for fun and to offer the Seals a taste of what a swim meet is all about.

The Pender Harbour Seals are coached by Robert Hynd, Bob Steele and Gwen Pepin.

Hynd said afterwards that, although the swim meet was about gaining experience, he was astounded at the rate at which his swimmers have been improving.

The Seals practise after school on Thursdays at the Pender Harbour Aquatic and Fitness Centre and always welcome new swimmers.



Julia Massullo touches the wall as coach Gwen Pepin records her time. Improvements in swimming are so great at this age that personal best times often increase by huge increments.

March 2011



Don't look behind you... relaxing in the hot tub after the swim meet are back (l-r): Coach Robert Hynd, Warner Endert and Julia Massullo. Front (l-r): Evan Williamson, Derek Ewen and Brianna Milligan.

Area A Seniors' Housing Outreach Healthy Meal Program



**Thank you, Pender Harbour Rotarians for supporting
our program with a \$500 donation.**

Call Linda Curtiss (604) 883-2819 or Anky Drost (604) 883-0033.

PHSS term two honour roll

GRADE 7

Halle Bosch, Tara Butler, Thomas Evans, Yasmeena Kennedy, Michael Parrott, Mitchell Silvey, Samantha Stewart, Connor Whitworth.

GRADE 8

Cameron Anderson, Crystal Cook, Sawyer Cote, Teaguen Craig, Cassidy Craig-Watters, Daisy Dixon, Jace Landry, Zena Lanteigne, Teal Loverock, Emily Marshall, Caleb Rouleau, Jade Storoschuk, Salem Taylor. Honourable Mention: Savannah Cote

GRADE 9

Matteo Alps Mocellin, Chloe Campbell, Alex Christian, Autumn La France, Maria Lamarche, Zach Mansbridge-Farfard, Taylor Phillips, Emily Reid, Dustin Sigurdson, Matthew Silvey, Mackenzie Stewart, Rick Wagner, Solveig van Wersch. Honourable Mention: Aaron Pazur.

GRADE 10

Brandon Ewen, Carly Fielding, Charlotte Gray, Arhea Howitt, Ryleigh Lightbourn, Angus Marshall, Brianna Milligan, Brad Seabrook, Savannah Sosa, Shaylen Sosa.

GRADE 11

Carson Anderson, Khoya Craig, Joel Field, Maciek Glowacki, Amber La France, Luke Roose, Brandon Rouleau, Elizabeth Rowlands, Kari Scott, Chelsea Scoular, Jake Snedden, Kohl Whitehead, Madison Williams-Rice.

GRADE 12

Chloe Christie, Mike Chrystall, Breanna Clay, Eileen Glowacki, Mitchell Jones, Rebecca Kelly, Taylor McKay, Aurora Noble, Janine Snell, Rowen van Wersch, Mitchell Williams-Rice.

Honourable Mention: Gavin Wicks.



Land Act: Notice of Intention to Apply for a Disposition of Crown Land

Take notice that the Sunshine Coast Regional District of 1975 Field Road, Sechelt, BC V0N 3A1, intends to make application to the Province of British Columbia, for a **Licence of Occupation** for **Water Treatment and Storage** purposes covering **that part of District Lot 3431, together with that parcel or tract of land in the vicinity of Haslam Creek, Group 1, New Westminster District** situated on Provincial Crown land located at **McNeill Lake**.

The Land File Number is **2410598**. Comments concerning this application should be directed to the Senior Land Officer at 200 – 10428 153rd St., Surrey, BC V3R 1E1. Comments will be received by the Ministry of Natural Resource Operations until **March 15, 2011**. Ministry of Natural Resource Operations may not consider comments received after this date. Please visit the Applications and Reasons for Decision Database website at: www.arfd.gov.bc.ca/ApplicationPosting/index.jsp for more information.

Be advised that any response to this advertisement will be considered part of the public record. For information, contact the FOI Advisor at the Ministry of Natural Resource Operations regional office.

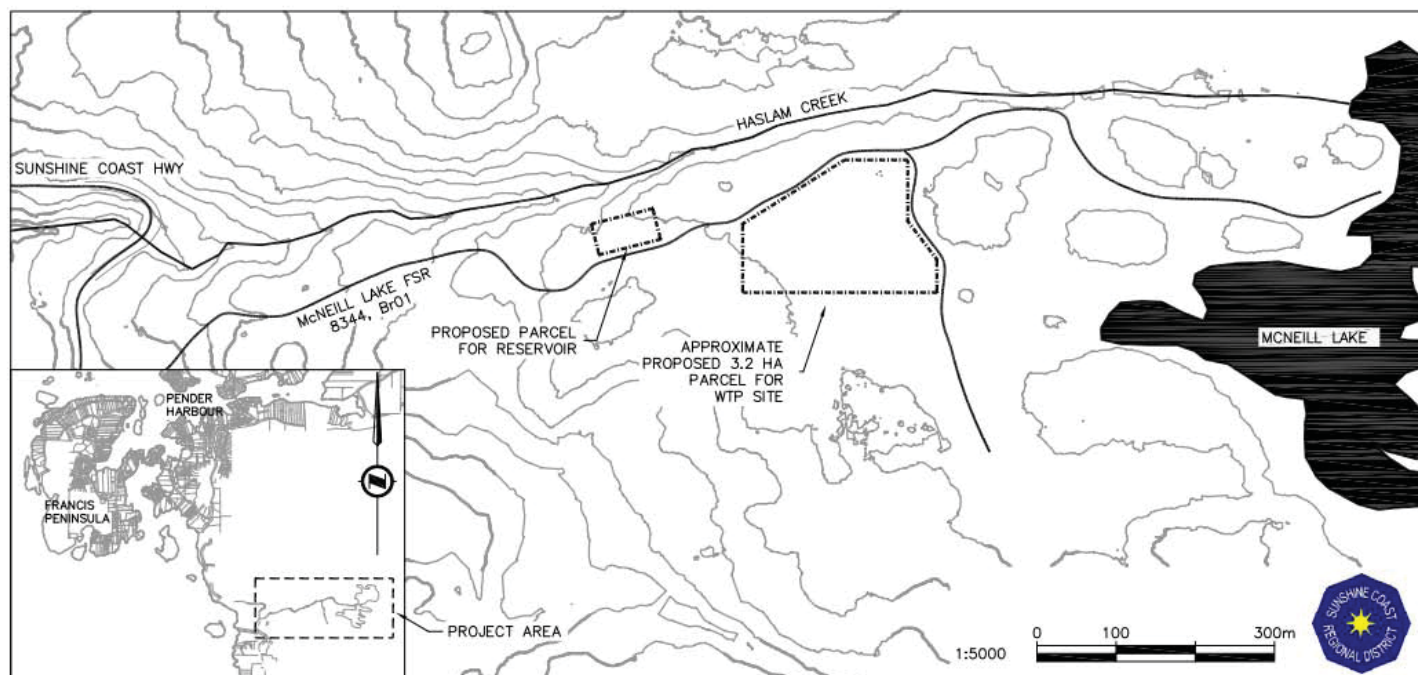




photo submitted

On Feb. 17 Margaret Page (l) of Coast Cable (Channel 11) interviewed (l-r) Elaine Park, Cathy Jenks and Dorothy Faulkner about the *Women of Pender Harbour* book. The show aired several times last month.



photo submitted

Members of PHSS junior girls basketball team travelled to Pemberton for a tournament recently and finished second overall. l-r: Mackenzie Stewart, Alexandria Christian, Coach Earl Antilla, Autumn la France, Crystal Cook, Solveig van Wersch and Dani Pazur. Though junior teams can include athletes from Grades 8 to 10, the Pender team is made up of players in Grade 8 and 9. Despite that, they opened the tournament beating Chatelech and Howe Sound Secondary before losing to their Pemberton hosts 42 -27 in the final.



photo submitted

The Rotary Club of Pender Harbour donates to Area A Seniors Housing in support of the Outreach Healthy Meals Program. Linda Curtiss, program co-ordinator, accepts a cheque for \$500 from Rotary past president John King.

The Healthy Meals Program prepared 1,355 meals for anyone unable to prepare their own meals due to either age or sickness. The program, entirely run by volunteers, rents the Royal Canadian Legion's kitchen weekly to prepare the meals.

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Graham gets green light to come back



*By Eric Graham
SCRD Director,
Area A*

I am glad to say that my doctor has approved me to start driving again and to start getting back to work on a gradual basis.

Barrie Wilbee has been doing a tremendous job in my absence and has kept me informed on what has been going on.

This is a very important time being budget time and with Barrie's experience things are going quite well.

Area A has a higher number of waterfront properties (lake and ocean) than most other Sunshine Coast areas.

Many believe that the BC Assessment Authority has overvalued these types of properties and therefore Area A has paid a higher portion of regional taxes compared to other areas with higher populations.

