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HARBOUR **SPIEL**

January 2022
Issue 373





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Harbour Spiel



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EDITOR

Brian Lee

CIRCULATION (2,000)

Copies of the *Harbour Spiel* are mailed free to 1,350 homes between Egmont and Middlepoint and are available by paid subscription and free at locations throughout the Sunshine Coast.

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

CONTRIBUTORS

This month we thank: Bob James, Leonard Lee, Robert Livingston and Shane McCune.

COVER

Sunrise over foggy Pender Harbour.
(Brian Lee photo)

ADVERTISING

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February issue mails Jan 29.

(Advertising bookings before Jan. 15)

editorial

This is your life on wheels



Brian Lee

The recent installation of an accessibility ramp at the Pender Harbour Reading Room (see p. 4) will be welcomed by local bookworms who navigate life on wheels.

We all like to think we care about issues of accessibility but I think most people would be surprised, and even ashamed, at how difficult it still is for someone living with a disability to access services we take for granted.

According to one study, one per cent of Canadians rely on a wheelchair to get around, a figure that's growing with our aging population.

Consider your own routine and how you would manage alone in a wheelchair.

You will quickly understand that shopping locally would be a frustrating experience — assuming you had a way to get there in the first place, *and* some halfwit isn't parked in the accessible parking stall.

It's a perspective often ignored by bipeds — possibly because we like to think that discrimination of the disabled is something we legislated away years ago.

A close friend of mine suffered a stroke a few years back and was left with partial paralysis.

Since then, virtually every conversation I have with him shines a light on another daily barrier he faces that I had never considered.

Most of them simply relate to moving himself and his wheelchair through buildings in his community.

So I took notice when the province put out a call for input as they update BC's building code.

The BC building code lays out the minimum safety requirements for

new building construction.

It gets updated every five years or so and, this time, British Columbians are asked to complete a survey about how to improve accessibility.

My friend is lucky to live in a small urban-ish community on Vancouver Island with relatively flat sidewalks that allow him some independence with an electric wheelchair.

But first he has to get out of his building.

Because of stairs, he can't use the main entrance where his mail box is.

Instead, he has to travel around from the rear entrance.

And, when there's a disruption in elevator service, it isn't just an inconvenience, it's jail.

He tells me his biggest hurdles are the ones that could be easily fixed.

Like tight doorways.

He has problems navigating most home bathrooms, including his own.

And buildings without automatic doors might as well be locked.

His ophthalmologist's office doesn't have an automatic door so he waits for someone to open it for him.

Consider how being parked in front of a door, helplessly hoping for assistance, might impact your mood.

When grocery shopping, he can't reach anything on the bottom shelf.

Ditto with baseboard electrical outlets and lower kitchen shelving.

Like an ironic funk song, he can still get up but he can't get down.

Though it's vague and broad in scope, I urge you to take part in the province's survey on building codes and accessibility — if nothing else completing it is a vote for caring.

It's open until Jan. 13 at <https://feedback.engage.gov.bc.ca/846256/lang/en/newtest/Y>.

IF YOU ARE EXPERIENCING POSSIBLE COVID-19 SYMPTOMS

The Sunshine Coast COVID physician task force and Vancouver Coastal Health operate a “respiratory assessment” clinic that runs Monday to Friday from 8:30 a.m. to 3:30 p.m. The Respiratory Assessment Clinic is able to assess and test anyone on the Sunshine Coast who develops possible COVID-19 symptoms.

Fever, cough and difficulty breathing remain the most common symptoms, but COVID-19 infection can also include a new runny nose, a sore throat, muscle aches, chills, headaches, fatigue, nausea, vomiting and/or diarrhea. If you develop any of the above symptoms, please call your family doctor or contact the Respiratory Assessment Clinic directly for further assessment and testing (if indicated). Anyone who is seen at the clinic will also receive a follow-up phone call or appointment within 24 to 48 hours.

The RAC operates on an appointment basis only and will not see walk-in patients.

Call or text (604) 740-1252 or email coastrespclinic@gmail.com.

Please remember that you should self-isolate and get tested even if you have been fully vaccinated. Due to the large number of people that are currently being tested, it may take a couple of days before you can be tested.

IF YOU REQUIRE HOSPITALIZATION

If you need to go to the hospital, and are able to travel safely to the hospital, call (604) 885-2224 to let the emergency room staff know you are coming and to receive instructions.

IF YOU REQUIRE TRANSPORTATION TO THE HOSPITAL

Call 9-1-1.

THANK YOU

**The Pender Harbour
Secondary School
Parents' Advisory Council**
thanks the following for their
generous donations to our
Wednesday hot lunch program:

JANUARY 5:
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and the Oak Tree Market team!

If you would like to sponsor a
PHSS hot lunch, email Anne:
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photojournal



submitted

Posing beside the newly constructed accessibility ramp at the Pender Harbour Reading Centre are its builders (l-r) Niels Frederiksen, Bill Charlton and Jim McKnight. The three Rotary members volunteered their time during one of the wettest weeks of the year to improve access to Pender Harbour's long-cherished library.

Construction begins on Madeira Park seniors housing project

Madeira Park will see its first affordable seniors housing development open some time in 2023.

Construction began Dec. 15 on a 14-unit apartment building on a lot owned by the Pender Harbour Seniors Housing Society at the Lily Lake Village 55-plus strata community.

The project comes after many years of work by volunteers in the PSHS who partnered with the BC government through BC Housing.

On Dec. 10, BC Housing and the Ministry of Attorney General and Responsible for Housing announced it would kick in \$4.15 million to the project.

According to the release, the three-storey apartment building at 12730 Lagoon Rd. will have a mix of one- and two-bedroom units with supports for seniors with low to moderate incomes and will include two accessible units.

Les Falk, chair of the PSHS, said his board is relieved to finally have funding in place but told the *Harbour Spiel* that now “the real work begins.”

The building, which Falk said has yet to be named, will be built on a lot provided to the PSHS by the developer of Lily Lake Village as part of a rezoning application negotiated by the SCRD.

This PSHS lot is immediately adjacent to, and on the north side of, the activity centre on the left when entering the Lily Lake Village development.

Falk said there will not be a separate entrance from Lagoon Road and residents will access the site through the Lily Lake Village entrance.

The building will be managed by the PSHS and the society will provide residents with hospitality



Pender Harbour Seniors Housing Society

An artists rendering of what the Pender Harbour Seniors Housing Society's 'affordable seniors housing development' at Lily Lake Village will look like after it opens next year.

services, such as housekeeping and an on-site caretaker.

Costs for these services will be included in monthly rents.

There will be prepared meals available for residents within a tenancy model Falk describes as “independent living-plus.”

Residents will live in their own apartment but the building will in-

clude shared dining and lounge areas, a communal kitchen, a multi-purpose room and space for gardening.

Monthly rents are projected to range from \$1,700 to \$2,100, depending on unit size and tenant income.

