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HARBOUR SPIEL

November 2019
Issue 347





We encourage everyone to come out on November 11 to support our veterans and honour their sacrifice.

The day's ceremonies begin at 10:30 a.m. with a solemn procession through Madeira Park.

It will continue to the Royal Canadian Legion No. 112 where Remembrance Day services will begin at 11 a.m.

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EDITOR

Brian Lee

CIRCULATION (2,500)

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: Ted Bentley, William Jans, Leonard Lee, Robert Livingston, Shane McCune, Roslyn Mundy, Daniel Raymond and Rand Rudland.

COVER

Jude O'Keeffe, age 4, shows excellent technique at the Pender Harbour Fall Faire cow milking contest Oct. 5. (Brian Lee photo)

ADVERTISING

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December issue — Nov. 28

editorial

Choked out by the man



Brian Lee

At the risk of sounding like one of those anti-government extremists who live in the U.S. or Egmont, I ask, “At what point do we collapse from the burden of governments’ fondness for finding new ways to complicate old rules?”

I’m not looking to build a back-up nuclear generator, I just want to burn some branches on my property.

Or build a shed without hiring an archaeologist, architect, engineer and a bonded, certified, insured builder.

Local builders I’ve talked to consistently claim construction costs keep rising, in part, due to suffocating dictates from our regional district.

Rising costs might also be related to the fact that many builders charge lawyers’ rates these days too, but that’s a whim of our free market.

When did we vote that it’s in our best interests to check in with a variety of agencies each time we dig a hole?

On top of federal, provincial and municipal oversight, we’ve recently inserted another layer of government as a result of commitments related to reconciliation efforts with First Nations.

A local example is the Pender Harbour dock management plan.

The architects of that bit of policy, the province and the Sechelt Indian Band, have forced owners of perfectly sound docks into an absurd and confusing process to rebuild them that is as expensive as it is unnecessary.

I don’t smoke but still feel sympathy for those who are banned from pursuing their stinky addiction anywhere on BC Ferries property.

Surely, BC Ferries could have designated well-ventilated areas on terminal property without resorting to a full ban.

And, speaking of smoking, in September the province handed down new smoke control regulations.

They are so complicated that the P. H. Fire Protection District, which previously issued burning permits and offered some local oversight, has opted out of the process altogether.

The burning of land clearing waste, often the only practical option on larger rural properties, was already restrictive and complicated, now it is even more so.

This won’t just be onerous for citizens — someone has to enforce the new regulations.

Local conservation officers are already stretched thin with hunting season underway and timber and marine poaching complaints at all-time highs.

Now they are forced to educate the public about this new legislation each time someone’s inevitable confusion causes them to flout the law.

Or, what about firewood?

We have thousands of hectares of recently logged forest littered with waste wood.

But it’s easier to buy an assault rifle on the Sechelt Peninsula than to pick firewood off the ground.

Ironically, this pushes law-abiding folks to purchase their firewood, perhaps from someone less scrupulous.

Every morning you see the same trucks returning from somewhere with stacks of tight-grained fir firewood.

To understand where some of that wood comes from, take a walk around local forest service roads and peer back into the brush a bit.

There, you’re likely to find fresh stumps covered in moss and dirt to hide someone’s crime.

And that seems to be the unintended outcome of goofy government policy — when the rules get too cumbersome, people tend to ignore them.

PHVFD HALLOWEEN FIREWORKS: Thursday, Oct. 31, 7:30 p.m.

The annual Halloween tradition returns on Halloween night (weather permitting) — Thursday, Oct. 31. The entire community is invited to a great evening of entertainment, hot dogs, hot drinks, a bonfire and spectacular fireworks display at Seafarer's Millennium Park, the best viewing spot in all of Pender Harbour.

MUSHROOM AND SEAWEED FESTIVAL: Nov. 1 to 3

The Ruby Lake Lagoon Society has brought back one of Pender Harbour's favourite festivals with a fresh twist. On Nov. 1, 2 and 3, the society will host the Mushroom and Seaweed Festival celebrating the biodiversity found in the forest and intertidal zone. A Friday evening ticketed lecture will take place at the P. H. School of Music while on Saturday, a public mushroom and seaweed display will be set up at the P. H. Community Hall. On Sunday, forays and bio-blitzing will take place at various locations with a basecamp tent at Madeira Park. To learn more about how you can participate or volunteer, please visit www.lagoonsociety.com.

P. H. MUSIC SOCIETY PRESENTS ROSS DOUGLAS: Sunday, Nov. 17, 2 p.m.

A man who just plain loves music, singer/songwriter Ross Douglas is the first to salute his musical inspirations which can only be described as all encompassing – "Folk, Celtic, African Cajun, Caribbean, theatrical stuff filtered through the mind of a guy whose life was changed by the Beatles."

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photojournal



Brian Lee

At a recent town hall meeting in Madeira Park, Cheryl Jensen (l), community paramedic, publicly thanked PHSS students Jakob Thornton (c) and Nolan Johnston (r) for likely saving the life of 90-year old Paul Jones. On Oct. 2, the two were dirt biking on forestry roads up Menacher Road when they came upon 90-year-old Paul Jones, whose SUV was stuck in a ditch. Jones had sat waiting for help, without water, for almost three days when he was discovered.

'Thank you, guys, without you, I don't know what would have happened,' said Jensen. 'They stayed calm, they dialed 911 and Nolan stayed with him the whole time while Jakob met us and took us up the hill so we knew exactly where we were going. You guys are amazing, great community kids.'



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Local volunteers honoured at PHARA town hall meeting Oct. 6

Approximately 100 community members turned out for an informative town hall meeting at the Pender Harbour Community Hall Oct. 6.

Organized by the Pender Harbour and Area Residents' Association, the town halls have become a popular

source to find out about and discuss local issues.

This year marks the third fall season in which PHARA has recognized local volunteers for their work on the community's behalf.

This year saw Muriel Cameron

and Billy Griffith receive recognition for their lifetime of service to the community while Brenda Scoular received a "volunteer of the year" award for her work in organizing beautification efforts at Forest View Cemetery on Beaver Island.



Muriel Cameron was awarded a lifetime achievement award in recognition of her 70-plus years of volunteering in Pender Harbour.

MURIEL CAMERON

Muriel Cameron is the granddaughter of pioneers John and Sarah Wray.

In 1948, she moved onto the Madeira Park property where she still lives and began volunteering with the Pender Harbour Community Club.

Since then, Cameron has held many positions including treasurer, bazaar co-ordinator, bingo and dance organizer.

For over 30 years, she sold goods at the monthly Madeira Park swap meet and donated sales to the PHCC.

Cameron has also volunteered at the Bargain Barn for the past 30 years to help fund the P. H. Health Centre.

In 2012, Cameron was awarded the prestigious Queen's Diamond Jubilee Medal for volunteerism.



Brenda Scoular is the volunteer of the year for her efforts in organizing renovations at Forest View Cemetery on Francis Peninsula.