With the downturn in the econ-

omy, the prices people are getting for their waterfront homes are often far less than their assessments.

This year a much-needed revaluation has occurred and our portion of the taxes should come down while other areas should increase.

Last year the Area A tax increase was the lowest of all eight areas and although it's too early to confirm (our 2011 budget won't be finalized until the end of March) it looks like, if your assessment went down or stayed the



MEETINGS AT 1975 FIELD ROAD

Corporate and Administrative Services Committee

March 3 at 9:30 a.m.

Infrastructure Services Committee

March 3 at 1:30 p.m.

Round 3 Budget Review

March 7 to 9 at 9:30 a.m.

Planning and Development Services Committee

March 10 at 1:30 p.m.

Regular Board

March 10 at 7:30 p.m.

Community Services Committee

March 17 at 9:30 a.m. and 1:30 p.m.

Corporate and Administrative Services Committee

March 24 at 1:30 p.m.

Regular Board

March 24 at 7:30 p.m.

Sunshine Coast Regional District

AREA A - ADVISORY PLANNING COMMITTEE MEETING

The next meeting of the Egmont/Pender Harbour Advisory Planning Commission is on Wednesday, March 30 at 7:00 p.m. at Pender Harbour High School, Room 107.

PENDER HARBOUR LANDFILL WINTER HOURS

Monday 8:30 a.m. - 4:30 p.m. Tuesday 8:30 a.m. - 12:30 p.m. Wednesday to Saturday 8:30 a.m. - 4:30 p.m. Closed on Sundays and statutory holidays from Thanksgiving to Easter weekends.

EGMONT/PENDER HARBOUR TRANSIT

The Egmont/Pender Harbour Transit service operates on Wednesdays and Saturdays as a pilot project. Please go to www.scrd.ca, under "services" for details on routing, schedules and fares.

DISCOVER THE MAGIC OF SNOW

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T: 604-885-6800 F: 604-885-7909
Office hours: 8:30 a.m. to 4:30 p.m.

www.scrd.ca

same, your tax increase should again be the lowest of all areas.

THE BUS

A questionnaire is being mailed to every household in Area A requesting input on what we can do to improve the ridership of the community bus that currently runs Wednesday and Saturday.

Please answer the questionnaire with any comments and return it to the regional district.

If we cannot increase the number of people riding the bus we will probably lose this service.

SOUTH PENDER WATER

The good news is that currently nobody has to boil their drinking water but until the water treatment plant begins operation (March 31, 2013 is expected completion date) there will likely be times when a boil water advisory will be issued.

A location for the treatment plant has been established on Crown land and staff are currently undergoing a process to acquire approval.

Over \$4.4 million in grant money from the Federal/Provincial Build Canada Fund and the Green Municipal Fund has been acquired and long-term loan authorization of approximately \$1.8 million will be needed to complete the project.

South Pender Harbour water users will see an increase in their water bills to cover the low-interest loan payments.

Part of the grant funding was contingent on universal metering of every household, which is covered by the grant.

NORTH PENDER WATER

There is some major work being budgeted for this year in the North Pender Harbour water system:

1. An ultraviolet treatment installation at the soon to be expanded pumping station at Garden Bay Lake.
2. Completion of the Oyster Bay water main extension.
3. Removal of the decommissioned steel reservoir on Panorama Drive.
4. Water metering on new or repaired serviced lots.
5. Replacement of culvert on Garden Bay Road at the Katherine Lake turnoff (a requirement of the water licence).

The cost of these projects will be covered by grants, capital surplus and an approximately \$35 increase for each residential dwelling (there was no increase last year).

Supplying of water in Area A is a major job of the regional district.

A full-time dedicated crew works regular shifts seven days a week from

the Lagoon Road office in Madeira Park.

I think they go unappreciated at times, especially when they get called out during the winter in the middle of the night to repair water breaks etc.

My hat goes off to Kelly and the crew.



Highway 101 Delays

Be advised that there will be single lane alternating traffic on Highway 101 between Francis Peninsula Road and Madeira Park Road while road rehabilitation works are completed.

The length of this closure will be for 24 hours per day, 7 days per week commencing February 28, 2011 and terminating March 31, 2011.

Please expect delays during this period and allow extra time to reach your intended destination.

Comments, questions, or concerns?
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Local cruisers find wonder in their self-exile on St. Helena

By Lynda Charlton

“Ahoy, land ahead!” my husband Bill and I exclaimed with joy.

After 13 days and four hours at sea aboard our 35-foot sailboat, the steep, rocky outline of remote St. Helena Island rose dramatically in the shimmering dawn light.

That feeling of awe and wonder of approaching landfall after days at sea is one of the many joys and rewards of the cruising life.

Our 1,695-nautical-mile passage northwest from Cape Town, South Africa to this tiny island in the South Atlantic Ocean became another memorable adventure on our worldwide voyage of discovery.

The 47 square miles of island are the eroded remains of a large volcano, long extinct.

Over millions of years, the plant and animal species of St. Helena developed in isolation.

With such an abundance of lush, green, exotic vegetation, shades of Jurassic Park came to mind during our exhilarating hikes.

At 823 metres above sea level Diana’s Peak is the highest point on



Lynda Charlton photo

‘After 13 days and four hours at sea aboard our 35-foot sailboat, the steep, rocky outline of remote St. Helena Island rose dramatically in the shimmering dawn light.’

the island and one where many of the native plant species find refuge.

Inevitably, some native species have been lost due to imported crops like New Zealand flax and ornamental plants taking over the land.

The landscape, however, remains diverse with deep, green valleys yielding to barren desert and volcanic heights.

The fact that St. Helena has no airport and is only accessible by sea enhances its old world charm.

Small, quaint hotels, lodges and

self-catering accommodations provide a quiet, relaxing home, without the commercialism that comes with mass tourism.

Throughout our stay, the “Saints” as the local inhabitants are called, were all very welcoming, exuding their own unique charm.

We found the Saints’ deep connection to their island came alive in the fascinating description of their heritage captioned in “The Island as a Half-Way House” display at the local museum.

The museum display tells the story of St. Helena best:

“For centuries after it appeared on European maps, St. Helena provided ships with a place for sailors to recover from illnesses such as scurvy and to restock. The maritime spice trade expanded and European nations competed for trade with Asia and for the island’s resources.

“During the East India Company era, English settlers lived alongside workers and slaves from Madagascar, Indonesia, India, Malaysia, West Africa and China. After their liberation from slave ships in the mid-19th century, many more free Africans stayed on St. Helena.



Lynda Charlton photo

With a 2008 population of 714, the port of Jamestown is St. Helena’s third largest town.

“Today’s Saints are the product of hundreds of years of this cross-cultural mixing. This fusion of peoples has created a distinctive culture.”

Portuguese Admiral Joao da Nova discovered this uninhabited island on May 21, 1502.

When the Dutch and English located the island years later, an intense rivalry ensued.

Evidence of these events can be seen in the castle, stone fortifications, gun batteries, cemeteries, and the very interesting library and archives, all depicting a rich past.

St. Helena’s most famous resident, Napoleon Bonaparte, was exiled here by the British from 1815 to 1821, following his defeat by the Duke of Wellington at the Battle of Waterloo.

Our Napoleonic tour of both his residences and original burial site provided us with a glimpse of history we will always remember.

Other famous visitors include Captain Bligh, Arthur Halley, Charles Darwin, the Duke of Wellington and Captain James Cook, all of whom left their mark on the spirit of the island.

On his visit to St Helena, Darwin called it “a little world, within itself, which excites our curiosity.”

Its isolated location proved ideal during the Boer War in South Africa when approximately 6,000-7,000 prisoners of war were shipped to the island between 1900 and 1902.

The capital of Jamestown is nestled in a deep volcanic valley and a visit is like taking a step back in time.

The challenge of climbing 699 steps of Jacob’s Ladder was met with enthusiasm until the next day

It was first built in 1829 as an inclined plane for the removal of horse manure from a fort that sat above the town.

Today, the vital lifeline to this isolated destination remains the *Royal* March 2011



Lynda Charlton photo

The 699-step Jacob's Ladder was built in 1829 to connect Jamestown to the former fort above the townsite.

Mail Ship St. Helena.

Built in 1989, she carries 128 passengers, 65 crew and officers and 1,500 tonnes of cargo.

The ship’s arrival is met with great excitement and by all accounts it is an excellent means of travel.

After our departure from St. Helena, en route to Ascension Island, we crossed paths with the *St. Helena* several times.

Each encounter resulted in friendly radio contact providing weather updates and encouragement during our long passage.

Much of St. Helena’s charm lies in the genuine congeniality of its people.

They live and work in a peaceful and slow-paced environment, that is endowed with both a fascinating history and natural wonders.

It was a welcome change and a world apart from our sometimes hectic society.

St. Helena is said to be the world’s best kept travel secret and we can now attest to that first-hand.