All units will be adaptable, allowing for the suites to be inexpensively modified to meet residents'

(continued on p. 7)



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Our Summer dates are booking up quickly so be sure to book your vacation with us ASAP!

Photo by @babieangie

Construction begins on seniors housing project (cont.)

(continued from p. 5)

needs as they age.

“Five years ago when I first became chair of the housing society, BC Housing developed a special little program where we actually had to tender and we had our architectural designs and everything put together at that time,” said Falk.

“Out of that whole thing, we were granted an equity contribution of \$2.7 million.

“I have no idea why we got shuffled around for so long but, all of a sudden in the last year, it became lively.”

That earlier \$2.7 million pledge by BC Housing is included as part of the recently announced funding contribution of \$4.15 million.

Falk said they estimate it will cost over \$8 million to complete the project but the final budget will depend on a variety of factors including fluctuations in the cost of building materials during construction.

Falk said the remaining \$4 million-plus needed to complete the project will be financed.

Spani Developments will be the builder of the project and crews began clearing the site on Dec. 15.

Construction is expected to take at least a year so a grand opening will take place sometime in early 2023.

Falk said the original press release from BC Housing contained one error.

The SCRD has not pledged \$45,000 in “municipal waivers,” as the release stated.

Though he expects plenty of interest, Falk said that prospective tenants should stand down for now.

While construction progresses, a small committee will work with BC Housing to develop an operational



Brian Lee

Crews started clearing the P. H. Seniors Housing Society's lot at Lily Lake Village on Dec. 15.

model for the project.

He said the PHSHS will update their website as information is available and as the project moves forward.

The Area A Seniors Housing Project was formed in 1990 as a reg-

istered non-profit society with an aim to create affordable seniors housing on the north end of the Sunshine Coast.

In 2012, the society officially changed its name to the Pender Harbour Seniors Housing Society.



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Sunshine Coast RCMP issue scam alert

Sunshine Coast RCMP report they are seeing an increase in the “emergency” scam.

Emergency scams, sometimes called “grandparent scams,” prey on the willingness of an unsuspecting, worried individual to help friends and family in need.

A Sechelt resident was recently contacted by someone who said they were the police and that her daughter-in-law was in jail and needed \$6,000 in bail money.

HOW THE SCAM WORKS

Emergency scams usually involve claims that a family member or friend is in a dire situation.

Victims get a call, email or social media message from someone claiming to be a family member in distress.

They may say they’ve been arrested while travelling overseas, or there was an accident, medical emergency, or other calamity.

They provide convincing details,

like family names and school details.

A common version is the so-called “grandparent scam,” where a con artist contacts a grandparent claiming to be their grandchild and asking for money.

The plea is so persuasive that the grandparent wires money to the scammer, only to find out later that their family member was safe all along.

This scam can also work in reverse, where the “grandparent” calls their grandchild pleading for help.

TIPS TO SPOT THIS SCAM:

Resist the urge to act immediately, regardless of how dramatic the story is.

Check out the story with other family and friends, but first hang up or close the message and call your loved one directly.

Don’t call the phone number provided by the caller or caller ID.

Ask questions that would be hard for an impostor to answer correctly.

Know what your family members are sharing online.

You may not have control over your family’s social media accounts, but familiarize yourself with what they are sharing online.

Don’t wire any money if there is any doubt about the call.

If a person does wire money and later realizes it is a fraud, the police need to be alerted.



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rcmp news

IMPAIRED DRIVING

On Nov. 28, a witness reported a single vehicle incident near the intersection of Garden Bay Road and Claydon Road, Garden Bay, and noted the lone driver and occupant appeared to be intoxicated.

Police attended and noted the driver was exhibiting signs of intoxication from alcohol.

The driver, who was unhurt, was given a roadside alcohol screening test and after two fail results, was issued a 90-day roadside prohibition and his vehicle was impounded for thirty days.

The matter has been referred to RoadSafetyBC.

IMPAIRED COLLISION

On Dec. 8, police attended a two-vehicle incident on Francis Peninsula Road near Lagoon Road, after a southbound vehicle crossed the centre line and struck a northbound vehicle.

No serious injuries were reported but both vehicles sustained significant damage and were towed from the scene.

The driver of the first vehicle, who was exhibiting signs of intoxication from alcohol, was given a roadside alcohol screening test.

After two fail results, the driver was issued a 90-day roadside prohibition and her vehicle has been impounded for thirty days.

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HARBOUR SPIEL

trivia

1. The builder and original inhabitant of Nelson Island's Sunray cabin.

- ☐ a. Charles Klein
- ☐ b. Harry Roberts
- ☐ c. Dwight Young
- ☐ d. Bertrand Sinclair

2. Familiar seaplane flying found flying throughout much of the BC Coast.

- ☐ a. Mink
- ☐ b. Seagull
- ☐ c. Beaver
- ☐ d. Eagle

3. Shishalh name for Pender Harbour.

- ☐ a. kalpilin
- ☐ b. ts'unay
- ☐ c. xenichen
- ☐ d. skelhp

4. Which lake is overlooked from a spot locally known as the 'S Bends?'

- ☐ a. Ruby
- ☐ b. Garden Bay
- ☐ c. Sakinaw
- ☐ d. Waugh

5. What is the average ocean water temperature on the Sunshine Coast during January?

- ☐ a. 6.6°C (43.9°F)
- ☐ b. 9.4°C (48.9°F)
- ☐ c. 12.7°C (54.9°F)
- ☐ d. 15.3°C (59.5°F)

6. Which country invaded Afghanistan in 1978?

- ☐ a. Iran
- ☐ b. US
- ☐ c. China
- ☐ d. Russia

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

New seniors' housing announced



*Leonard Lee
Area A director, SCRD*

A recent BC government announcement of a new seniors' apartment building at Lily Lake

Village on Lagoon Road came as welcome news in the midst of our housing crisis and after decades of hard work by the Pender Harbour Seniors Housing Society.

Lot clearing is underway, construction by Spani Developments Ltd. should begin in January, and completion is expected for early 2023.

The three-storey, 14-unit building features one- and two-bedroom and two accessible units, common dining and lounge areas, a communal kitchen, multi-purpose room, and outdoor

gardening space.

Units are considered "affordable housing" with rents starting at \$1,700/month, but provincial subsidies may be available for low-income seniors.

The project is a partnership between the P. H. Seniors Housing Society, who will manage the building and provide housekeeping and a caretaker, SCRD, BC Housing, and the province, which is providing over \$4 million.

EGMONT FIRE DEPARTMENT UNDER ATTACK

The tax levy for the Egmont and District Fire Department effectively doubled between 2019 and 2021, a heavy burden for the small number of homes and businesses in the area.

A Pender Harbour resident with a \$1.7 million tax assessment would

pay \$640 for 2022 fire protection, but that same home owner in Egmont would pay \$2,100, and be further disadvantaged because insurance rates are substantially higher because most Egmont properties are not rated as "fire-hydrant protected."