BRENDA SCoulAR

Brenda Scoular is a lifelong resident of Pender Harbour who galvanized other volunteers to help her restore Forest View Cemetery on Francis Peninsula.

The one-acre property was overgrown with brambles, the fencing had deteriorated and precarious trees threatened some of the structures.

Beginning in 2017, with the help of many donors and volunteers, money was raised and the cemetery was cleaned up by hand labour.

The P. H. Living Heritage Society partnered with Brenda to assist with administering donations and grants, while other community members came out to assist with clean up.

So far, Brenda has directed more than 400 hours of volunteer work.



Brian Lee photos/PHARA bios

Billy Griffith received a lifetime achievement award (accepted by daughter Maureen Juffs, seen here). Griffith was in Manitoba visiting friends.

BILLY GRIFFITH

Billy Griffith was born in New Westminster, arrived in Egmont when he was two weeks old and has been a commercial fisherman his entire life.

Griffith volunteered in early salmon enhancement projects in Anderson, Myers and Mixal Creeks.

He is also one of the founding members of the Egmont Lions Club and was president of the P. H. Health Centre Society for three years, president of the P. H. Wildlife Society for several years, and sat on the board of Fisheries Renewal BC.

For many years, Griffith served on the Ruby Lake Lagoon Society and Skookumchuck Heritage Society boards.

In 2005, he helped build the Egmont Heritage Centre and donated many of the artifacts on display there.

CORRECTION: Apologies to Paul James and Paul James (and their fans) for mixing the two up in the Oct. 2019 *Harbour Spiel*. There are two musicians named Paul James but, unfortunately, the one who was *not* playing at the Pender Harbour Legion Sept. 21 had a more prolific internet presence, from which the editor took biographical information. He regrets this error.

Pender Harbour dock management plan update at town hall meeting

It wouldn't be a town hall meeting without an update on the latest developments regarding Pender Harbour's dock management plan.

At the Oct. 6 town hall in Madeira Park, co-chairs of the Pender Harbour and Area Residents' Association "dock management plan working group" committee, Sean McAllister and Bill Charlton, updated the crowd on recent efforts to find an ear with our provincial government.

A 12-year moratorium on new dock tenures ended in April 2015 when the province dropped a controversial draft zoning scheme for Pender Harbour docks created in partnership with the Sechelt Indian Band.

It forbid docks to be built in certain areas of Pender Harbour.

Landowners who find themselves in the favourable zone still faced what many consider to be onerous, and even impossible, requirements to bring existing docks up to the new standards.

Responding to harsh criticism about the lack of consultation with those affected by the DMP, the province later announced it would hire lawyer and former MLA Barry Penner to lead a process of "further engagement to identify possible options for



Brian Lee

Approximately 100 people attended the PHARA town hall meeting Oct. 6 at the Pender Harbour Community Hall.

the foreshore lands before the plan is finalized."

In April 2018, the province released the Pender Harbour Dock Management Plan.

"So, what they did was, they brought out the same DMP and it might even be worse," said McAllister.

"One would think that we would have had more consultation from the NDP government but any and all consultation immediately stopped once the last election went through.

"So, we're faced with the new DMP and basically told to like it or lump it.

"We lumped it, and have spent the last couple of years trying vari-

ous strategies to see if we can't make some amendments to the DMP."

Since that time, the province has signed a "foundation agreement" with the Sechelt Indian Band that, in part, sets out "the province's commitment to provide immediate measures to Shishálh and identify milestones that we will strive to achieve over a longer term."

"If that agreement was followed to the letter of the law, we'd all be happy," said Charlton.

"The unfortunate part is that they're not following it at all.

"We're supposed to be involved in a lot of the things that are going on and the government has chosen to ignore us."

Charlton said that approximately 165 dock owners in Pender Harbour out of 320 have received letters from the province inviting them to fill out an application to reinstate their docks.

"Out of that, the homeowners and dock owners have sent back about 50 to the government and the government, having received those, has issued 11 tenures so far, since the DMP came out in 2018," said Charlton.

Charlton suggested the slow processing time for applications for tenure could be the result of required

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meetings with the band to go over each application “because they’re co-owners of this agreement and they don’t meet all that often.”

Next, McAllister provided an overview of the DMP working group’s finances.

“We have spent a fair amount of money,” said McAllister.

“Not everyone who has a dock in the Harbour has contributed but we have been asking for \$500 per person.

“Some people have given more and some have given none.”

“When we originally started this process, we thought we would be commencing legal proceedings against the government,” he said.

“I don’t know how many lawyers we’ve talked to but I can assure you that if we were told that we had a win-

nable case, we would have started that lawsuit by now.”

Instead, the DMPWG has retained an environmental scientist, a report from an engineering company and a report from a naval architectural firm outlining their concerns with the DMP.

“But we need someone to talk to and nobody is really listening to us at this point,” he said.

To that end, the group has hired a government communications specialist, Cynthia Shore, who has been working to open lines of communication with the government.

“She’s able to knock on doors and get into offices that we wouldn’t even know existed at this point,” said McAllister.

Charlton said upcoming plans

will be to brief the SCRD about their work and prepare to meet with ML-FRNO and SIB Chief Warren Paull.

Charlton counselled dock owners to be patient and encouraged them not to delay in submitting all forms supplied.

“But detail on that form any disagreements with the dock management plan.”

As an example, Charlton noted the requirement for narrow and potentially unsafe dock widths or the requirement of 43 per cent light penetration through dock surfaces.

“So, tell them that,” said Charlton.

“When you sign that piece of paper and send it in, they know that you don’t totally agree with everything you’ve signed up for.”

photojournal



submitted

The Pender Harbour Community School is happy to announce their new board of directors (l-r): Lyn Charlton, Linda Cordell, Kathie Tweedie, Debra Rand, Maureen Wright, Helga Grout and Sylvia Showler (missing are Mary Beth Alsop, Loretta McDonald and Patrick Munro).

November 2019

Royal Canadian Legion #112 Pender Harbour 2019 Poppy Campaign

Donations to our Poppy Campaign
benefit our community:

In 2019, two bursaries were
awarded to PHSS graduates.

2019 Poppy Campaign begins Friday, Oct. 25.

Please come to our Remembrance Day Ceremony on

Monday, November 11

Procession marches off at 10:30 am.

Service at 11:00 am.

Followed by refreshments in the Legion.
Children and families welcome.

*Wear yours
proudly!*





1. Name of the family who owned the land on which Francis Point Provincial Park sits.

- ☐ a. McQuarrie
- ☐ b. Warnock
- ☐ c. Duncan
- ☐ d. Murdoch

2. Species of crab that is most commonly targeted by local sports fishermen?

- ☐ a. King
- ☐ b. Dungeness
- ☐ c. Spider
- ☐ d. Green

3. Who or what is Garden Bay named after?

- ☐ a. HMS *Garden*
- ☐ b. Dr. Alan Garden
- ☐ c. Former St. Mary's Hospital lilac garden
- ☐ d. unknown

4. Names of the familiar islands guarding the mouth of Pender Harbour.

- ☐ a. Reid, Hardy, Captain
- ☐ b. Quarry, Cockburn, Billings
- ☐ c. Pearson, Hodgson, Martin
- ☐ d. Calder, Dusenbury, Mary

5. Where did the Egmont Community Hall sit prior to being towed to Egmont?

- ☐ a. Hotham Sound
- ☐ b. Brittain River
- ☐ c. Vancouver Bay
- ☐ d. Saltery Bay

6. "Skookumchuck" in chinook jargon.