Bill & Lynda Charlton have been circumnavigating the globe in their 35-foot Lord Nelson sailboat “Canik” for the past 13 years. They finally brought her home to Gunboat Bay last year and now enjoy cruising the coast of British Columbia.



Lynda Charlton photo

Jamestown, the capital of St. Helena, is wedged between two steep cliffs.

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HARBOUR SEALS



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Send to: editor@harbourspiel.com.

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A hearty thanks to all the **businesses, clubs, organizations and individuals who donated food items, money or time.** We appreciate your generosity very much.

Wendy Phillips
P. H. Food Bank

Seals and heartfelt thanks to the **wonderful friends** who helped to get In Touch Therapeutics Yoga Studio open. Thanks for being part of the creation: **the incredible Becky, Traci, Patti, Karin and Mindy.** And thanks to **Barbara** who took care of things while I was away.

Brigit Garrett

Seals of Approval to the **PHSS Art 8 students** for a great job on the mosaics in the Community Garden. Thanks also: **Pauulet Hohn, Alois Polacek, Seagard Construction, those who donated tile, Black Bill Gilkes, Nigel Cook, Jesse Little, Mathew Campbell, Marc Deschenes, Rob Saunders, Custom Carpet and Tile and Keith Shaw.**

Julie Malcolm

Harbour Seals to **Kim Foster, P. H. Community School, Sunshine Coast Literacy Council and Blue-waters Books** for their support of the Madeira Park Elementary School literacy week activities.

Fred Thorsell
Principal, MPES

A Harbour Seal of Approval to: **the Oak Tree Market boys, Irene and crew from John Henry's, Debbie Rand, Walt from P. H. Resort and Heather Brown** for all their help with the fire department's annual "late Christmas" dinner at hall two.

Gary Grohs
P. H. Fire Protection District

A Harbour Seal of Approval to **Rex and Motoko** who noticed that embers had started a fire on my roof and alerted me and came quickly to my aid. After so many times wondering where the sirens were going at night, I was so glad that night they were coming to my house. Thank you all (too many to name).

Fred Coulter

Sometimes words just aren't enough: eternal gratitude to my friend **Tonya Stephan** and my aunt **June Malaka** for putting their lives on hold to keep watch over me. Hugs to: **Michelle, Paola, Sharon, Tess, Marie, Motoko, Karen** and **Hayley** for your constant encouragement, support and food supply.

Pauulet Hohn

Harbour Seals to those who have donated items to the P. H. Lions clubhouse renovation project: **Allen Kershaw** (wood stove), **Ian Wright** (fridge) and **Jennifer and Charlie Park** (washer and dryer).

Neale Smith
P. H. Lions Club

A Harbour Seal of Disapproval to **Mike Morrison** who dumped off five gallon jugs of waste engine oil/water on the Madeira Park government dock wharfhead on Feb. 25. Two of the containers didn't even have lids and could have spilled oil into the ocean

Ian McNee
Harbour Manager
Harbour Authority of Pender Harbour
Harbour Spiel



Gerald Girard photo collection

Gerald Girard sent this photo of his father Ted Girard taken shortly after he arrived on the BC Coast in the mid 1940s. The photo shows Ted logging up a local inlet, possibly near St. Vincent's Bay.

(If you have photos to share memories of family or friends, call the Harbour Spiel and we'll try to get them in.)

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Harbourside Friendships approaches its 20th anniversary

By Cathy Anderson

HARBOURSIDE FRIENDSHIPS

Harbourside Friendships was started in October 1991 by two committed health centre nurses, Nancy MacKay and Linda Szabados.

The goal of the group was to provide a friendly environment where seniors can meet new friends, socialize and enjoy a hot meal together.

Due to the dedication and interest of community members, this group has met on a weekly basis from September to June since the program began.

Harbourside Friendships is administered through the P. H. Health Centre and funded by the P. H. Health Centre Auxiliary.

Today many of the original group still come out every week to enjoy this program.

It offers an opportunity to meet new people and enjoy guest speakers, special outings and, of course, a hot lunch.

If this looks like something you might like to participate in but do not have the means to get there, transportation can be arranged.

Harbourside Friendships meets every Thursday at 10:30 a.m. at the Pender Harbour School of Music.

If you would like more information about this group or have an interesting hobby or travel story to share,

Harbourside Friendships March presentations:

March 3: Karen Dyck (P. H. Gardening Club).

March 10: Tom Sheldon (underwater photographer)

March 17: St. Patricks Day (wear green).

March 24: Louise Todhunter (In-Stitches sewing club).

March 31: Presentation by the P. H. Reading Centre



Sylvia Woodsworth illustration

please call Cathy at (604) 883-9766.

LIVING WITH CHRONIC CONDITIONS COURSE

The Pender Harbour Health Centre will be offering the second "Living with Chronic Conditions" course from March 9 to April 13.

It will run on Wednesdays from 1 to 3:30 p.m. in the P. H. Health Centre board room.

This free course is for adults of any age who are living with chronic conditions such as diabetes, arthritis, heart disease or asthma, etc.

If you are interested please call 1(866) 902-3767 to register.

BEREAVEMENT COURSE

The Pender Harbour Health Centre is pleased to be offering our first bereavement course.

This will be an eight-week course offering support and tools for those who have recently lost a loved one.

We are hoping to start this at the end of March.

If you are interested please give us a call at the Health Centre at (604) 883-2764.

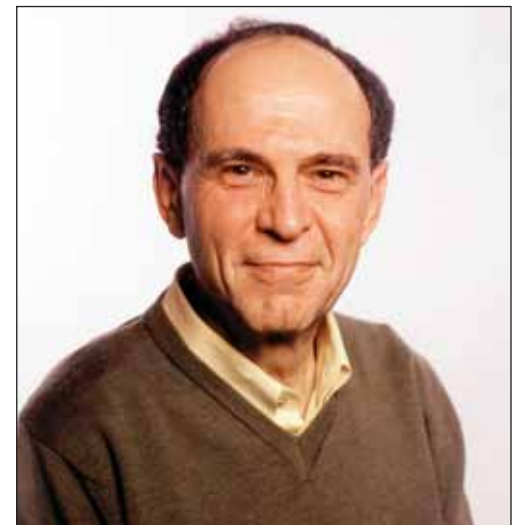
DR. ART HISTER PRESENTATION

The Sunshine Coast Community Foundation will be bringing Dr. Art Hister to the Sechelt Seniors Hall on Sunday, April 3.

He will offer "Keys to a Longer, Healthier and Happier Life."

His 40-minute presentation will start at 1:30 p.m., followed by an opportunity to ask questions.

Everyone is welcome and there will be no admission charge for the event.



Dr. Art Hister

A 'stay' trip away from the everyday



By Alan Stewart

Part of my job as a Realtor includes travelling up and down the Sunshine Coast and exploring many of its secrets.

So for my wife's birthday, I thought why not incorporate a romantic vacation with a little exploring in our own backyard?

My parents eagerly accepted our offer to come and watch the kids for the night and we packed our bags and left home to travel to a world class oceanfront spa resort.

Five minutes later we arrived at the Painted Boat Resort with the engine of our car barely warm.

Outside it was raining and cold but the staff at the spa greeted us warmly and showed us to the change room to prepare for our massages.

While there were quite a few ladies at the spa that day, I had the men's change room to myself.

Not being a massage aficionado, I found myself wondering whether or not I should leave my swimsuit on under the white fluffy bathrobe.

My last massage was about 15 years ago and I remember being mortified when the masseuse stopped what she was doing when she moved the bathrobe down.

"Sir, we expect clients to keep



their underwear on during a massage."

Given that experience, I opted for a swim suit, slipped on a pair of sandals and made my way out to the warm and relaxing waiting area where I poured myself a glass of herb infused water. Nice.

Paola's masseuse, Brook, arrived and escorted Paola down the hall. Lindsay arrived shortly after and asked that I follow her.

It turns out I blew it on the swim-

suit decision (apparently, a pro can work around the issue without jeopardizing one's privacy) but instantly knew I'd made the right decision to come.

Not only was the rubdown exceptional, we especially enjoyed the garden area afterwards which included a sauna, saltwater pool and hot tub with a heated waterfall.

We ended the afternoon with a private steam shower with glacial clay therapy that turned any of my remaining tension into porridge.

Soon afterwards we were in our room overlooking the marina and it exceeded any of Paola's expectations.

While she headed off for an afternoon nap, I poured myself a glass of red wine and snapped on the Super Bowl.

Life doesn't get much better.

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If you haven't been to the Restaurant at the Painted Boat before, it's like a little bit of downtown Vancouver right here in the Harbour.

Tania greeted us at the reception desk and directed us to our private table in the lounge, just in front of the fireplace.

There were only two other groups enjoying dinner that night, so we got plenty of attention.

We accepted Tania's advice and ordered the five-course "Chef's Tasting" prepared by Chef Spence.