The SCRD has a real desire to lower the cost of Egmont fire service, but our options are limited as requirements for training and equipment have increased dramatically since the days of the red panel truck parked outside with a portable water pump and a few firehoses in the back.

Firefighters must now undertake extensive training and respond to medical emergencies, accidents, and search-and-rescue situations as well as fires, so the Egmont fire chief position is now salaried, and benefits are provided for firefighters to compen-



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Area A Director:

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UPCOMING MEETINGS

Infrastructure Services
Committee
January 13 at 9:30 a.m.

Regular Board
January 13 at 2:00 p.m.

Planning and Development
Committee
January 20 at 9:30 a.m.

Community Services
Committee
January 20 at 2:00 p.m.

Special Corporate and
Administrative Services
Committee
(Round 2 Budget)
January 24, 25, 26
at 9:30 a.m.

Corporate and
Administrative
Services Committee
January 27 at 9:30 a.m.

Regular Board
January 27 at 2:00 p.m.

You can attend our meetings in person at the SCRD Board Room at 1975 Field Road in Wilson Creek, or you can video stream so that you can watch from home. Agendas and links to video-streaming for meetings are available at www.scrd.ca/agendas



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sate for their commitment and overall value to the community.

Structural fires have diminished because of firefighter training, improved equipment, and stricter building codes, but dangers from interface wildfires (those in forests near our homes), and medical emergencies and accidents, which our firefighters respond to, continue unabated.

The cost of owning and operating a firehall is nearly the same for everyone, but Egmont will require an upgraded fire truck in the next couple of years, adding to the problem by increasing the debt.

Grants or donations to purchase a new truck are rare but, if this can be accomplished, the cost reduction in yearly vehicle certification, maintenance expenses, annual debt interest, and capital repayment will lower expenses and therefore lower taxes.

So, yes, our Egmont Fire Department is under financial attack and we must work together to ensure that its standards are maintained to qualify residents and business for insurance discounts equal to, or, over time, even surpass the cost of it.

EMERGENCY RESPONSE AND THE SCRD

The SCRD activated our emergency operations centre on Nov. 15, in response to localized flooding events.

EOC activities involve co-ordinating jurisdictional authorities while focusing on public safety and critical infrastructure protection.

The SCRD's EOC partners responded, with the shíshálh Nation, Fortis BC, Ministry of Transportation and Infrastructure Services, Capilano Highways, Sunshine Coast RCMP, TELUS, Vancouver Coastal Health, BC Hydro, Search and Rescue, BC

Ambulance Service, and BC Parks all engaged.

Flooding damage spanned the entire Sunshine Coast, taking out entire sections of road, compromising water and wastewater treatment systems, exposing natural gas lines, and flooding private properties, basements, houses, roads, campgrounds, and parklands.

Although the majority of events occurred south of Pender Harbour, a creek overflow occurred at Katherine Lake campground and park, but public safety was never compromised.

The SCRD was also involved in:

- Issuing evacuation orders for two properties;
- Issuing evacuation alerts for 14 properties;
- Managing emergency activities undertaken to keep six wastewater treatment facilities, including our own Lee Bay facility, functioning in extreme conditions;
- Conducting repairs on two water mains affecting hundreds of

properties, and completing them the same day;

- Issuing boil-water advisories to hundreds of properties, and
- Contracting professionals to assess the condition of our three community water-supply dams, including our McNeill Lake (all were found to be functioning as required).

I applaud the planning and training that allowed our emergency teams to effectively ensure public safety and minimal interruption of the comforts we have come to expect.

We should also expect future flooding events as unprecedented rainfall may be the "new normal" on our Coast.

CONTACT ME

The Lee Side helps me effectively represent you by informing you of local issues and inviting you to contact me.

E-mail leonard.lee@scrd.ca or call/text (604) 212-0406.

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2021 harbour spiel review



Brian Lee

JANUARY: On Nov. 26, the 89-year-old Garden Bay Pub was gutted by fire.



Brian Lee

JANUARY: In what would be a continuing theme throughout 2021, thieves found increasingly novel ways to steal our stuff.



Robin Millar

JUNE: On April 22, another junker was removed from Pender Harbour thanks to PHARA's derelict boats project.



Brian Lee

JUNE: For 2021, the Pender Harbour co-May Queens were Jaime Landry and Danielle McLelland.



Brian Lee

JUNE: The *Harbour Spiel* undertook some aerial photography of local spots like Nelson Island's West Lake on May 14.



Michael Jackson

JULY: Solveigh Harrison noticed a rare Sandhill crane in Oyster Bay and Michael Jackson snapped this photo June 1.



Brian Lee

DECEMBER: Record rainfall led to flooding incidents throughout the community in mid-November.



submitted

OCTOBER: The Pender Harbour branch of the Sunshine Coast Healthcare Auxiliary folded after 84 years.

2021 harbour spiel review



Jan Norris

FEBRUARY: Illegal dumping was rampant in 2021. This derelict was discarded near Kleindale's Malaspina Substation.



submitted

MAY: On April 8, a couple paddling a canoe in Pender Harbour was surprised by eight to 10 Pacific white-sided dolphins.



Josh Young

JULY: Josh Young, a local prawn fisherman, snapped this shot of another rough day at work in Jervis Inlet.



Brian Lee

SEPTEMBER: As of Aug. 28, the Garden Bay Pub property has sat unchanged since destroyed by fire on Nov. 26.



submitted

MARCH: Lee-Ann Ennis and Amelia Gray pose with the new 'Whale Trail' sign installed at the PODS site in Irvine's Landing.



Brian Lee

APRIL: The Community School 'breakfast club' (Feb. 26) offers students an extra bolt of nutrition two mornings each week.



submitted

AUGUST: What you get when you cross impatience with overconfidence at the boat launch on the lowest tide of the year.



Jenn Blancard

AUGUST: Biologist Jenn Blancard captured this invasive European green crab in Malcolm's Bay on May 26.



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www.visitpenderharbouregmont.com

Email phevg@harbourspiel.com to reserve space in the 2022 edition — out April 8!

Robbie Burns night at the Legion celebrates Pender's Scottish roots

Brian Lee

An annual tradition at the Pender Harbour Legion begs you to put on your kilt and “tak a right gude-willy waught.”

Though Robert Burns Night is historically celebrated on the Scottish poet's birthday (Jan. 25), the P. H. Legion's 45th annual celebration will take place on the preceding Saturday evening, Jan. 22.

The “poet's hour” begins at 6 p.m. with tribute speeches and stories of the famous bard before dinner is served at 7 p.m.

As tradition requires, haggis will be served but roast beef will also be offered for those inclined to take a pass on sheep's heart, liver and lungs.

The evening will continue with entertainment provided by the Pender Harbour Pipe Band and the Coast String Fiddlers.

ROBERT BURNS

Robert Burns was born on Jan. 25, 1759 in Alloway on Scotland's southwest coast.