- ☐ a. Black bear
- ☐ b. Strong water
- ☐ c. Big man
- ☐ d. Narrow passage

Answers: p. 35

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

FOR SALE

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Ben Zander



Peter Robson

After many years of being Pender Harbour's star photography subjects, the *Kwatna* and the *Lulu Island* derelict tugs have been removed. On Oct. 21, the *Kwatna* (l) was removed from its former resting place on the beach of Dusenbury Island. On Oct. 26, crews raised the *Lulu Island* (r) in pieces by crane and bucket before being sorted on the deck of the barge. The removal costs totalled \$84,551 of which the Pender Harbour and Area Residents' Association received \$75,675 in federal funding.



Ted Bentley

Recent weather has seen some dramatic shifts, sometimes producing spectacles like this Oct. 16 rainbow arching over Pender Harbour's entrance.



William Jans

Photographer/adventurer William Jans presents 'Shadows in Morocco' on Nov. 9 at 7 p.m. at the P. H. School of Music. The multimedia presentation is Jans' ninth show documenting desert chaos, transit troubles, getting lost in the hardest city to navigate in the world and what it's like to be spied on for a month. The show's Vancouver Premiere was sold out with standing ovation. Tickets (\$22) can be purchased online at williamjans.com or cash at the door.

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SATURDAY, NOVEMBER 16
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THEFT OF ART

Sometime between Sep. 27 and Oct. 3, a large raven carving was stolen from a residence in the 4600-block of Francis Peninsula Road.

The unpainted wood carving is described as being three and a half feet across.

Anyone with information about this incident is asked to contact RCMP, reference file 2019-6963.

BREAK AND ENTER

Overnight on Oct. 10, a thief gained entry to two buildings at a business in the 5500-block of Garden Bay Road and stole a safe which contained an automatic external defibrillator unit inside.

The suspect gained access to one building through a window and damaged a door to enter the second building.

Anyone with information about this incident is asked to contact RCMP, reference file 2019-7118.

BREAK AND ENTER

On Oct. 10, police attended a break and enter at a business in the 13800-block of Highway 101, Garden Bay, after suspects smashed a window to gain entry to a building.

Surveillance video captured a male and female using a rock to break the windows and while the suspects ransacked the business, it doesn't appear that anything has been stolen.

Anyone with information about this incident is asked to contact RCMP, reference file 2019-7121.

IMPAIRED DRIVING

On Oct. 10, a witness reported a possible impaired driver tailgating vehicles and swerving back and forth on the road in the 16500-block of Highway 101, Egmont.

Police located the vehicle and

spoke with the driver who was found not to be impaired.

The driver was, however, issued a ticket for no insurance and his vehicle was towed for safekeeping until valid insurance was arranged.

HIT AND RUN

Just after midnight on Oct. 12, a hit and run occurred near the Earl's Cove ferry terminal in Egmont.

The suspect vehicle, described as a large green truck with large lights on top of the cab, sideswiped the complainant's vehicle, damaging the driver's side fender and front wheel, rendering it inoperable.

The driver was able to walk for help and call for a tow truck.

Anyone with information about this incident is asked to contact RCMP, reference file 2019-7174.

THEFT FROM VEHICLE

Overnight on Oct. 11 and 12, a suspect gained entry to unlocked vehicles parked in the 13200-block of Porters Road, Madeira Park.

Nothing was damaged or reported stolen but, in both cases, doors to the vehicle were left open by the suspect.

POLICE STAKEOUT NABS SUSPECT

On Saturday Oct. 12 at approxi-

mately 2 a.m., Sunshine Coast RCMP made an arrest in relation to the commercial break and enters that seem to have plagued the community.

Since July 1, the Sunshine Coast RCMP have responded to a large number of commercial break and enters from Roberts Creek to Pender Harbour, with the majority in and around Sechelt.

The suspect(s) have targeted rural businesses and have returned repeatedly and despite pro-active work by officers, the suspect(s) have gone untouched, until now.

Early Oct. 12, frontline police officers on duty made the decision to stake out at the Blue Ocean Golf course in Sechelt in hopes the suspect(s) might make an appearance.

While on the property, a male matching the description of the suspect in other break and enters arrived and walked past police officers hiding outside.

After a brief foot chase, the suspect was arrested.

Due to the complexity of the cases and evidence still to be processed, the suspect was released on strict conditions.

The suspect, a 32-year-old male from the Sunshine Coast will be reporting to a bail supervisor and will be closely monitored by police.

Further arrests are expected.



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UBCM results in successful dialogue with provincial counterparts



*Leonard Lee
Area A director, SCRD*

BYLAW COMPLAINTS AND ENFORCEMENT

We recall the good old days of freedom to do what we wanted as long as we didn't bother our very few neighbours, who likely lived too far away to see or hear what we were doing.

Today, a growing population has crowded us closer together, so we need bylaws to keep peace in the neighbourhood.

Bylaws generally do their job, but there are always a few who willfully disregard them, so we created another bylaw to empower citizens to choose whether to ignore violators or compel them to comply.

If you're concerned about a neighbour's activity, to have a violation investigated, visit www.SCRD.ca/Bylaw-Compliance, or call the bylaw enforcement office at (604) 885-6817.

Here's a quick summary of some of our more important bylaws:

- Bylaw 638 details the complaint-response process, including contraventions and penalties (Schedule A);
- Zoning bylaw 337 regulates and defines the use of land and structures, e.g. auto wrecking yard and salvage yard, and addresses outdoor storage of materials, equipment, containers, finished products, unlicensed and broken-down vehicles, etc;
- Building bylaw 687 regulates standards for construction, renovation, repair, demolition, requires building and occupancy permits, proper founda-

tions, approved sewage disposal, and defines which structures can be moved onto your property, and

- Bylaw 597 regulates construction noise and other disturbing sounds.

The SCRD responds only to written complaints (a form is on the website), and anonymity is maintained unless necessary in court.

USER-PAY WATER

With water supply and conservation an SCRD-wide priority, the SCRD board is discussing our 2012 North and South Pender water rate review, and the regional water system (including Egmont) in 2022.

Public participation will influence whether to proceed with a volumetric (user-pay) rate structure, which would reduce demand but require an asset-management plan and meters at



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SUNSHINE COAST REGIONAL DISTRICT Upcoming meetings

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

**Planning and Community
Development Committee**
November 14 at 9:30 a.m.

Regular Board
November 14 at 1:30 p.m.