After asking what we liked and didn't like, Spence and Tania prepared a wonderful, personalized meal for us.

Not having to think about what to order added to the relaxing experience of the whole day.

The next morning we woke to the familiar sounds of the Harbour and while we had heard the same gulls a million times before, experiencing them as a tourist somehow made me once again appreciate what we so often take for granted.

The weather had turned from wind and rain to magnificent sunshine and as Paola enjoyed the soaker tub, I sipped coffee and watch two huge otters swim the shoreline.

By 9:30 we were on the road.

On the way, we stopped at a public beach access at the end of Sea Fiddler Lane.

It's a magnificent strip of smooth pebble beach with miles of driftwood treasures and views to the Trail Islands.

I took off my jacket and we soaked up the warm sun rays with the waves lapping at the beach below.

Next up, a late breakfast.

While I've enjoyed great coffee at lots of places on the Coast, you haven't lived until you've had a

smoked salmon omelette and a café latte complete with artistic design inlaid in the foam at the Strait Coffee Traders at Wilson Creek.

Not kidding. Go there. Have it. Thank me later.

With full bellies we got back in the car and headed for Dakota Ridge.

While I've lived on the coast for 14 years, I hadn't ventured to the top of the mountain.

The trip up took 30 minutes from the time we left the restaurant.

Not only are you treated with amazing views on the way up, it's also educational for those not particularly familiar with the logging industry.

Helicopters worked in the distance while locals with pick-up trucks and chainsaws bucked up firewood in the clear cuts close to the road.

Of interest to me were the signs noting the dates that areas were harvested and replanted.

At the end of the road we came to a parking lot with a handful of cars and trucks.

The snow removal crews weren't needed with the sun melting most of the snow on the road into little rivulets of ice cold water.

We ventured out into the cold in our sneakers and jeans and very precariously made our way to the "warm-ing hut."

While there was no one around it was obvious from the photographs and messages on the wall that this place was loved and well-utilized.

The cross-country skiing and snowshoeing trails were much larger and better developed than I had ever imagined and even the trail to the toboggan area was well groomed.

We headed back down the mountain and made our way to Georgia Beach, off Skyline Drive in Gibsons.

It's a remote spot visited mainly by folks who live in the neighbourhood.

A gentleman sitting on a piece of driftwood was composing sheet music while his wife was taking photographs of the spectacular scenery.

The beach looks directly across to the western end of Keats Island and then out to the Georgia Strait.

Finally, we headed to Sima Sushi restaurant at Sunnycrest Mall for a late lunch before making the 50-minute drive back to Madeira.

On the way, I mentioned to Paola just how lucky we were to live in one of the few places on earth where you can dip your toe in the Pacific on a sunny February morning and then drive 30 minutes to a snow-capped mountain.

Next time we'll bring the kids.
Well, at least to the mountain.

Please send any suggestions for future columns to alan@sunshine-coasthomes.com.

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Socializing big dogs to little kids

By John Wade



Hello John,

I always enjoy
your column.

I was somewhat
surprised to read
that dogs need to be socialized to
kids.

Perhaps I have largely been
around dogs that were socialized
at an early age to kids, but most of
my experience has been that dogs,
especially large breeds, seem to
naturally like kids.

Is it a breed issue?

I have noted that some smaller
dogs don't seem to like them.

Dick

Hi Dick,

There is a nature vs. nurture ele-
ment.

Some breeds of dogs have been
selectively bred for greater tolerance
of humans "mishandling" and, gener-
ally speaking, those are some of the
"non-combat" oriented larger breeds.

But I think it's tough to find
breeders that pay sufficient attention
to such things anymore.

Like a lot of people who own
what once were considered docile
breeds — like golden retrievers, for

instance — I wouldn't depend on it.

Even with good breeding, all
dogs, large and small will become
exponentially more accepting and
tolerant of children if breeders and
dog owners make a concerted effort
to expose puppies to them before 12

weeks.

Expose them to a cornucopia of
children of all ages, skateboards, loud
sounds, wheelchairs etc.

Essentially, the more sounds,
sights, and smells you can access and
safely expose the dog to the better.

The veterinarian community is
finally acknowledging that careful
attention to socializing saves as many,
if not more lives, than might be lost
by restricting puppies' access to the
real world until the inoculations are
complete.

Fortunately proper socialization
can occur without compromising a
puppy's physical health.

Unfortunately, the veterinarian



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community is not yet sufficiently emphasizing to puppy owners just how important socializing is.

It's not entirely their fault. For something as critical to life as socialization is, it is not adequately covered in their education.

And the information they are getting is often coming from equally ill-informed dog trainers who are selling them on the idea that puppy-socialization classes equate to proper socialization.

This is rarely the case. The fact is that no puppy socialization class can accomplish the task and many do more harm than good.

That is, unless the puppy socialization class is daily and incorporates multiple exposures to the real world of sounds, sights and smells.

The fact is that a dog's best chance for a bombproof temperament is based on how and what the dog owner — and hopefully the breeder before them — exposed the dog to before 12 weeks of age.

The beauty is that it is bizarrely simple to do.

It's not based on handling and training ability.

It's just labour — a labour of love I might add.

It is in my opinion the single greatest gift a breeder and/or a dog owner can give a dog.

Fearful dogs all too often lead restricted or shortened lives due to a completely preventable temperament issue.

No pill, no dog trainer is going to be able to fix a bad temperament.

They may be able to dampen the behaviour but proper socialization is the key to prevention and producing a happy dog rather than just a more

tolerant dog.

I have an e-book called *Socialize Your Puppy for Everything* that any breeder, veterinarian or dog owner can use to learn what they need to do to produce confident dogs.

You can find it in the store sec-

tion of my website or write me for a direct link.

Regards,
John Wade

e-mail John at: johnwade@johnwade.ca or visit his website at www.johnwade.ca

Gum disease is more trouble than you think.

More people are becoming aware of the link between oral health and our general health but the mouth is often seen as separate from the rest of the body.

People don't realize that decay of their teeth is an infection and that infection can directly affect their general health.

What happens in our mouth doesn't only remain there.

The links between oral health and general well-being are not all known yet.

One theory is that the bacteria that builds up between teeth and gums can enter the bloodstream and settle elsewhere in the body, causing damage to other organs such as the heart.

The same type of bacteria found on the walls of the arteries is also found in plaque on our teeth.

Plaque build-up on your teeth will make your gums bleed when you brush and floss and bleeding gums

are an indication of infection.

The Journal of the Canadian Dental Association shows gum disease may be more prevalent among diabetic patients than non-diabetic people.

Diabetics are more likely than non-diabetics to suffer severe bone loss, tooth loss and infections from gum disease.

Despite its harmful effects, gum disease can be prevented and easily reversed if caught in the early stages by practising good oral health habits.

Brush at least twice a day and floss once a day and be sure to have a dental check-up at least once a year.

As always, we welcome new patients and our helpful friendly staff is on hand Monday to Friday from 9 a.m. to 5 p.m. to book your appointment with one of our dentists or with our hygienist Darlene Fowlie.



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MARCH ASTROLOGY

PISCES: FEB. 19 - MAR. 19

Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Pisceans are often religious or mystical. Of all the astrological signs, Pisces make the best lovers. Get with one.

ARIES: MARCH 20 - APRIL 20

The sign of the ram gives Arians loyalty, generosity, high energy and courage. They love adventure and often fiercely defend the underdog. You will experience a positive flow of warmth and friendliness between yourself and others, and you are stimulated and energized by your casual interactions with the opposite sex. Giddy up.

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OF MARCH

THE TIPPING POINT

It is commonly thought the word “tips” is an acronym for a phrase such as “To Insure Prompt Service” or “To Insure Proper Service.”

According to the Oxford English Dictionary, the word tip originated as a slang term and its etymology is unclear. The term in the sense of “to give a gratuity” first appeared in the 18th century.

By definition, a tip is never legally required and its amount is at the discretion of the patron being served. In some circumstances, failing to give an adequate tip when one is expected is a serious faux pas and may be considered very miserly, a violation of etiquette or unethical.

In Canadian restaurants, it is customary to tip approximately 15 per cent on the total bill before tax or 20 per cent for exceptional service. Many restaurants may charge an automatic 15 per cent or more gratuity for larger groups.

It is also a good idea to tip in hotels. Tipping at hotels

often includes the hotel staff that brings baggage to a guest room or if a valet service is used to park a car. It is also appreciated when a tip is left for your hotel room attendant. Also, if the hotel concierge provides an extra service,

such as securing theatre tickets, it is the usual practice to leave a tip.

Tipping is also customary for other service providers such as hairdressers, manicurists, aestheticians and taxi drivers. In these cases the percentage of tip is really up to the individual, but 10 per cent minimum is common.

In many establishments, tip jars have appeared in places that provide counter service like coffee shops, ice cream shops, cafeterias and even in some retail stores. It is not necessary to tip for counter service and it is definitely not customary to tip the clerk in retail stores. Whether you put money in such a tip jar is entirely your choice,

and you will not be rude if you choose not to.