Burns is considered the national poet of Scotland for his songs and poems, many of which were written in the Scottish tongue.

As a child, Burns was an unlikely poet hero. His family were farmers and though he received a conventional education, much of his learning came from his father, a self-taught intellectual.

Burns wasn't a remarkable student and his teacher John Murdoch later wrote:

“Robert's ear, in particular, was remarkably dull, and his voice untenable. It was long before I could get them to distinguish one tune from another.”

But, like his father, Burns had a passion for reading and observation and soon began writing.

Burns' writing ranged from love poems inspired by the variety of women he fancied to songs about everyday life such as “To a Louse:”

*Ye ugly, creepin, blastit wonner,
Detested, shunn'd by saunt an' sinner,
How daur ye set your fit upon her—
Sae fine a lady?
Gae somewhere else and seek your dinner
On some poor body.*

Besides the whimsy and wit, much of his work also carries strong nationalist sentiment, political criticism and dark undertones reflecting the hardships of the time he lived.

Burns published his first book of poetry in 1786, hoping to raise enough money from its sale to emigrate to Jamaica.

Only 612 copies of *Poems, Chiefly in the Scottish Dialect* were printed but it was enough to impress the literary highbrows in Edinburgh.

The success of *Poems* forced him to drop his travel plans and Burns launched into work on a second book.

Set to the tune of a traditional folk song, “Auld Lang Syne” is undoubtedly Burns' most famous poem.

Translated as “old long since,” Burns' ode to separation and reunion is heard throughout the world on New Years Eve:

Auld Lang Syne

*Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!*

(Chorus)

*For auld lang syne, my dear,
For auld lang syne.
We'll tak a cup o' kindness yet,
For auld lang syne.*

*And surely ye'll be your pint stowp!
And surely I'll be mine!*



Robert Burns (1759–1796)

*And we'll tak a cup o' kindness yet,
For auld lang syne.*

(Chorus)

*We twa hae run about the braes,
and pu'd the gowans fine ;
But we've wander'd mony a weary fit,
sin auld lang syne.*

Burns made a modest amount of money from the publication of his works and continued to enjoy growing popularity throughout Scotland until his death at age 32. Robert Burns died from heart disease on the morning of July 21, 1796.

Burns is, perhaps, most important as the unifying national symbol of Scotland and expatriates everywhere.

As Scottish settlers spread throughout the new world, they carried Robert Burns' songs and poems with them.

It's created an enduring legacy that fuels nationalistic sentiment in many whose ancestors left Scotland generations ago.

Tickets for Robbie Burns Night are \$40 and available at the Pender Harbour Legion and Harbour Insurance.

JANUARY BIRTHDAYS

- Jan. 1 ~ **Dave Steppell**, **Paul Wharton** and **Cheryl Thompson**.
- Jan. 2 ~ **Bill Hunsche**, **Vince Perreca** and **Salem Taylor**
- Jan. 3 ~ **Colton Landry**.
- Jan. 4 ~ **Crystal White** and **Avril Maveety**.
- Jan. 5 ~ **Sue Lee**, **Betty Wenman** and **Taylor Phillips**.
- Jan. 8 ~ **Sue Natall**, **Jodi Godkin** and **Destiny Wallbaum**.
- Jan. 9 ~ **Arhea Howitt**, **Mario Lowther** and **Amanda Mayo**.
- Jan. 10 ~ **David Pease**.
- Jan. 11 ~ **Randy Cummings**.
- Jan. 12 ~ **Lisa Duncan**, **Mary Ebert** and **Ryan Logtenburg**.
- Jan. 13 ~ **Tia Haase** and **Betty Wray**.
- Jan. 14 ~ **Dominic De La Canal**, **Norman Edwardson**, **Karlee Legge** and **Alannah Nichols**.
- Jan. 15 ~ **Curtis Sample** and **Ron Kushner**.
- Jan. 16 ~ **Cody Angus**.
- Jan. 17 ~ **Tashina McLean**.
- Jan. 18 ~ **Vanessa Lanteigne**.
- Jan. 19 ~ **Arieanna Henderson**.
- Jan. 20 ~ **Gerald Mackie**, **Les Dornbierer** and **Hazel Jay**.
- Jan. 22 ~ **Starr Harding**, **Lil Higgs**, **Leanne Legge** and **Troy Brown**.
- Jan. 23 ~ **Taree Bathgate** and **Kelly Kammerle**.
- Jan. 24 ~ **Carolyn Ireland**, **Don Murray** and **Warren Dunaway**.
- Jan. 27 ~ **Leona Colebank**.
- Jan. 28 ~ **Vanessa Smith** and **Ikuko Kishimoto**.
- Jan. 29 ~ **Jordan Field**, **Glen Scoular**, **Lorne Campbell**, **Alfie Lajlar** and **Tanya Bernier**.
- Jan. 30 ~ **Lyle Forbes**.

JANUARY ASTROLOGY



CAPRICORN: DEC. 22 – JAN. 19

Capricorns often experience hardship early in life, but their resourcefulness makes them survivors. Sometimes hard to get to know, they are loyal, responsible and down-to-earth. As Venus continues to move around your ascendant, just like last time, she will soon get too comfortable. This will cause a dangerous tumult until she moves off mid-month. During this time, you will find escape in pets, windsurfing or drugs. A favour asked of you on Jan. 21 will be returned seven-fold.



AQUARIUS: JAN. 20 - FEB. 18

Aquarians are original, independent humanitarians who shy away from emotional expression. This often makes them seem uncompromising and aloof. Aquarians are thoughtful listeners but they rarely tolerate someone they disagree with. An unforeseen threat to humanity, possibly a plague, has you confused and anxious. It's time to put the scowl away and invest in the only constant in your life — lottery tickets. You don't win anything but the brief flash of hope is all it takes to get your groove back.

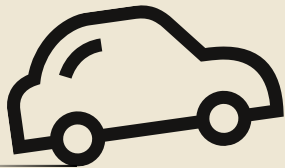
BC BESTSELLERS

For the week ending Dec. 11, 2021

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

- 1. *Whitewater Cooks Together Again*** by Shelley Adams (Alicon Holdings)
- 2. *The World According to Dogs: An Owner's Manual*** by Adrian Raeside (Harbour Publishing)
- 3. *A Is for Anemone*** by Robert Budd, illustrated by Roy Henry Vickers (Harbour Publishing)
- 4. *Island Eats: Signature Chefs' Recipes from Vancouver Island*** by Dawn Postnikoff & Joanne Sasvari (Figure 1 Publishing)
- 5. *Richard Wagamese Selected: What Comes from Spirit*** by Richard Wagamese (Douglas & McIntyre)
- 6. *The Sipster's Pocket Guide to 50 Must-Try BC Wines*** by Luke Whittall (TouchWood Editions)
- 7. *Always Pack A Candle: A Nurse in the Cariboo-Chilcotin*** by Marion McKinnon Crook (Heritage House Publishing)
- 8. *Becoming Vancouver: A History*** by Daniel Francis (Harbour Publishing)
- 9. *Standoff: Why Reconciliation Fails Indigenous People and How to Fix It*** by Bruce McIvor (Nightwood Editions)
- 10. *The Heartbeat of Trees*** by Peter Wohlleben (Greystone Books)

~ Association of Book Publishers of BC



CANADIAN DRIVERS

900,000

The number of kilometres in the Canadian road network, longer than a round trip to the Moon.