**Infrastructure Services
Committee**
November 21 at 9:30 a.m.

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

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

A copy of the Egmont/Pender Harbour Official
Community Plan document can be found here:
www.scrd.ca/egmont-penderharbour

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each service connection.

The public will have three or more opportunities for involvement, each with an education component followed by an opportunity to comment, so everyone will have a chance to convince each board member to support their view.

Though 2021 may seem like the distant future, it's never too soon to open the discussion.

GROWING PAINS

The growth facing the Sunshine Coast brings typical urban-sprawl challenges of new subdivisions reducing agricultural land, development threatening ecologically sensitive areas, population growth increasing traffic congestion and pollution, and the need for expansion of services (water, wastewater, solid waste, etc.).

Co-operation and consultation with all levels of government and local stakeholders is vital in addressing conflicts between management of resources (mining and forestry) and conservation-oriented resources (habitat protection, recreation, and tourism), but this simply hasn't happened.

The appropriate provincial ministers acknowledged this communication breakdown, and their need to do better, at the recent Union of BC Municipalities conference.

Let's hope they do.

UBCM RESOLUTIONS

I'm happy to report that all 10 resolutions initiated by the SCRD were passed at the recent UBCM conference after regional and municipal government officials discussed and voted on 168.

The first was Intergovernmental Collaboration on Land Use Planning, arising from our lack of inclusion in

dialogues between the Shishálh and Squamish Nations and the province regarding local land-use planning, foreshore agreements, resource management, and other agreements requiring SCRD services.

A resolution on "parking enforcement in rural areas," including derelict vehicles, also passed, as did resolutions on BC Ferries service levels and foot passenger service, logging in the urban interface, and land use planning for Crown lands and associated natural resources.

More information on resolutions are available at www.scrd.ca/agen-das-2019 (see "Planning and Community Development Committee, Sept. 12," pages 25 to 28).

Resolutions endorsed at the convention receive serious consideration by the BC Government but there are no guarantees as to which ones will result in laws being passed.

SPEED-DATING WITH MINISTERS

During the UBCM Conference, SCRD directors and local municipal councillors met with various ministers to discuss Sunshine Coast-specific issues in 15-minute sessions.

Our "speed-dating" topics included:

- The G2G Foundation Agreement implementation and lack of consultation during the three previously negotiated agreements (Hon. Scott Fraser, minister of Indigenous relations and reconciliation).
- A need for bike and walking paths, improved ferry service, capital plans and maintenance, and annual meetings between MOTI staff and local government to discuss work plans.

The minister mentioned that MOTI is now working on a "corridor review" of Highway 101, with results

expected after Christmas (Hon. Claire Trevena, Minister of Transportation and Infrastructure).

A need to fast-track community water licences, engage us in land-use planning related to public and First Nations lands, and increase provincial funding for recreation sites and trails (Hon. Doug Donaldson, Minister of Forests, Lands, Natural Resource Operations and Rural Development).



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pendar harbour tides ~ november 2019

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Sat 02	6.3	4.5	3.4	3.2	3.9	5.5	7.6	10.1	12.3	14.1	15.0	15.0	14.5	13.5	12.5	11.6	11.2	11.3	11.6	12.1	12.3	12.0	10.8	9.0
Sun 03	6.9	5.2	4.2	4.1	4.8	6.3	8.3	10.5	12.5	14.0	14.8	14.9	14.4	13.6	12.6	11.7	11.1	11.0	11.1	11.4	11.6	11.4	10.6	9.4
Mon 04	8.0	6.7	5.6	5.0	5.0	5.7	7.1	8.9	10.8	12.6	14.0	14.7	14.7	14.3	13.5	12.5	11.5	10.7	10.4	10.4	10.7	10.9	11.0	10.5
Tue 05	9.6	8.5	7.3	6.4	5.8	5.8	6.5	7.7	9.4	11.2	12.8	14.0	14.6	14.5	14.0	13.0	11.8	10.7	9.9	9.6	9.7	10.1	10.6	10.8
Wed 06	10.7	10.1	9.1	8.0	7.1	6.5	6.5	7.1	8.3	9.9	11.6	13.1	14.1	14.5	14.2	13.4	12.1	10.8	9.6	8.8	8.7	9.0	9.7	10.5
Thu 07	11.0	11.1	10.7	9.8	8.7	7.7	7.1	7.1	7.7	8.9	10.5	12.1	13.4	14.2	14.3	13.6	12.4	10.9	9.4	8.2	7.7	7.8	8.6	9.6
Fri 08	10.7	11.5	11.7	11.3	10.4	9.3	8.3	7.6	7.6	8.3	9.6	11.2	12.7	13.8	14.2	13.8	12.7	11.1	9.4	7.8	6.9	6.7	7.3	8.4
Sat 09	9.9	11.2	12.2	12.4	11.9	10.9	9.7	8.6	8.1	8.2	9.0	10.4	12.0	13.3	14.0	13.9	13.0	11.4	9.5	7.7	6.3	5.7	5.9	7.0
Sun 10	8.6	10.4	12.0	12.9	13.0	12.3	11.2	9.9	8.9	8.5	8.8	9.9	11.3	12.7	13.7	14.0	13.3	11.9	9.9	7.8	6.0	4.9	4.7	5.6
Mon 11	7.1	9.2	11.2	12.8	13.6	13.5	12.6	11.4	10.1	9.2	9.0	9.6	10.7	12.1	13.2	13.8	13.6	12.4	10.4	8.2	6.0	4.5	3.8	4.2
Tue 12	5.6	7.6	10.0	12.1	13.6	14.2	13.8	12.8	11.5	10.2	9.5	9.6	10.3	11.5	12.7	13.5	13.7	12.8	11.1	8.9	6.5	4.6	3.4	3.2
Wed 13	4.1	6.0	8.4	10.9	13.0	14.3	14.6	14.0	12.9	11.5	10.4	9.9	10.2	11.0	12.1	13.1	13.6	13.2	11.8	9.7	7.3	5.1	3.4	2.7
Thu 14	3.0	4.4	6.6	9.3	11.8	13.8	14.9	14.9	14.1	12.9	11.6	10.6	10.3	10.7	11.6	12.6	13.3	13.3	12.4	10.6	8.4	6.0	4.0	2.7
Fri 15	2.4	3.2	4.9	7.4	10.1	12.6	14.4	15.2	15.0	14.1	12.9	11.7	10.9	10.7	11.2	12.0	12.8	13.2	12.8	11.5	9.5	7.3	5.1	3.4
Sat 16	2.4	2.5	3.6	5.6	8.2	10.8	13.2	14.8	15.3	15.0	14.1	12.9	11.8	11.1	11.1	11.5	12.2	12.8	12.8	12.1	10.7	8.7	6.5	4.6
Sun 17	3.2	2.6	2.9	4.2	6.3	8.8	11.4	13.6	15.0	15.4	15.0	14.1	13.0	11.9	11.2	11.2	11.5	12.0	12.4	12.3	11.5	10.0	8.2	6.3
Mon 18	4.6	3.5	3.1	3.5	4.9	7.0	9.5	11.9	13.9	15.1	15.4	15.0	14.0	12.9	11.8	11.1	10.9	11.2	11.6	11.9	11.8	11.1	9.8	8.2
Tue 19	6.6	5.1	4.2	3.9	4.4	5.7	7.8	10.1	12.3	14.1	15.2	15.4	14.9	13.9	12.7	11.5	10.6	10.3	10.4	10.8	11.2	11.4	11.0	10.1
Wed 20	8.8	7.3	6.0	5.1	4.8	5.3	6.6	8.5	10.7	12.8	14.4	15.3	15.4	14.7	13.5	12.0	10.6	9.6	9.2	9.3	9.8	10.5	11.0	11.1
Thu 21	10.7	9.7	8.4	7.2	6.2	5.9	6.2	7.5	9.3	11.4	13.3	14.8	15.5	15.3	14.3	12.8	11.0	9.3	8.2	7.7	8.0	8.8	9.9	10.9
Fri 22	11.5	11.4	10.7	9.6	8.4	7.4	6.9	7.2	8.3	10.1	12.1	13.9	15.2	15.6	15.0	13.6	11.6	9.5	7.7	6.5	6.2	6.7	8.0	9.5
Sat 23	11.0	12.1	12.3	11.8	10.8	9.5	8.5	7.9	8.2	9.3	11.0	12.9	14.5	15.4	15.5	14.4	12.5	10.1	7.7	5.8	4.7	4.7	5.7	7.4
Sun 24	9.5	11.4	12.8	13.3	12.9	11.9	10.6	9.4	8.8	9.1	10.2	11.8	13.6	14.9	15.5	15.1	13.5	11.1	8.4	5.9	4.1	3.3	3.7	5.1
Mon 25	7.2	9.7	12.0	13.6	14.2	13.9	12.8	11.4	10.2	9.6	9.9	11.0	12.5	14.1	15.1	15.3	14.3	12.3	9.6	6.7	4.3	2.7	2.3	3.1
Tue 26	4.9	7.5	10.3	12.8	14.4	15.0	14.5	13.4	12.0	10.8	10.3	10.6	11.7	13.1	14.3	15.0	14.8	13.3	10.9	8.1	5.3	3.0	1.8	1.8
Wed 27	3.0	5.3	8.2	11.1	13.6	15.1	15.5	15.0	13.8	12.4	11.2	10.8	11.2	12.1	13.3	14.3	14.6	13.9	12.1	9.6	6.7	4.1	2.3	1.5
Thu 28	1.9	3.6	6.1	9.1	12.0	14.3	15.7	15.8	15.1	13.9	12.5	11.5	11.1	11.5	12.4	13.3	14.0	14.0	12.9	10.9	8.4	5.7	3.5	2.1
Fri 29	1.7	2.5	4.4	7.1	10.0	12.7	14.8	15.9	15.9	15.1	13.8	12.5	11.6	11.3	11.6	12.4	13.1	13.5	13.1	11.8	9.8	7.5	5.2	3.4
Sat 30	2.4	2.4	3.5	5.5	8.1	10.9	13.4	15.2	15.9	15.7	14.9	13.7	12.5	11.6	11.3	11.6	12.1	12.6	12.8	12.2	10.9	9.0	7.0	5.1