How much to tip?

Cabs/taxis: 10-20 % of the fare.

Doorman: \$1 - \$2 (for hailing a cab).

Bellman: \$1 or \$2 per bag.

Chambermaid: \$1 or \$2 per day (or lump sum at end of stay).

Room Service: If a tip is included in the cost of room service, is not necessary to tip. Otherwise, 15% (before tax total).

Parking Valet: \$5 tip (when picking up your car).

Salon/Massage: 15-20% for hair stylists, beauticians and masseurs (before tax total).

Bartender/cocktails waitress: 10-20% is standard or often a “keep the change” rule applies.

MARCH 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).

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• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
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• St. Mary's Hospital Auxiliary (2nd Wed.,1:30 p.m.)	883-2563
• Seniors' Housing Society (3rd Thur.).....	883-0704
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• Suncoast Players	883-9277
• TOPS (Take Off Pounds Sensibly).....	883-3639
• VITAL First Aid and Safety Training Centre.....	885-0804
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-9313
• Women's Outreach Services.....	741-5246

ORGANIZATIONS

P. H. LIVING HERITAGE SOCIETY

April 30, 2011 will see Pender Harbour full of the sights and sounds of the 10th annual April Tools Wooden Boat Challenge. As usual, teams of up to four people are encouraged to enter to build a boat in three hours and then race it around the Harbour for cash prizes. Entry fee is \$160 (early bird fee \$140 if you register by April 1). Lots of other events from high school races to kids boat building to a dockside BBQ. Call Richard or Jackie at (604) 883-0539 for information or an entry form, or go to www.apriltools.ca.

P. H. WOMEN'S CONNECTION

The P. H. Women's Connection gathering on March 8 will feature Deb Warburton of Coast Jewellery who will show us the fine art of making gold and silver jewelry. Come to the March 22 gathering and find out how to update your favorite outfit by having it re-fashioned, along with hair and beauty tips. Both gatherings are at the P. H. School of Music in Madeira Park. Doors open at 9:30 and gatherings are from 10 a.m. until noon. Members, non-members, and drop-ins are always welcome.

P. H. READING CENTRE

Free courses for members of the Pender Harbour Reading Centre (membership only \$5) on searching library online resources will begin in March. Contact the Reading Centre for details. Phone 883-2983.

P. H. WILDLIFE SOCIETY

The Pender Harbour Wildlife Society is very pleased to sponsor the following presentation on March 15 at 7:30 p.m. at the Pender Harbour High School.

Karen Barry works for Bird Studies Canada, Canada's leading non-profit bird research and conservation organization. She helps co-ordinate the Important Bird Area program in BC. The Important Bird Area (IBA) Program was initiated in the 1980s by BirdLife International to identify, monitor and protect a global network of sites for the conservation of the world's birds. Migratory birds depend on Important Bird Areas to rest, feed and breed during their long journeys. Canada has about 600 sites with 84 in British Columbia. The presentation on March 15 will provide background information on the program's goals, information about IBAs on the Sunshine Coast and updates on current activities. Everyone is welcome. The society will meet following the presentation.

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Egmont's Valentine's Day Tea

By Doug Elliott

"It was a tradition to host a tea at the Egmont Community Hall for Valentine's Day. Everyone was invited including children and visitors. Care was taken to make lovely tea sandwiches and cookies. Each place setting had a china tea cup and saucer. The hall still has quite a collection of china tea cups from this tradition."

~ *Egmont Heritage Cookbook: History and Recipes from a Sunshine Coast Community*, (Egmont Community Club)

The traditional Valentine's Day Tea was held on the afternoon of Feb. 14 at the Egmont Community Hall.

For a special occasion the hall had been cleaned and decorated by the small team of volunteers who make up the community spirit of Egmont.

A small army of north Sunshine Coast denizens from Egmont, Ruby Lake and Earls Cove had spent a late evening baking treats especially for the tea.

Small tea sandwiches, egg, ham, sausage, cheese and salmon sat beside a variety of cupcakes and cookies.

Added to the pile were cakes and small jam-filled butter cookies with powdered sugar sprinkled over them, all lubricated with tea and coffee.

And the people came.

In spite of some of the worst weather of the season, a good percentage of the community turned out in the middle of a work day.



Doug Elliott photo

An annual tradition, the Valentine's Day Tea at the Egmont Community Hall was a sweet spectacle.

The event was timed so that the children of Egmont could come to the community hall when they got off the school bus.

And the most colourful characters of the community participated.

Wally Silvey and Waldo formed the welcoming committee at the entry of the hall, presenting attendees with tickets for the door prizes.

Pat Thibodeau, Heather Smith, and Andrea Elliott organized the door prizes of flowers and small gifts, as well as goodie bags for the children.

Those same three ladies also served as kitchen staff and laid out the plates of treats while keeping copious quantities of water heating for more coffee, tea and hot chocolate.

May Silvey and Heather brought in beautiful extra teacups from their collections for the occasion.

Nearly everyone present won one of the door prizes.

And with flowers as so many of the prizes, you can bet that spring will be blooming nicely in Egmont this year.

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Yoga: The art and science of holistic fitness

By Brigit Garrett, R.M.T., R.Y.T.

Yoga is an increasingly popular method of integrating science and art to unify the whole being of body, mind and spirit.

It allows one to travel the road of life with greater ease and joy, with less discomfort and a greater sense of who you are.

In a driven life with numerous daily stresses, it's important to look after your health and fitness level.

Yoga helps by strengthening your muscles and core while improving postural alignment.

As your internal systems are brought into a balanced state through regular practice, the proven benefits to your health and longevity are realized.

Yoga is a holistic fitness program for men and women that can be adapted for any age or fitness level.

You don't have to get in "better shape" or "lose weight" to begin and it can be started anytime in your life.

And it can become a lifetime journey ... or not.

Yoga typically involves being led through a variety of asanas or yoga poses.

Poses range from the savasana or "corpse pose" in which one aims for the total relaxation of the body (considered to be one of the hardest to master) to more physically challenging poses like the "bow pose" in



which you rest on your stomach and arch your body while clutching your ankles.

Sun salutations are used to some degree in all yoga classes and include a series of poses that flow together

with mindful use of breath (pranayama).

Sun salutations increase flexibility in the spine by lengthening and strengthening muscles while helping with postural alignment.

These series of poses also promote a healthy cardiovascular system by pushing blood and oxygen to all parts of your body.

Lung capacity is increased while your breathing muscle, the diaphragm, is strengthened.

But benefits to cardiovascular and muscular-skeletal systems are not the only physical benefits yoga practitioners receive.

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Focused attention on breath and body to maintain your balance while linking poses together promotes a calm and focused mind.

Some practitioners call it meditation in motion and some a strengthening fitness program.

All agree that yoga helps to reduce stress.

Yoga helps to boost your endocrine system which is responsible for balancing your hormonal system, thereby enhancing mood and mental state.

It can help to reduce stress, anxiety and depression.

The calming effects of the nervous system also add to this benefit by its soothing and sedating qualities.

Yoga also offers digestive system benefits while helping to cleanse and detoxify your body.

But above all, yoga empowers you to take responsibility for your body by teaching methods to maintain good health, find comfort and feel strong and nourished.

Yoga encourages an inquiring mind, guided by our body's innate wisdom — we learn how to move away from pain and discomfort by respecting our body's own anatomical alignment through safely executed poses.

We are always guided by our breathing and cast off harmful philosophies like “no pain, no gain.”

Find out for yourself how balanced, rejuvenated, strong and supple your body and mind can feel.

Brigit Garrett has been a registered massage therapist for 21 years and has been in the fitness industry for over 30 years. She now owns and operates In Touch Therapeutic Yoga Studio in the heart of Madeira Park.

The origins of yoga

Modern yoga can take various forms but its philosophy can be traced back until at least 3000 BC when stone seals were discovered in the Indus Valley depicting yoga postures.

The first written evidence of yoga can be found in the Vedas, the sacred scripture of Brahmanism which evolved as the basis of modern Hinduism. Vedic Yoga is characterized by rituals and ceremonies that strive to surpass the limitations of the mind. This inner focus as a means to enhance the sensory and human ability is the root of all yoga.

Yogic literature continued in the second century BC with the development of the Upanishads, 200 scriptures describing the inner vision of reality resulting from a devotion to Brahman.

The most well-known and popular of the yogic literature, the Bhagavad-Gita, was written about 500 BC. It's the story of a conversation between a prince about to enter battle and Krishna, the god of Hinduism. Though it elaborates on yogic and vedantic philosophies, the Bhagavad-Gita has been referred to as a “manual for mankind” and praised by many influential western thinkers including Albert Einstein, Aldous Huxley and Herman Hesse.