8 million

The number of registered passenger vehicles in Canada.

3/4

In 2009, three quarters of Canadian drivers aged 65-plus (3.25 million Canadians) had a driver's licence.

160,000

The number of car accidents each year in Canada, of which 2,800-2,900 result in deaths.

27%

Percentage of traffic fatalities on Canadian roads that are the direct result of speeding.

10%

Chance of dying for a pedestrian struck by a vehicle at 32 km/h.

80%

Chance of dying for a pedestrian struck by a vehicle at 64 km/h.

10x

How much longer it takes to stop on snow and ice than it does on dry pavement.

\$10 billion

Annual economic losses caused by traffic collision-related health care costs and lost productivity.

30%

Percentage of collisions that are rear-end crashes.

~ Transport Canada, Stats Can

JANUARY WEATHER

TEMPERATURES

January is our coldest month, with an average daily high temperature of 6.3 C and low of 2.9 C, giving us a mean daily temperature of 4.6 C. The highest January temperature recorded at Merry Is. is 13.2 C (Jan. 30, 1989); the lowest is -7.2 C (Jan. 29, 1969).

PRECIPITATION

We have an average of 46.2 hours of bright sunshine, 17 days with rain and three days with snow in January. Our average monthly rainfall is 118 mm; snowfall, 9 cm. The record daily rainfall recorded at the Merry Island weather station is 78.2 mm (Jan. 18, 1968).

SKOOKUMCHUCK VIEWING TIMES

JANUARY

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

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

1. 10:28 AM -S, 2:12 PM + M
2. 11:27 AM -S, 3:08 PM +M
3. 12:19 PM -S
4. 1:07 PM -M
5. 1:55 PM -M
6. 2:42 PM -M
7. 8:25 AM +XL, 3:31 PM -M
8. 8:59 AM +XL
9. 9:28 AM +L
10. 9:57 AM +L
11. 10:29 AM +M
12. 11:07 AM +M
13. 11:51 AM +S
14. 9:27 AM -S, 12:41 PM +S
15. 10:22 AM -S, 1:35 PM +S
16. 11:06 AM -S, 2:28 PM +S
17. 11:43 AM -S, 3:18 PM +S
18. 12:18 PM -S
19. 12:50 PM -S
20. 1:22 PM -M
21. 1:55 PM -M
22. 2:27 PM -M
23. 7:57 AM +XL, 3:01 PM -M
24. 8:33 AM +L
25. 9:13 AM +L
26. 9:59 AM +M
27. 10:51 AM +M
28. 10:51 AM +M
29. 9:19 AM -S, 12:56 PM +S
30. 10:22 AM -S, 2:02 PM +L
31. 11:14 AM -S, 3:05 PM +M

These are estimates only and not intended for navigation.

pender harbour tides ~ january 2022

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

Canoe Pass:



January	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Sat 01	6.4	9.3	12.1	14.2	15.5	15.6	15.0	14.0	13.1	12.5	12.6	13.3	14.2	14.9	15.1	14.3	12.4	9.8	6.8	4.0	1.7	0.5	0.4	1.6
Sun 02	3.8	6.7	9.9	12.9	15.1	16.2	16.1	15.4	14.3	13.2	12.6	12.6	13.3	14.1	14.8	14.9	13.9	11.8	9.0	6.0	3.2	1.1	0.1	0.3
Mon 03	1.8	4.3	7.5	10.8	13.7	15.7	16.6	16.3	15.4	14.1	12.9	12.3	12.4	13.1	14.0	14.6	14.6	13.4	11.3	8.5	5.5	2.9	1.0	0.2
Tue 04	0.7	2.5	5.2	8.5	11.7	14.5	16.2	16.7	16.2	15.1	13.6	12.4	11.9	12.0	12.7	13.6	14.1	14.1	12.9	10.8	8.2	5.4	3.0	1.4
Wed 05	1.0	1.7	3.7	6.5	9.7	12.8	15.2	16.5	16.6	15.9	14.5	13.0	11.8	11.2	11.4	12.1	13.0	13.5	13.4	12.4	10.5	8.0	5.6	3.6
Thu 06	2.4	2.2	3.2	5.3	8.1	11.1	13.8	15.7	16.6	16.3	15.3	13.8	12.3	11.1	10.5	10.7	11.4	12.2	12.7	12.7	11.9	10.2	8.2	6.2
Fri 07	4.6	3.7	3.8	5.0	7.1	9.7	12.3	14.6	16.0	16.4	15.9	14.6	13.0	11.4	10.2	9.7	9.8	10.5	11.3	11.9	12.0	11.4	10.2	8.6
Sat 08	7.1	5.9	5.4	5.7	7.0	8.9	11.2	13.4	15.1	16.1	16.0	15.2	13.8	12.1	10.5	9.2	8.7	8.9	9.5	10.3	11.1	11.4	11.2	10.4
Sun 09	9.4	8.3	7.5	7.2	7.7	8.9	10.6	12.5	14.2	15.4	15.8	15.4	14.3	12.7	11.0	9.3	8.2	7.6	7.8	8.5	9.5	10.4	11.1	11.3
Mon 10	11.0	10.4	9.7	9.2	9.0	9.5	10.5	11.9	13.4	14.5	15.2	15.3	14.6	13.3	11.5	9.7	8.1	7.0	6.6	6.8	7.6	8.7	9.9	11.0
Tue 11	11.7	11.8	11.6	11.2	10.7	10.6	10.9	11.7	12.7	13.8	14.6	14.9	14.6	13.6	12.0	10.2	8.3	6.8	5.8	5.6	6.0	7.0	8.3	9.8
Wed 12	11.2	12.3	12.8	12.8	12.5	12.0	11.8	11.9	12.4	13.1	13.8	14.3	14.4	13.8	12.5	10.7	8.8	7.0	5.6	4.8	4.8	5.4	6.7	8.4
Thu 13	10.2	11.9	13.1	13.8	13.8	13.4	12.9	12.4	12.4	12.7	13.2	13.7	14.0	13.8	12.9	11.4	9.5	7.5	5.7	4.5	4.0	4.2	5.2	6.9
Fri 14	8.9	10.9	12.7	14.0	14.6	14.4	13.9	13.2	12.7	12.5	12.7	13.1	13.5	13.7	13.3	12.1	10.3	8.3	6.3	4.6	3.6	3.4	4.0	5.4
Sat 15	7.4	9.7	11.9	13.6	14.7	15.0	14.7	13.9	13.1	12.5	12.4	12.6	13.0	13.4	13.4	12.7	11.3	9.3	7.2	5.2	3.7	3.0	3.1	4.1
Sun 16	5.9	8.2	10.6	12.8	14.4	15.2	15.1	14.5	13.6	12.7	12.2	12.2	12.5	13.0	13.3	13.2	12.2	10.5	8.4	6.2	4.4	3.1	2.6	3.1
Mon 17	4.6	6.7	9.2	11.7	13.8	15.0	15.4	14.9	14.1	13.0	12.2	11.8	12.0	12.5	13.0	13.3	12.9	11.7	9.8	7.6	5.4	3.7	2.7	2.6
Tue 18	3.5	5.4	7.8	10.4	12.8	14.6	15.4	15.3	14.5	13.4	12.3	11.6	11.5	11.9	12.5	13.0	13.2	12.6	11.1	9.0	6.8	4.7	3.2	2.6
Wed 19	2.9	4.3	6.5	9.2	11.8	13.9	15.3	15.5	15.0	13.9	12.7	11.6	11.1	11.2	11.8	12.5	13.0	13.0	12.1	10.5	8.3	6.1	4.3	3.1
Thu 20	2.9	3.7	5.5	8.0	10.6	13.1	14.9	15.6	15.4	14.5	13.2	11.9	10.9	10.6	10.9	11.6	12.4	12.8	12.7	11.6	9.9	7.8	5.8	4.3
Fri 21	3.5	3.7	4.9	7.0	9.6	12.1	14.2	15.5	15.7	15.1	13.8	12.3	11.0	10.1	10.0	10.5	11.4	12.2	12.6	12.3	11.2	9.6	7.7	5.9
Sat 22	4.7	4.3	4.9	6.5	8.7	11.2	13.5	15.1	15.8	15.5	14.4	12.9	11.3	9.9	9.3	9.3	10.0	10.9	11.8	12.2	12.0	11.0	9.6	7.9
Sun 23	6.5	5.7	5.7	6.6	8.3	10.5	12.7	14.5	15.5	15.7	14.9	13.5	11.7	10.0	8.8	8.3	8.5	9.3	10.3	11.3	11.8	11.8	11.1	9.9
Mon 24	8.7	7.6	7.1	7.3	8.4	10.1	12.0	13.8	15.1	15.6	15.2	14.1	12.3	10.4	8.7	7.5	7.1	7.4	8.3	9.6	10.7	11.6	11.8	11.5
Tue 25	10.7	9.8	9.1	8.8	9.1	10.2	11.6	13.2	14.5	15.3	15.3	14.5	13.0	11.1	9.0	7.3	6.1	5.8	6.3	7.3	8.7	10.2	11.4	12.1
Wed 26	12.1	11.7	11.2	10.7	10.5	10.8	11.6	12.7	13.9	14.8	15.2	14.9	13.7	11.9	9.8	7.6	5.9	4.8	4.5	5.0	6.2	7.8	9.6	11.2
Thu 27	12.4	13.0	12.9	12.6	12.1	11.9	11.9	12.5	13.4	14.2	14.8	15.0	14.4	12.9	10.9	8.6	6.3	4.6	3.5	3.3	3.9	5.3	7.2	9.3
Fri 28	11.3	12.9	13.9	14.1	13.8	13.3	12.8	12.6	12.9	13.6	14.3	14.7	14.8	13.9	12.3	10.0	7.6	5.2	3.4	2.4	2.3	3.1	4.7	7.0
Sat 29	9.5	11.8	13.7	14.8	15.0	14.7	13.9	13.2	12.8	13.0	13.5	14.1	14.6	14.6	13.7	11.9	9.5	6.8	4.4	2.5	1.5	1.5	2.6	4.6
Sun 30	7.2	10.0	12.6	14.5	15.6	15.6	15.0	14.0	13.1	12.6	12.7	13.2	13.9	14.5	14.5	13.5	11.6	9.1	6.4	3.9	2.0	1.1	1.2	2.6
Mon 31	4.9	7.8	10.8	13.5	15.3	16.1	15.8	14.9	13.7	12.6	12.0	12.2	12.8	13.7	14.3	14.4	13.4	11.5	8.9	6.1	3.5	1.8	1.0	1.5



Brian Lee

It's unclear which world problems were solved last month at this Gunboat Bay board meeting, but the venue was exceptional.

seals



Note your seal of approval or **disapproval**.

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

Bags and bags full of Harbour Seals of Approval to our **community of neighbours** who continue to come out and support the Pender Harbour Food Bank.

Joka Wright
PH Food Bank Soc. Coordinator

A huge Harbour Seal of Approval and gratitude to **everyone who sponsored a Christmas tree** for Serendipity's first annual "Light up the Town."

Thanks also to everyone who has donated money and/or purchased fundraising items and attended events to support the daycare.

Dallis Daly
Serendipity Child Development Ctr.

A dump truck full of Harbour Seals to our incredibly generous neighbours, **Crystal and Don White** for cutting, transporting, and providing totally free-of-charge hundreds of beautiful trees for our community to take home and decorate for Christmas.

Erin Thoms and John Elliott

Harbour Seals of Approval to **Motoko, Troy and Lorie Callewaert, Deborah Warburton and Derek Alltree** who made our fundraiser at FLAIR's Christmas luncheon very special.

Jean Pate
FLAIR on the Coast

"Spreading Kindness" Seals of Approval to **all who donated to those in need** locally this Christmas and all year long. Your kindness and generosity is what makes our community such a great place to call home.

Lyn Charlton

Harbour Seals of Approval to **Bill Gilkes, Marc Jenner, LA Electric and Rona** for donating equipment, supplies and your efforts in the first Serendipity "Light up the Town" fundraiser. It was a huge success and we couldn't have done it without you.

Jodee Young
Serendipity Child

Many Harbour Seals of Approval to **Doug Davis** for donating and serving us for our final get together.

Maureen Lee
S. C. Healthcare Auxiliary
(Pender Harbour branch)



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YAY! Happy New Year!

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

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- Home/Palliative care • Dressings • Holter Monitors

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Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

Monika Miller – Hygienist

Rosa Seda – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

(604) 885-6101 ext. 4422

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Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 883-2764

Dr. Colin Sutton

By appointment only

CHIROPRACTORS – (604) 883-2764

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

- Wednesdays, call (604) 883-2764 or visit coastlinehealth.janeapp.com to book appointment

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

ALCOHOLICS ANONYMOUS: Meets Wednesdays at 7 p.m. – everyone welcome.

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

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

DIABETES & DIETICIAN MANAGEMENT PROGRAM: Weekly on Thursdays ~ call to book an appointment

CHRONIC DISEASE MANAGEMENT PROGRAM: Weekly on Wednesdays ~ call to book an appointment.