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

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

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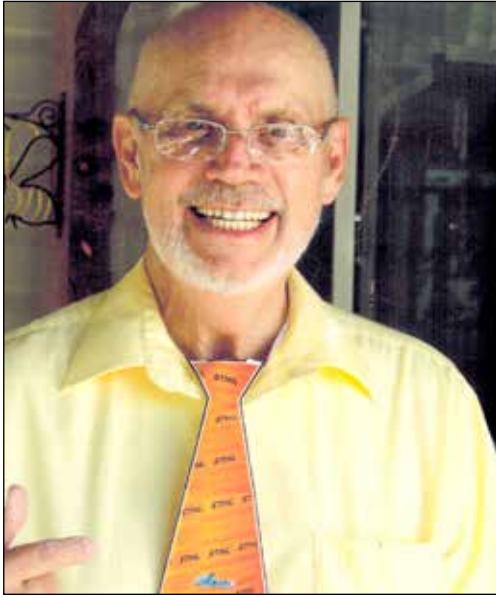
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Thomas Edward McGurk

AUGUST 3, 1939 – SEPTEMBER 30, 2019



Tom McGurk died peacefully in palliative care, held by his wife and

nurse Marie.

Left behind with cherished memories are his wife Babe, son Michael (Yun Suk) McGurk, daughter Ronda Latimer, sisters Joan (Keith) Schoonover and Karen Jsom and brother William McGurk.

McGurk is also survived by granddaughter Brandy (Derek) Venhola as well as great-grandchildren Hailey and Austin and many nieces and nephews.

McGurk loved to do woodwork and put his heart into everything he did.

He had many years of continuous and successful recovery.

He helped many people make a

new life in 12-step programs.

He knew he could only keep what he had in life by giving it away.

McGurk began his recovery journey in Bellingham and then, later, in Abbotsford.

He continued to make a difference to anyone who asked for help on the Sunshine Coast.

McGurk never gave up on anyone and will be remembered for his kindness, generosity and quiet humility.

There will be no service at his request but donations in his memory can be made to the Sunshine Coast Hospice Society, Box 902, Sechelt, BC, V0N 3A0.

OBITUARIES: The *Harbour Spiel* publishes obituaries without charge as a longstanding effort to recognize those who lived in Pender Harbour and Egmont. Submissions must be timely, include the date of birth and date of death and be submitted in a digital format. The editor will edit for length and to remove first-person and personal messages as required to maintain editorial consistency.

photojournal



Daniel Raymond

It has been a busy year for bear incidents on the Sunshine Coast. A Francis Peninsula black bear tried to enter this home near Canoe Pass bridge causing extensive damage to an exterior wall. According to a witness, the only food inside was four apples on a table that sat more than 10 feet from the wall.

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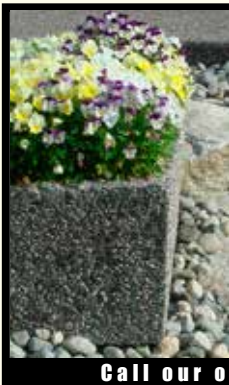
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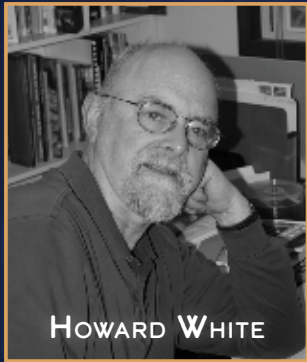
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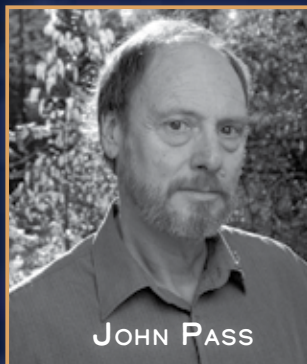
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Rudland returns with High Arctic wildlife

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The Pender Harbour Wildlife Society presents Dr. Rand Rudland on Nov. 19 at 7:30 p.m. (doors open at 6:30 p.m.) at the P. H. Secondary School.