The Classical Period of yoga is defined by the publication of Patanjali's *The Yoga Sutra* around the second century. It attempts to define and standardize yoga and identifies the Eightfold Path of Yoga which aims to cleanse through separation of the body and spirit.

Post classical yoga instruction is signified by a proliferation of literature and a change from past yogic teaching by no longer striving to liberate a person from reality but rather encouraging one to accept it and live in the moment. With its rapid growth in popularity in recent years, the word yoga has come to take on many meanings and has been heavily commoditized and even trademarked in the case of Bikram's Yoga.

In the west, what is commonly referred to as yoga is usually Hatha Yoga. Hatha Yoga attains the union of mind-body-spirit through a practice of asanas (yoga postures), pranayama (yoga breathing), mudra (body gestures) and shatkarma (internal cleansing). Modern Hatha Yoga does not emphasize many of the esoteric practices and focuses primarily on the physical yoga postures.

Wei Hsu: The first non-native Pender Harbourite (Part VIII)



Vague recollections have persisted for many years that the first non-native person to live in Pender Harbour was Chinese.

Before Charlie Irvine landed here and lent his name to what became Irvines Landing, a family named Hsu arrived in 1873 and settled in a rocky bay tucked behind the western entrance of Pender Harbour.

The historic events depicted here are loosely based on the author's own imagination and should not be interpreted as fact — unless it suits the reader to do so.

By Anne Crocker

Part VIII: (Continued from Feb. 2011)

By the time Wei Hsu had returned from Victoria in late August of 1874, he'd missed the peak of the returning sockeye runs as well as the important late-summer drying season. Qwuní, Smqáma and Inix had shared some of their catch in return for Mary's help in preparing it but it wouldn't be enough for the winter.

Hsu had some time before the chum returned to the local creeks and set about building a saltery shed on stilts over the water below their home. It wasn't large, approximately 25-feet by 30-feet, but much bigger than the saltery shed he'd built in New Westminster. It also had enough room for a large smoking chamber that would produce much more smoked salmon than they could have hoped for before.

He did this out of necessity because of the short time to take advantage of the remaining salmon runs, but Hsu had been thinking for some time that if he could stockpile enough cured fish, he could trade it through the winter to transient loggers and other hungry visitors.

With her mother and father busy, Mary found she was able to steal some time for herself. She and her mother had worked non-stop while her father was away but since her return, the young girl almost felt in the way.

She didn't mind. Mary was now 10 and quickly gaining independence. She still had her

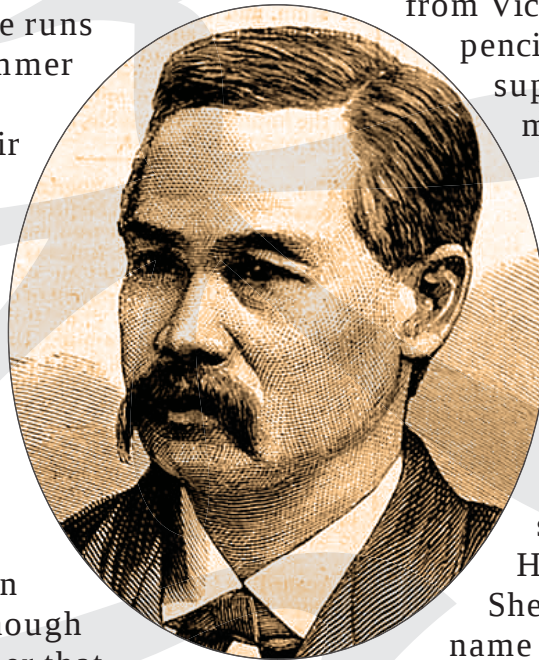
chores but was able to find plenty of time to hike up to the lake behind her home to swim and paint.

Her passion for sketching and painting did not go unnoticed by Wei Hsu. He arrived home from Victoria with a pirate's bounty of pencils, sketchbooks, canvas and paint supplies. They were expensive and made all the more precious by the fact he transported them back in his small boat. Apart from a small piece of jewellery for his wife and his parcel of opium, the painting supplies were the only nonessential items he allowed himself to return with.

Mary adored her father. Where her mother often assumed the role of chore master, Hsu tended to spoil his only child.

She came to prefer her Chinese name of Xiu-Xiu but grasped little of the complexities her mixed heritage would someday have. For now, she enjoyed the way people admired her exotic features and because children were few around Pender's Harbour, she was often the focus of attention.

But for the most part, her life was one of toil and she appreciated any breaks she had. Since she was a very small child she had always felt the urge to draw. Until her father had returned from Victoria with her fantastic gift, she was forced to sketch on any material she could find. More often than not, that included rocks. Inix had taught her how to mix various ingredients to make hardy pigments. She took to experimenting with simple shapes on the many flat cliff



Wei Hsu, 1861.



Image courtesy of Hsu family archives

Armed with new art supplies, Lucy Hsu sketched this image of her father and a friend recycling material from an unoccupied Shishalh longhouse at Séxwámin (Garden Bay) in September 1874. The lumber they were harvesting was likely intended for the saltery shed on the beach near his home.

faces nearby.

Rock paintings could be found wherever there was a flat wall and sometimes she touched the older ones up. She enjoyed the permanence of the simple paintings but she preferred the creative freedom and details offered by watercolours and oils. After she received her generous package of art supplies, she rarely did it again.

Mary spent most of that September of 1874 painting and sketching. She knew that by the time the chum returned she would be busy so

she enjoyed the time she had.

When she became bored painting water fowl at the lake she might take the family row boat and travel off looking for new subjects. She sometimes painted her family at work but soon learned it was dangerous to do so because she could be easily enlisted for help.

Mary (Xiu-Xiu) Hsu didn't know it at the time but she was creating the first visual record of Pender Harbour.

(Continued next month)

BC Bestsellers:

(For the week of Feb. 13)

1. ***Patriot Hearts*** by John Furlong
2. ***The Sentimentalists*** by Johanna Skibsrud
3. ***Quinoa 365*** by Patricia Green & Carolyn Hemming
4. ***The Zero-Mile Diet*** by Carolyn Herriot
5. ***Vij's at Home*** by Meeru Dhalwala & Vikram Vij
6. ***Adventures in Solitude*** by Grant Lawrence
7. ***Everything Works*** by Mike McCardell
8. ***And to Think I Got in Free!*** by Jim Taylor
9. ***Bateman: New Works*** by Robert Bateman
10. ***Voices of British Columbia*** by Robert Budd

~ Assn. of Book Publishers of BC

BOOKS

Listening to the *Voices of British Columbia*



Keith Shaw photo

By Theresa Kishkan

When I was a university student in the 1970s, I became aware of the Provincial Archives, the repository of “government documents and records; private historical manuscripts and papers; maps, charts and architectural plans; photographs; paintings, drawings and prints; audio and video tapes; film; newspapers; and an extensive library of publications with a strong emphasis on the social and political history of British Columbia and the Pacific Northwest” (from the B.C. Archives website).

Occasionally my own work took me there and it was easy to spend a day, or three, and not notice where the hours had gone.

The aural history department used to publish a journal from time to time called *Sound Heritage*. I have a number of these on my shelves, issues that presented excerpted transcriptions of interviews with settlers in the Okanagan Valley, the original Doukhobor farmers from the West Kootenays, and with the fascinating Martin Starret, who operated a trading post on Babine Lake in the 1920s and who trapped, hunted and had extraordinary recollections of his time in the north as well as in the Fraser Valley.

Much of this material came from the Imbert Orchard Collection. Orchard travelled the province collecting stories from old-timers, believing that “they were kind of epic ... I realized that there was a tremendous variety in this country. There is more variety in climate and terrain between Long Beach and the Rockies than there is in all the rest of Canada ... I began to see

that this was a story all by itself.”

He produced and broadcast some of the results on CBC Radio in the 1960s and '70s but most of the interviews lay dormant in the archives for many years, though the editors of *Sound Heritage* certainly mined the recordings for that publication.

Cassette tapes were available to purchase with some issues of *Sound Heritage* but I could never afford both. I loved reading the words of those settlers and missionaries but often wondered what it would be like to hear them speak. I was delighted to receive a copy of Robert Budd's *Voices of British Columbia* (Douglas & McIntyre, 2010) in the New Year (probably as a result of an embedded nudge in the December issue of the *Harbour Spiel*). The book has the added bonus of three CDs carrying the voices of Orchard's interviewees into the 21st century.

Robert Budd is a young historian who has worked to preserve and restore oral history recordings; this book is the result of 10 years of research and editing of the Orchard collection. Some of my favourite stories are included in this collection: Paddy Acland tells of his arrival in the Okanagan in 1908 as a remittance man, Martin Starret remembers the legendary mule-packer Jean “Cataline” Caux and Agnes Johnson recalls the stories of her grandfather, the medical missionary Robert Tomlinson.