SOCIAL WORKER: Weekly Tuesday, Wednesday & Thursday ~ call to book an appointment.

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

What are Canadians eating?

*Compiled by Pender Harbour Health
Centre nursing staff*

In the summer of 2007, Statistics Canada released the results of a survey of Canadians' eating habits.

Some 35,100 households participated in this survey with one member from each household being interviewed about food-related behaviours and experiences.

FINDING FROM THE SURVEY

- Calorie intake tends to be highest during adolescence and declines with age;
- Excess fat intake peaked among Canadians age 31 to 50;

More than one quarter of men and women surveyed consumed greater than 35 per cent of their daily calories from fat;

- Most people do not eat enough vegetables and fruit or milk products.

The survey found that half of adults do not eat five vegetables and fruits per day;

- More than two-thirds of Canadians over 30 years old do not consume the minimum number of milk servings (two) each day;
- A significant source of calories come from snacking.

More than 41 per cent of calories consumed during snacks comes from the "other foods" category (beverages and foods that are not part of the four food groups), and

- Nearly 10 per cent of the people surveyed had not had breakfast during the survey period, for those surveyed aged 19 to 30, this rose to 20 per cent.

By being aware of general population trends, we can better appreciate what seems "normal" for people and what pressures confront us as we attempt to make healthier food choices

in our daily routine

RECOMMENDATIONS ON A DAILY BASIS:

- Eat three meals per day at regular times and space meals no more than six hours apart;
- Enjoy a variety of vegetables, fruits, whole grains, low fat milk products, meats and meat alternatives at your meals.

A variety of foods will help keep you healthy;

- Eat moderate portions;
- Carbohydrate is found in many foods, including grains and starches, fruits, some vegetables, legumes, milk and milk alternatives.

Portion moderation is the key here to obtaining health-benefiting nutrients.

Carbohydrates are also found in sugar foods and many prepared foods;

- Limit the amount of high fat you eat such as fried foods, chips and pastries.

Use added fats in moderation to control your weight and cholesterol;

- Drink water to satisfy thirst and stay hydrated, and
- Try to prepare meals from scratch as much as possible.

Processed foods, pre-prepared meals and fast foods often contain extra sodium and fat, as well as extra carbohydrates.

MINDFUL EATING

Dr. Brian Wansink, author of *Mindless Eating*, suggests that the stomach has settings: really hungry, really full, or could eat more.

Since we spend a lot of time in the "could eat more" category, we need to create an environment to help us control our eating pattern.

1. Since we eat what we serve ourselves, don't over-serve.
2. Use smaller bowls but allow refills.
3. Serve lunch on a salad plate.
4. Replace short wide glasses with tall skinny ones.
5. Replace larger packages with smaller ones.
6. Use smaller serving spoons.
7. Keep serving bowls in the kitchen and off the table. Keep vegetables on the table.
8. Fill up half your plate with vegetables
9. Decide how much you are going to eat before your meal instead of during the meal.
10. When eating with other people, sit next to the slowest eater at the table.

*Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program*



Meal service resumes January 10.

Call Linda – 604.883.2819, Wendy – 604.883.2514 or Anky – 604.883.0033



Pender Harbour Community School Society presents

Storybook Stroll

Madeira Park

Celebrating
Literacy



Stroll through Madeira Park and read a book at the same time! Look for pages at the various locations to follow along with “We All Play” by Julie Flett, a story that reminds us of the interconnectedness of nature and the wonder of play.

Look for story pages at these spots and use the map to follow along:

1. Serendipity Preschool
2. Reading Centre
3. Harbour Authority
4. Community School
5. Community Hall
6. IGA
7. SC Credit Union
8. Marina Pharmacy
9. Ground Waves
10. Harbour Pizza
11. Oaktree Market
12. Madeira Park Veterinary Hospital
13. EarthFair Store



With thanks to the SC Literacy Coalition and Decoda Literacy for sponsoring the book and to local groups and businesses for playing along!

ENTRY FORM

You could win a RANDOM DRAW PRIZE to be announced in early February

Name one of the animals from the book: _____

Your name: _____ Phone #: _____

Drop off your entry at the Community School by January 30th for your chance to win a prize !!!

BC Family Literacy Week • Jan 23 to 30 Canada Literacy Day • Jan 27

Throughout the month of January, you're invited to participate in a variety of activities throughout the community including literacy themed events at Harbourside Friendship gatherings, informative displays on physical literacy at the Pool, and the Storybook Stroll in Madeira Park. **LET'S CELEBRATE LITERACY!**





PENDER HARBOUR SENIORS INITIATIVE

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Smart Fund



HARBOURSIDE FRIENDSHIP PROGRAM

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

FOR INFORMATION
OR TRANSPORTATION,
CALL MARLENE:
(604) 883-9900

HARBOURSIDE FRIENDSHIPS: Thursday drop-in, 10:30am to 12pm

We will be meeting inside the hall and following self-distancing rules. No lunch will be served at this time. We do encourage all to bring your own packed lunch to enjoy as a group following the program.

****All participants entering the community hall (recreation centre) must show proof of vaccination per updated BC regulations.**

Jan. 6: Rummoli – learn to play or teach another to play

Jan. 13: Armchair travel

Jan. 20: Focus on mindfulness and gratitude with Krystin Clark

Jan. 27: Literacy Week - Speaker Linda Cordell to speak on "Joint Accounts vs Power of Attorney"

CARPET BOWLING: Wednesdays, Jan 5, 12, 19 & 26

At the Pender Harbour Community Hall, 1-3 pm. Cost \$3.

CHAIR YOGA: Mondays & Fridays, Jan. 10, 14, 17, 21, 24, 28 & 31

At the Pender Harbour Community Hall, 11am – 12 noon with Maureen Clifford. Improve your balance, strength & flexibility with gentle moves. Cost: \$3

MAHJONG SPECIAL EVENT! Thursday, Jan. 20

Learn to play Mahjong at the P. H. Community Hall with instructor Allison Spears from 12:30pm – 2:30pm.

JANUARY EVENTS FOR SENIORS



PENDER HARBOUR AQUATIC & FITNESS CENTRE

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

On lower level of
PH Secondary School:

13639 S.C. Hwy.

604 885-6801

www.scrd.ca/myrecreation

PENDER HARBOUR AQUATIC & FITNESS CENTRE

www.scrd.ca/pender-harbour-aquatic-fitness-centre

We offer swim lessons, drop-in swimming, aquatic fitness, dryland fitness and a weight room.

HOURS OF OPERATION

Monday to Friday: 7:30am to 1pm, Monday to Thursday: 5pm to 8:30pm,
Saturday: CLOSED, Sunday: 1pm to 4pm



COVID-19 INFORMATION

Provincial Health Orders to wear masks and provide proof of vaccines for some activities, are in place. Read more about this before you visit: www.scrd.ca/recreation-restart

PASSES

Do you plan to drop in frequently? A pass is convenient and can be cost effective. Learn more about our passes at: www.scrd.ca/recreation-passes

JANUARY 21 COAST REPORTER

Watch for our recreation information in the Coast Reporter (Jan. 21)

CELEBRATE PHYSICAL LITERACY ~ JAN. 23-30

Check out our informational display in the lobby with activity handouts available.