Rudland will present slides from his on the daily routines and wildlife sightings during a two-week adventure as ship physician aboard the Russian icebreaker *Kapitan Kalebniko*.

Traveling from Anadyr in north-eastern Russia, through the Bering Strait and high into the Chukchi Sea, Rudland visited Wrangell Island, a remote sanctuary of the still thriving eastern population of polar bears.

Encountering over 50 bears, many walruses, hundreds of humpback whales and millions of seabirds, Rudland shares his uplifting experience.

Retired after 40 years from his Sunshine Coast family medicine practice, Rudland has forayed across the Canadian Arctic to provide medical services in fly-in northern communities like Coral Harbour, Baker Lake, Rankin Inlet and others.

He has experienced first-hand the impacts of climate change on Canada's northern communities and landscapes.

He has also taken opportunities to travel as ship physician aboard the *World Discoverer* and the *Spirit of Enderby* to such remote destinations as Antarctica, South Georgia, eastern Russia, Solomon Islands, Vanuatu and Papua New Guinea.

Working with Whiskeyjack Nature Tours, he has led natural history tours to the Yukon, the western Canadian Arctic and Central America.

But his passion is wildlife photography and Rudland hopes that his images and experiences help expose and educate his audiences on the climate emergency we are presently facing.

This is a free event open to the public.

There will be a special P. H. Wildlife Society 40th anniversary draw for a painting by Ada Priest during the refreshment break.

For more information, visit www.penderharbourwildlife.com.



Rand Rudland

Wrangell Island volcanic cone.



Rand Rudland

Walrus (*Odobenus rosmarus*).

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ORGANIZATIONS DIRECTORY

• Chamber of Commerce, P. H. & Egmont	(604) 883-2561
• Coast Guard Auxiliary, Unit 61	(604) 883-2572
• Community Policing.....	(604) 883-2026
• Egmont Community Club	(604) 883-1379
• Egmont & District Volunteer Fire Department	(604) 883-2555
• FLAIR Cancer Support Group.....	(604) 883-0660
• FOKUS (10:30 a.m., Fridays @ PHHC).....	(604) 740-1151
• GRIPS (Recycling Society)	(604) 883-1165
• Garden Bay Sailing Club	(604) 883-2689
• Guides, Brownies, etc.	(604) 883-2819
• Harbour Artists	(604) 883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.).....	(604) 883-9900
• Health Centre Society	(604) 883-2764
• Health Centre Auxiliary.....	(604) 741-2646
• InStitches (last Thursday of month, 10 a.m.).....	(604) 740-1151
• Lions Club, Egmont	(604) 883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.).....	(604) 883-1361
• Men's Cancer Support Group.....	(604) 883-2393
• P. H. Aquatic Centre Society.....	(604) 885-6866
• P. H. Blues Society.....	(604) 741-1186
• P. H. Choir (7 p.m., Tuesday).....	(778) 227-8430
• P. H. Community Club.....	(604) 883-9900
• P. H. Community School Society	(604) 883-2826
• P. H. Garden Club	(604) 883-9798
• P. H. Golf Club	(604) 883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.).....	(604) 883-2274
• P. H. Living Heritage Society.....	(604) 883-0748
• P. H. Music Society (bookings)	(604) 883-9749
• P. H. Paddling Society (dragon boating)	(604) 399-9596
• P. H. Piecemakers (quilters).....	(604) 883-2573
• P. H. Pipe Band.....	(604) 883-0053
• P. H. Power & Sail Squadron	(604) 883-2086
• P. H. Ramblers (hikers, every Tues. a.m.).....	(604) 883-1191
• P. H. Volunteer Fire Dept (Wed. evening).....	(604) 883-9270
• P. H. Reading Room (library)	(604) 883-2983
• Rotary Club (noon Fri. RC Legion No.112)	(604) 883-2843
• Royal Canadian Legion No. 112	(604) 883-2235
• Ruby Lake Lagoon Society	(604) 883-9201
• Skookumchuck Heritage Society.....	(604) 883-9994
• S. C. Health Care Auxiliary (2nd Wed., 1:30 p.m.).....	(604) 741-8413
• Seniors' Housing Society	(604) 883-2819
• Serendipity Child Care Centre.....	(604) 883-2316
• Sunshine Coast Better At Home.....	(604) 989-6171
• Wildlife Society (3rd Tues. PHSS).....	(604) 883-9853
• Women's Connection (2nd & 4th Tue.)	(604) 883-0444
• Women's Outreach Services.....	(604) 741-5246

organizations

PENDER HARBOUR CHOIR

"Tis the season" with the Pender Harbour Choir as they showcase their repertoire of new music and old to celebrate the season. The choir will perform three concerts — the first on Friday, Nov. 29 at 7 p.m. at St. Hilda's Anglican Church in Sechelt and two the next day, Saturday, Nov. 30, at 2 p.m. and 7 p.m. at the Pender Harbour School of Music. Tickets are \$20, free for children under 12 accompanied by an adult. Available early November from members, Strait Music in Sechelt and EarthFair in Pender Harbour. For more information, email penderharboursings@gmail.com.

SOM COFFEEHOUSE

This month's School of Music Coffeehouse is on Friday, Nov. 8, at 7:30 p.m.

The lineup features:

- Hot Java, a ladies' vocal ensemble;
- Nancy Enns, vocals with Bonar Harris on guitar;
- Matt Richards, vocals and guitar, and
- Tamara Goble, vocals and guitar.

The show will be presented cabaret-style in the Pender Harbour Music Society's waterfront theatre. Admission is a suggested minimum donation of \$10 at the door and there will be coffee, tea and delicious desserts available.

PENDER HARBOUR WOMEN'S CONNECTION

On Nov. 12, Green Door Spa's owner/operator Gulya Syms will review and demonstrate the varied services provided at her picturesque Madeira Park spa.

On Nov. 26, Margaret Gooldrup (Pender Harbour Quilters) will bring examples of the craft and demonstrate some of the techniques employed in creating these highly practical and beautiful works of art. There will be items offered for sale. Meetings commence at 10 a.m. and a drop-in fee of \$2 includes refreshments.

PENDER HARBOUR GARDEN CLUB

The Pender Harbour Garden Club is proud to present Denise Lagasse from Sunshine Coast Seed Saving Collective on Monday, Nov. 4 at the Pender Harbour School of Music. Lagasse is the founder of this group and looks forward to sharing information and inspiration about why seed saving is important and exciting, as well as to offer some basic, practical guidelines. Meeting are from 1 to 3 p.m. and are free for members (with a \$5 drop-in otherwise) which includes complimentary coffee/tea and snacks. There will be raffle tickets for sale and winners will be drawn at the end of the meeting.