But it's the ones I hadn't been familiar with that catch my attention. Imbert Orchard's gift was to let his respondents talk at length, to reminisce without much editorial interruption. We hear Lizette Hall relate the astonishing account, handed down from her great-grandfather Chief Kwah, of the struggle between James Douglas and



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Chief Kwah at Fort St. James when Douglas almost lost his life. “This is the true story,” she assures us, “of what, just what did happen.”

I loved Sarah Glassey’s exuberant recollection of her arrival in Kispiox in 1911. She was the first woman to pre-empt land in B.C. and she tells of her trip through Kitselas Canyon, arriving in Hazelton with chickens and household furnishings:

“The first night I was there I was so happy, and I’d look out the window and there was the Babine Mountains in front of me, and the northern lights were flashing around. You never saw anything so beautiful.”

Some of the respondents remember what it was like to be children in a young country. Nellie Baker recalls swimming wild horses across the Thompson River near Spences Bridge:

“So we got the horses in there, and they swam, and then we swam our horses across. Of course, we got wet. It was in the near wintertime, you know. It was winter, because there was icicles on the tails and frozen, you

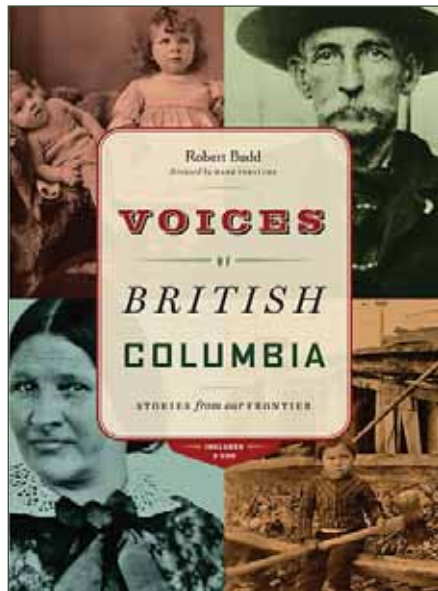
know.” Walter Wicks describes his arrival from Germany in Port Edward, a salmon cannery town near Prince Rupert, and his widowed mother’s memory of her second marriage to a cannery worker:

“She said, ‘Yes, I spent my honeymoon in a stinking fish bar, fishboat, on the sandbar, for four hours in the drizzling rain.’”

What impresses me about this book, particularly the CDs, is how it preserves such a textured history. Dry records or accounts don’t offer the special softness

of a voice as someone remembers how her father courted her mother in 1884 or the chuckle of a man detailing the exploits of the train robber Bill Miner. Orchard himself said, “My contribution was to get people to see that ... the sound of a person’s voice is a historical thing in itself. And the feeling that’s in that voice, as voice, not what comes on the page afterwards, is historically important.”

With this book, we’re immensely lucky to have both.



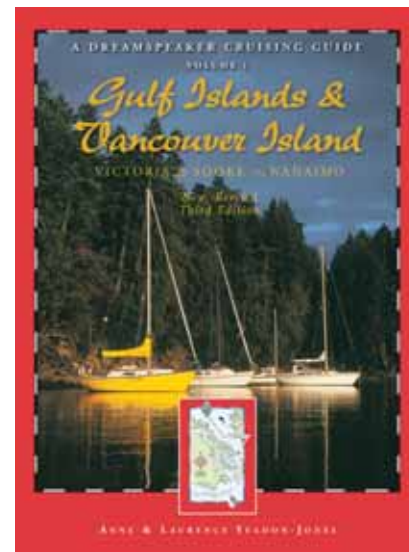
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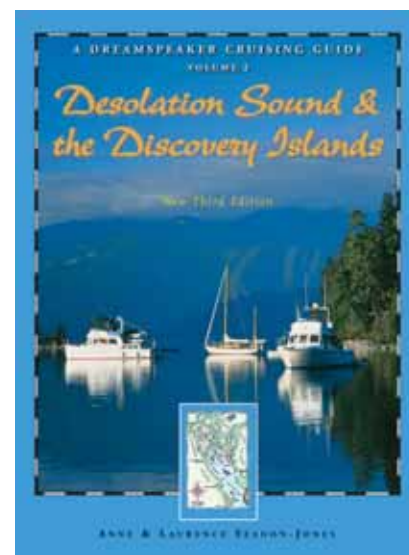
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www.harbourpublishing.com

Here's hoping for Herring Day



By Shane McCune

Sixty-one days down, 50 to go.
That's all the progress you've made on the soggy trek between long weekends, assuming the Harbour Spiel reaches you on March 3. (And assuming, as I do, that you turn to this page immediately.)

Why does 2011 have a 111-day stretch with no civic holiday? Well, it ain't because New Year's Day came early (although the more calendars one goes through, the faster they seem to arrive).

No, it's because Good Friday doesn't arrive until April 22 this year — three weeks later than last year. It can come as early as March 20 or as late as April 23, but you'll have to find some ecclesiastical poindexter to explain why.

I think it has something to do with a drunken brawl between Roman Catholic and Orthodox bishops centuries ago, in which the official church calendar was damaged and never repaired properly.

But that's not the point. The point is that other provinces get a long weekend in February and we don't.

That may change now that Christy Clark is the new Liberal leader, because she promised early in the campaign to make the third Monday in February 'Family Day' if she became premier.

It was a cheap, cynical ploy and I was all for it (the holiday, I mean, not another Premier Clark) although I don't stand to benefit from it. As a freelance writer I have no paid holidays. A stat is just a day when I can't make money and a "long weekend" is one spent housecleaning or visiting the editor of this rag.

Family Day is a statutory holiday in Alberta, Saskatchewan and Ontario. In Manitoba the third Monday in February is Louis Riel Day. To Prince Edward Islanders

it's . . . um, Islander Day. (No word on how Prince Day and Edward Day finished in the voting.)

Across the U.S. — even in places like Hawaii and Florida where there's no winter to need a break from — it's Presidents Day. It must be galling for Victorians to have to work on the same day that half of Seattle is strolling around the Empress.

"Presidents Day" has a typically patriotic American ring to it. By contrast, very few Canadians are even aware that Feb. 15 is National Flag of Canada Day, which has a typically bureaucratic Canadian clunk to it.

Not even federal civil servants get the day off, which may explain why it remains unknown. That and the dull moniker, which brings us back to Family Day.

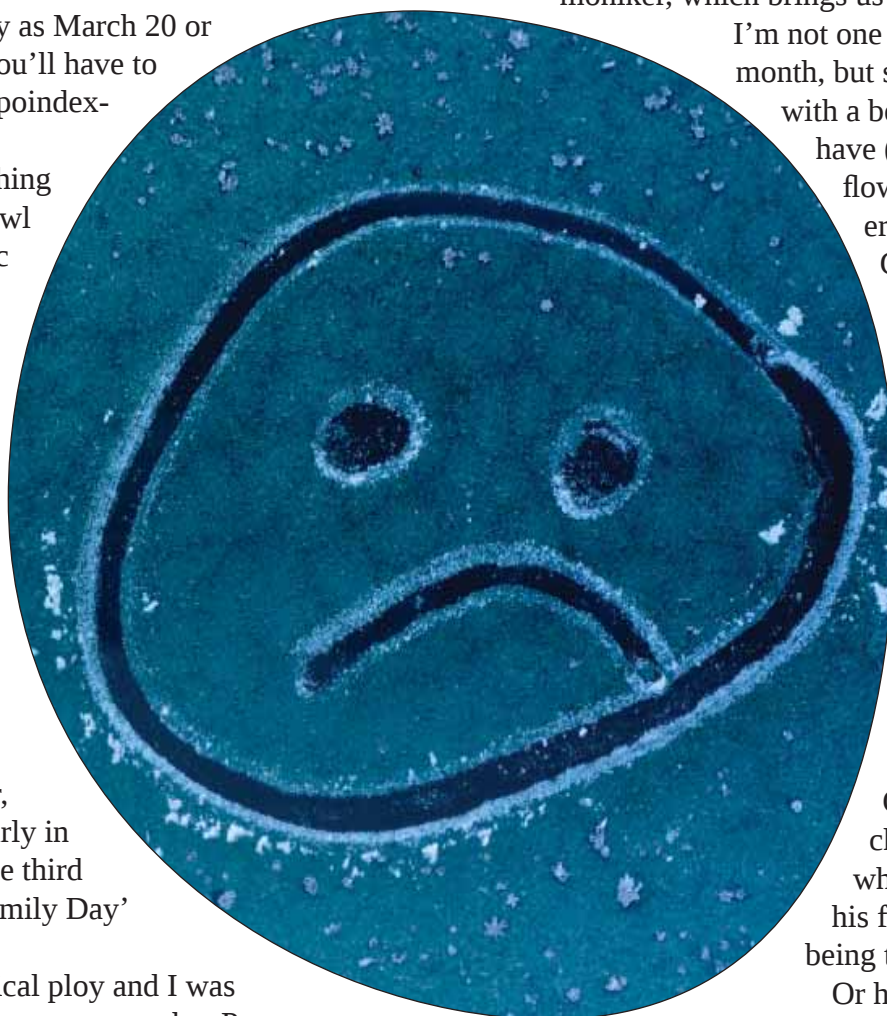
I'm not one to look gift hols in the month, but surely we can come up with a better name. We already have (in decreasing order of flowers and cards sold) Mother's Day, Father's Day and Grandparents Day (always forgotten, in a cruel irony). So whom do we honour on Family Day? Siblings? Uncles and aunts? Polygamists?