We invite you to subscribe to our Recreation Newsletter at

www.scrd.ca/Newsletter-Signup

Follow us on facebook:

www.facebook.com/Pender-Harbour-Aquatic-and-Fitness-Centre-206667126014598

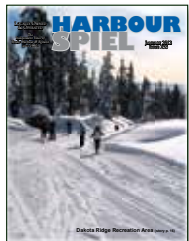


Bob James collection

Hospital Bay in the 1950s

Some things don't change. A familiar view even today, this postcard photo was taken sometime in the 1950s from the walkway bridging the lagoon to what is now John Henry's Marina and Resort.

Dr. Eric Paetkau's *The Doc's Side: Tales of a Sunshine Coast Doctor*



By Brian Lee

This story originally appeared in the Jan. 2012 issue of the Harbour Spiel.

Dr. Eric Paetkau arrived in Garden Bay on Sept. 13, 1959.

Having recently completed his surgical internship in San Diego, all he knew was that he wanted to be a GP/surgeon “somewhere in rural Canada.”

When he landed in Vancouver, he presented his papers to “Florence,” the registrar at the College of Physicians Surgeons.

Presented with a list of over 50 remote towns in BC that needed a GP/surgeon, Paetkau says he asked Florence where he should go.

“Pender Harbour,” she said.

“It sounds like just the place for you.”

Listening to him speak on Dec. 15 at the launch of his memoir, *The Doc's Side: Tales of a Sunshine Coast Doctor*, you can tell it was.

The event at the Pender Harbour School of Music was co-hosted by Harbour Publishing and Bluewaters Books.

A friendly audience of about 30 people listened intently as Paetkau trotted out stories gleaned from almost half a century of practising medicine on the Sunshine Coast.

The book pulls together journal entries and stories from a time when a doctor needed to be flexible in his job.

Stories about the wide variety of personalities encountered while making house calls during the early days of Sunshine Coast medicine make it a gem of local history as much as it is a humorous romp.

January 2022

Paetkau spent most of his career on the Sunshine Coast, working first in Garden Bay and then Sechelt after the new hospital was opened in 1964.

Throughout his chat — and the book itself — he speaks warmly of the patients and colleagues he's met along the way.

Familiar names of friends and colleagues like Dr. Walter Burtnick, Dr. Alan Swan or St. Mary's Garden Bay receptionist Lewella Duncan, fill its pages with fascinating glimpses of what local medicine was like a generation or so ago.

Paetkau recounts one story about “a lovely Indian woman named Jennie” who lived in Roberts Creek.

One dark, rainy November night, she called to say that there was a sick man at her house and since she had no vehicle, she could not bring him to the

hospital. She met me at the door and promptly led me through the kitchen, the living room and finally into her bedroom where she easily pushed her bed aside to reveal a trap door.

“Leads to the root cellar,” she said and, opening the trap door, she shone her flashlight into the dark interior, lighting the face of the craziest-looking, white-haired, white-bearded man that I had ever seen.

He had the wildest eyes and kept smacking his lips, almost like he was drooling.

Jennie turned to me and said calmly, “There he is.”

“I’m not going down in that hole,” I exclaimed and quickly closed the trap door. She grinned.

“You’re smart, Doctor.”

She went on to explain that while she was sitting at the table eating her supper, this man had appeared at her door.

She had let him in and then, realizing

that he was crazy, had managed to entice him into the root cellar.

Once he was safely away, she telephoned me.

But not all of Paetkau's stories are funny — some are touching.

After I removed a parotid tumour from a 40-year-old man, the doctors at the B.C. Cancer Clinic told him the operation for this type of cancer was not curative and that chemo or radiation therapy would be ineffective.

In short, he was sent home to die.

In my office we discussed his options.

“What would you do?” he asked.

After a few moments of reflection, I said, “I would sell my business and spend all my money travelling around the world.”

The man nodded, thanked me and left the office.

I heard a few months later that he had sold his motel business and he and his wife disappeared.

Some 25 years later a man in his 60s sat in my

office grinning at me.

I didn't recognize him until he showed me the scar near his ear.

“How could this be?” I asked, scarcely able to believe what I was seeing.

“Well, I followed your advice, doctor,” he said.

Then he related how he had spent all of his money travelling with his wife.

After five years, he was broke but still alive and had gone back to work.

Now he was on welfare but still hanging in there.

I remarked that I had obviously given him bad advice, but he shook his head.

“On the contrary,” he said.

“It was the best advice in the world.

“I just dropped in to thank you.”

The Doc's Side: Tales of a Sunshine Coast Doctor is available at Earthfair Bookstore in Madeira Park.

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.

JANUARY

COVID-19 has made planning difficult. Check with organizers for updates regarding scheduling for events.

- Thurs. Jan. 6.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Mon. Jan. 10.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Mon. Jan. 10.....P. H. Seniors Housing Society outreach healthy meals service resumes
- Thurs. Jan. 13.....SCRD infrastructure services committee meeting - SCRD boardroom, 9:30 a.m.
- Thurs. Jan. 13.....SCRD regular board - SCRD boardroom, 2 p.m.
- Thurs. Jan. 13.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Thurs. Jan. 20.....SCRD planning and development committee meeting - SCRD boardroom, 9:30 a.m.
- Thurs. Jan. 20.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Thurs. Jan. 20.....P. H. Seniors Initiative special Mahjong event - P. H. Community Hall, 12:30 p.m.
- Thurs. Jan. 20.....SCRD community services committee meeting - SCRD boardroom, 2 p.m.
- Sat. Jan. 22.....Robert Burns Night - Royal Canadian Legion No. 112, 6 p.m.
- Mon. Jan. 24.....Special SCRD corporate and admin. meeting (budget rnd. 2) - SCRD boardroom, 9:30 a.m.
- Mon. Jan. 24.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Tues. Jan 25.....Special SCRD corporate and admin. meeting (budget rnd. 2) - SCRD boardroom, 9:30 a.m.
- Wed. Jan. 26.....Special SCRD corporate and admin. meeting (budget rnd. 2) - SCRD boardroom, 9:30 a.m.
- Wed. Jan. 26.....P. H. Chamber of Commerce AGM - via Zoom, 12 noon
- Thurs. Jan. 27.....SCRD corporate and admin. meeting (budget rnd. 1) - SCRD boardroom, 9:30 a.m.
- Thurs. Jan. 27.....SCRD regular board - SCRD boardroom, 2 p.m.
- Thurs. Jan. 27.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.

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



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For last year's words belong to last year's language and next year's words await another voice.

~ T. S. Eliot



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Holidays from our families to yours.



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