**BUTCHER
PRODUCE
SEAFOOD
LOTTO
GROCERY**

**FOR OVER 20 YEARS:
NOBODY BEATS OUR MEAT!**



Oak Tree Market

YOUR FIRST STOP IN MADEIRA PARK 604.883.2411

How to take part in the Harbour's spirit of giving

Lynn Charlton

ADOPT-A-YOUTH

Last year, over \$4,000 was raised from community contributions to the "Adopt-a-Youth" project.

These funds were donated to the Pender Harbour Community School who were able to provide direct support to our local youth in need throughout the school year.

That support was delivered in a variety of ways — from subsidizing field trip costs for those unable to participate, to purchasing clothes and personal care items or to help several youth who are living without family support and permanent housing as they make their way through school.

Your contributions will continue to make a big difference this year.

Cash is best (because it allows responses to specific needs as they arise throughout the year) but gift

cards from IGA or Mark's are also very useful.

Cheques can be made payable to Pender Harbour Community School with "Adopt-a-Youth" in the memo.

LIONS' HOLIDAY HELPER'

Further, thanks to your outstanding generosity last year, over 80 local families in need benefited from donations of Christmas gifts for children, single mothers, fathers and seniors, family "holiday helper hampers," gift cards (IGA or Madeira Park Pharmacy) and cash through the Pender Harbour and Egmont Lions' Club.

Cheques can be made to the Pender Harbour & Area Lions Club with "Holiday Helper" in the memo.

If you wish to donate a "Family Holiday Helper Hamper" including gifts for a family in need, please call Cindy Schroeder of the Lions Club, directly at (604) 740-1739.

HOW TO DONATE?

Myself, Darcie and Francine (from the P. H. Community School) and Cindy (from the Lions Club) will be at the Pender Harbour Legion on Friday, Dec. 6 at 10:30 a.m. for one hour to collect donations.

Please have your gift clearly marked as to age, sex of the child or to single mother, father or senior.

Gift cards or monetary donations should be in an envelope clearly marked for recipient (P. H. Community School, Adopt-a-Youth or Lions Club Holiday Helper).

If this time is not convenient, donations can be dropped off at the community school until Dec. 19.

Otherwise, please contact me, Lyn Charlton, at caniksvoyage@yahoo.com and I will arrange pick up.

harbour seals



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

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

Harbour Seals of Approval to the **Pender Harbour community** for their generosity in the recent food bank drive. We are overwhelmed by your generosity and thank you.

Wendy Phillips
P. H. Food Bank

Harbour Seals of Approval to **each and every merchant who has so generously donated** to our "Ladies night" event year after year. It wouldn't be the success it is without your support.

Lisa Borden
Royal Canadian Legion No. 112

Grateful Seals of Approval to **Dan, our resident Telus techy and Dr. Rick Smalley and his caring staff** for saving our dear little friend.

Hans and Edda Matzen

A HUGE Harbour Seal of Approval to **Sue McDonald, Wendy Webb and all the wonderful volunteers and staff of the legion** for your hard work and enthusiasm in making our wedding day/birthdays celebration an unforgettable experience.

You exceeded our expectations!

Lorraine Wareham
and Wayne Stremel

Help them find you.

Call now to list your business in the 2020 Harbour Spiel Calendar Directory.
Distributed free to over 1,350 homes and businesses.

Email brian@harbourspiel.com
or call 604.883.0770



SKOOKUMCHUCK VIEWING TIMES

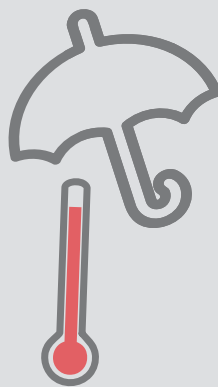
NOVEMBER

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

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

1. 9:08 AM +XL, 3:16 PM -M
2. 10:01 AM +XL, 4:23 PM -M
3. 9:54 AM +XL
4. 10:49 AM +XL
5. 11:42 AM +XL
6. 12:33 PM +XL
7. 1:17 PM +L
8. 1:53 PM +L
9. 8:30AM -M, 2:21 PM +L
10. 9:24 PM -M, 2:44 PM +L
11. 10:12 AM -M, 3:03 PM +L
12. 10:57 AM -M, 3:27 PM +L
13. 11:41 AM -M, 3:58 PM +M
14. 12:24 PM -M
15. 1:09 PM -M
16. 1:56 PM -M
17. 8:35 AM +XL, 2:48 PM -M
18. 9:24 AM +XL, 3:57 PM -M
19. 10:15 AM +XL
20. 11:06 AM +XL
21. 11:57 AM +XL
22. 12:43 PM +XL
23. 1:24 PM +L
24. 8:58 AM -M, 2:04 PM +L
25. 9:58 AM -M, 2:44 PM +L
26. 10:50 AM -M, 3:24 PM +L
27. 11:37 AM -M
28. 12:21 PM -M
29. 1:14 PM -M
30. 2:04 PM -M

These are estimates only and not intended for navigation.



CLIMATE

411ppm

The average concentration (in parts per million) of carbon dioxide in the atmosphere throughout 2019.

280ppm

The average concentration of atmospheric CO₂ before the start of the Industrial Revolution (1750). A 46 per cent increase since then is the main cause of global warming.

50%

Around half of the CO₂ emitted since 1750 has been in the last 40 years.

1.5 degrees

The Paris Agreement goal of keeping the global temperature rise in this century to 1.5 degrees Celsius above pre-industrial levels to avoid "severe, widespread and irreversible" climate change effects.

2030 to 2052

If current trends continue, the period that the world is predicted to pass the 1.5 degrees Celsius mark.

56 metres

The amount sea levels will rise when Antarctica and Greenland melt completely.

2%

Percentage increase of carbon emissions from global energy use in 2018 — the fastest in seven years and the carbon equivalent of increasing passenger cars worldwide by a third.

4x

The number of floods and heavy rains has quadrupled since 1980.

~ Wired (June 2019)

NOVEMBER WEATHER

TEMPERATURES (MERRY ISLAND)

Our November average daily high temperature is 8.8 C and our average low is 5.2 C, giving us a daily mean of 7 C. The highest November temperature recorded is 15 C (Nov. 4, 1975); the lowest is -7.3 C (Nov. 27, 1985).

PRECIPITATION (MERRY ISLAND)

November averages 55.8 hours of bright sunshine and 19 days with precipitation. November's average monthly rainfall is 148.5 mm; snowfall is 2.5 cm. The highest November daily rainfall recorded at Merry Island is 50 mm (Nov. 3, 1989); snowfall is 9.6 cm (Nov. 25, 1985).

NOVEMBER ASTROLOGY



SCORPIO: OCT. 24 – NOV. 22

Scorpios are highly sensitive and compassionate, with a fierce pride and determination. With Pluto as the ruling ex-planet, people born under this sign are considered to be dynamic and extreme in their opinions. Your second decan (Nov. 3 to Nov. 12) is ruled by the Sun and Mars. These two never get along, so expect disputes in your daily interaction during this period. Avoid family during this time. A doctor's appointment later this month will confirm what you already know — yes, you're pregnant.