It's hard to top Louis Riel Day, honouring a founding father of Manitoba who was hanged for treason. The closest we could come might be Simon Gunanoot Day, after the Gitksan trapper and merchant accused of murder who lived on the lam with his family for 13 years before being tried and acquitted.

Or how about Amor de Cosmos Day? There's something essentially

British Columbian about a guy named Bill Smith who changes his name to "Lover of the Universe," is elected premier and goes insane.

Maybe it should be Friendly Cove Day — Friendly Day for short — to honour the March 1778 meeting of Captain James Cook and Mowachaht chief Maquinna.



AND ANOTHER THING...

Don't like history? Everyone loves animals, so how about Vancouver Island Marmot Day? Nah, too regional. Kermode Day? That would raise a ruckus with greenies and First Nations who prefer "spirit bear." Burrowing Owl Day? Not exactly inspirational, is it?

I may be biased, but I'd like to follow Newfoundland's lead and make March 17, St. Patrick's Day, an official holiday. On second thought, it might make more sense to take March 18 off. . . .

OK, maybe we should stick with Family Day. At least it's better than the Nunavut, Northwest Territories and Manitoba Aug. 2 civic holiday, which is called . . . Civic Holiday.

Why has it taken so long to get this extra day off? Employees in general and unions in particular love the idea of another paid holiday, but many business groups oppose it. (The fact that all other Liberal leadership candidates rejected the suggestion says a lot about their loyalties.)

Oddly enough, it was red-meat-capitalist Alberta that

introduced Family Day in 1990, although to placate big business the government demoted the August Heritage Day to "civic holiday" status, meaning bosses decide whether or not it's a day off.

Not all employers are against a February long weekend. The tourist industry, especially ski resort operators, could use the influx of weekenders in what is normally a sluggish part of the season. And just ask Victoria merchants how much they benefit from those Presidents Day day-trippers from Washington.

Whether or not the province declares a new stat, there's nothing to stop local governments from taking the initiative. Several municipalities or counties in Ontario and the Maritimes have their own civic holidays, so why not the Sunshine Coast — or even just Pender Harbour?

To honour a proud local fishery and an unparalleled biological phenomenon — timed impeccably for my purposes — I suggest everyone down tools on the second Monday in March and celebrate Herring Day.

Total Health for Life

Registration for the Spring session begins Monday, March 14. Classes begin the week of March 28.

FIT FOR GOLF

Wednesday, March 9 to April 20

9:00 a.m. to 10:15 a.m.

These six sessions will help golfers maximize their fitness to improve their game. Cost is \$85.

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Instructor: John Stevenson

ST. PATRICKS DAY SWIM

Thursday, March 17

Pull a shamrock leaf for a chance to win a free swim!

BRONZE MEDALLION: TRAIN TO BECOME A LIFEGUARD

March 21 – 25

2:00 p.m. to 6:00 p.m.

Registration #1300.181

Cost is \$190

Register by March 8.

SPRING BREAK WEEK

March 21-25

All regular schedules for pool, gym and fitness classes will operate as usual with the exception of Boot Camp.

Pender Community Spring Calendar will be in your mailboxes week of March 7 which includes all programs from the Pender Harbour Aquatic and Fitness Centre and the Pender Harbour Community School. Spring Break Week activities will be featured: including Day Camps and Discover Scuba!



Register for our programs online at www.scrd.ca, by phone at 604-885-6866 or in person at 13639 Sunshine Coast Highway, Madeira Park.



TOTAL HEALTH FOR LIFE IS WHAT YOU MAKE IT



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.

MARCH

- Sun. March 6.....Sunday Jam with Larrie Cook and the Blues Masters - Garden Bay Pub, 2 p.m.
 Sun. March 6.....P. H. Music Society presents Joe Trio - P. H. School of Music, 2 p.m.
 Fri. March 11.....Gary Comeau and the VooDoo Allstars - Garden Bay
 Sun. March 13.....Egmont Community Club AGM - Egmont Community Hall, noon
 Sun. March 13.....Sunday Jam with Gary Comeau and the VooDoo Allstars - Garden Bay Pub, 2 p.m.
 Sun. March 13.....St. Mary's Hospital Auxiliary's "Sunday @ the Thrift Store" - Sechelt Thrift Store, 10 a.m. - 3 p.m.
 Mon. March 14.....P. H. Food Bank pickup - P. H. Community Church, noon
 Tues. March 15.....P. H. Wildlife Society presents Karen Barry - PHSS, 7:30 p.m.
 Sat. March 19.....In Touch Therapeutics Yoga Studio Open House - ITTYS (Madeira Park), 5-8 p.m.
 Sat. March 19.....Egmont Literacy Group (meets 3rd Saturday of month) - Egmont Community Hall, 2-4 p.m.
 Sat. March 19.....St. Paddy's Night at P. H. Legion dinner (with fiddlers of Murphy's Lagh), P. H. Legion, 5:30 p.m.
 Sun. March 20.....Sunday Jam with Gaetan and the French Connection - Garden Bay Pub, 2 p.m.
Mon. March 21.....Spring Break (Schools closed March 21-25)
 Fri. March 25.....Russell Marsland - Garden Bay Pub
 Sat. March 25.....P. H. Blues Society presents Russell Earl Marsland - P. H. Community Hall, 9 p.m. - 1 p.m.
 Sat. March 26-27.....Egmont Spring Clean Out & Community Garage Sale - Egmont Community Hall, 10 a.m. - 5 p.m.
 Sat. March 26.....Bluewaters Books present Jan Jensen - Bluewaters Books, 1-3 p.m.
 Sun. March 27.....Sunday Jam with Russell Marsland and Peter Van Deursen - Garden Bay Pub, 2 p.m.
 Mon. March 28.....P. H. Food Bank pickup - P. H. Community Church, Noon

FERRY DEPARTURES

Effective to March 31, 2011*

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.



Langdale

♥ 6:20 a.m.
 8:20 a.m.
 10:20 a.m.
 12:20 p.m.
 2:30 p.m.
 4:30 p.m.
 6:30 p.m.
 8:20 p.m.

Horseshoe Bay

♥ 7:20 a.m.
 9:20 a.m.
 11:20 a.m.
 1:20 p.m.
 3:30 p.m.
 5:30 p.m.
 7:25 p.m.
 9:15 p.m.

Earl's Cove

♦ 6:30 a.m.
 8:25 a.m.
 10:25 p.m.
 12:20 p.m.
 4:25 p.m.
 6:25 p.m.
 8:20 p.m.
 10:05 p.m.

Saltery Bay

♦ 5:35 a.m.
 7:25 a.m.
 9:25 a.m.
 11:20 a.m.
 3:20 a.m.
 5:25 p.m.
 7:20 p.m.
 9:15 p.m.

♥ Daily except Dec. 25 & Jan. 1.

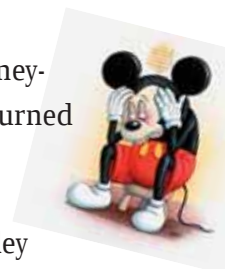
*There is an alternate schedule for the Earls Cove ferry on the following dates:
 Oct. 8, 11, Dec. 24, 27 & 28.

♦ Daily except Sun and Dec. 25 & Jan. 1.

Deep Thoughts . . .

"One thing kids like is to be tricked. For instance, I was going to take my little nephew to Disneyland, but instead I drove him to an old burned-out warehouse. 'Oh, no,' I said, 'Disneyland burned down.' He cried and cried, but I think that deep down he thought it was a pretty good joke. I started to drive over to the real Disneyland, but it was getting pretty late."

— Jack Handey



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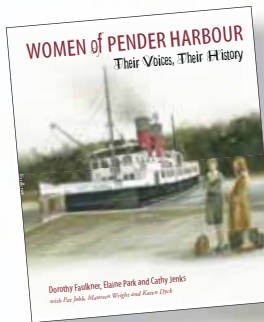
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FRIDAY, MARCH 25: RUSSELL MARSLAND

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MARCH 6: Larrie Cook and the Bluesmasters

MARCH 13: Gary Comeau and the VooDoo all-stars

MARCH 20: Gaetan and the French Connection

MARCH 27: Russell Marsland and Peter van Deursen

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FRIDAY: Meat Draws - Proceeds to P. H. Blues Society

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