SAGITTARIUS: NOV. 23 – DEC. 21

Sagittarians love excitement and adventure. They are easily bored but often trendsetters. They are bold and impulsive, natural explorers who thrive on change and mental stimulation. Sagittarians will feel like they are carrying a heavy load through much of November. It's Mercury's fault, so recognize this and endure it with a happy face. Besides, things can get much worse — and they soon will. All signs indicate that there will be no merry Christmas this year for the Sagittarian.

NOVEMBER BIRTHDAYS

- Nov. 2 ~ **Carrie Hillhouse** and **Charles Lee**.
- Nov. 3 ~ **Charlene Cote**, **Sue Rayment** and **Trevor Ross**.
- Nov. 4 ~ **Sandy Boyd**, **Brennan Bennett**, **Pressley Silvey** and **Daphne Taylor**.
- Nov. 5 ~ **Diana Degraaf**, **Colton Edwardson**, **Finnley Silvey** and **Tanis Zayshley**,
- Nov. 6 ~ **Kathie Atherfold** and **Max Scoular**.
- Nov. 7 ~ **Joni Mitchell**.
- Nov. 8 ~ **Eleanor Reid**, **Ryan Boyd**, **Gerry Matheson** and **Sabine Tamm**.
- Nov. 9 ~ **Candace Cruikshank** and **Matthew McKimm**.
- Nov. 10 ~ **Tom Duncan** and **Nicole MacDonald**.
- Nov. 11 ~ **Marge Campbell** and **Loretta McDonald**.
- Nov. 12 ~ **Roger Duncan**, **Dwayne Knock** and **Cooper Pantages**.
- Nov. 13 ~ **Hunter Edwardson**, **Tanya Cummings**, **Paul Jones**, **Darrin Jordison** and **John Maveety**.
- Nov. 14 ~ **Amber Kincaide**.
- Nov. 15 ~ **Josey Bennett**.
- Nov. 16 ~ **Ray Hansen** and **Janique Peters-Gray**.
- Nov. 17 ~ **Biada Priest**, **Rodney Kammerle**, **Bev McDonald** and **Barb Watt**.
- Nov. 18 ~ **Steve McCanse** and **Amanda Ross**.
- Nov. 19 ~ **Cheryl Jensen** and **Dennis Levasseur**.
- Nov. 20 ~ **Umeyo Kishimoto** and **Jill Wagner**.
- Nov. 22 ~ **Jennifer Girard**, **Alysa English**, **Brooke Fraser** and **Anne Fraser**.
- Nov. 23 ~ **Dodie Edwardson**, **May Silvey**, **Dave Daiken** and **Wayne Griffith**.
- Nov. 24 ~ **Maggi Guzzi** and **Chase Campbell**.
- Nov. 25 ~ **Neil Remmen**, **Paul Gaudet** & **Leah Pockrant**.
- Nov. 26 ~ **Gary Griffith**.
- Nov. 27 ~ **Betty Sladey** and **Natasha Landry**.
- Nov. 28 ~ **Ryder Noble** and **twins Paige** and **Lexi Pauls**.
- Nov. 29 ~ **Marie Coombes**, **Pete Hannah**, **John McDonald**, **Myrna Pickering** and **Kaila Silvey**.
- Nov. 30 ~ **Lori Clarke**, **Brayden Zayshley** & **Foster Willan**.

BC BESTSELLERS

For the week ending Oct. 19, 2019

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.

- | | |
|--|---|
| <p>1. From Where I Stand: Rebuilding Indigenous Nations for a Stronger Canada by Jody Wilson-Raybould (UBC Press)</p> <p>2. Phyllis's Orange Shirt by Phyllis Webstad (Medicine Wheel Education)</p> <p>3. One Drum: Stories and Ceremonies for a Planet by Richard Wagamese (Douglas & McIntyre)</p> <p>4. The Survival Guide to British Columbia by Ian Ferguson (Heritage House Publishing)</p> <p>5. Moccasin Square Gardens by Richard Van Camp (Douglas & McIntyre)</p> | <p>6. Can You Hear the Trees Talking? by Peter Wohlleben (Greystone Books)</p> <p>7. Birdsong by Julie Flett (Greystone Books)</p> <p>8. Sockeye Silver, Saltchuck Blue by Robert Budd, illustrated by Roy Henry Vickers (Harbour Publishing)</p> <p>9. Dance Me to the End: Ten Months and Ten Days with ALS by Alison Acheson (TouchWood Editions)</p> <p>10. A Year on the Wild Side: A West Coast Naturalist's Almanac by Briony Penn (TouchWood Editions)</p> |
|--|---|

~ Association of Book Publishers of BC



PENDER HARBOUR HEALTH CENTRE



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

NURSING SERVICES – (604) 883-2764

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

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

DENTISTRY – (604) 883-2997

Dr. Robert Hynd, Dr. Lisa Virkela

Darlene Fowlie – Hygienist

Laurie Mackay – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

Lyn Rondeau – Adult Mental Health

(604) 885-6101 ext. 4422

REGISTERED MASSAGE THERAPY

Brigit Cogrossi, RMT (604) 741-1202

- Monday (alternate), Tuesday, Thursday, Friday

Ellen Luchkow, RMT (778) 888-2012

- Monday (alternate), Wednesday, Saturday, Sunday

PHYSICIANS – (604) 883-2344

Drs. Forgie, McDowell & Robinson

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

CHIROPRACTORS – (604) 883-2764

Dr. Blake Alderson, DC

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

Dr. Terry Dickson, DC, BSc, ART provider

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



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

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

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

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

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

Looking to sweeten your dreams?

Roslyn Mundy, RN

We all feel better after a good night's sleep but, at times, it can be elusive.

In general, we spend one third of our lives sleeping and approximately two hours dreaming each night.

We descend into deep sleep earlier in the night, when our brains increase growth hormone secretion and allow restoration of body tissues.

Our heart rate and breathing slows down and muscles relax.

This deep sleep wanes as we age.

Later in the night we have more REM (rapid eye movement) sleep, with increased dreaming, higher heart rate, blood pressure and breathing, but muscles still relaxed.

This type of sleep lasts well into old age, though often with more periods of waking.

WHY DO WE SLEEP?

Sleep is essential to brain activity, especially for creating new memories, for concentration and learning, and for allowing our bodies to react quickly.

Loss of sleep leads to symptoms we are all familiar with impaired memory, reduced attention span, more anxiety, and general “grouchiness.”

The amount of sleep needed is quite variable between individuals, partly due to our genetic heritage and with changes in age.

WHAT INTERFERES WITH SLEEP?

Our body rhythms are connected to light exposure and temperature.

Special cells in the backs of our eyes process light information and tell the brain whether it is day or night, time to sleep or not.



Our brains produce melatonin in response to decreased light, helping to induce sleep.

With electricity, we have extended our light exposure while our work lives involve longer days and shift-work.

Electronics like TV, computers and cell phones have had a further effect.

Exposure to blue light and to short bursts of light has also been shown to “reset” our internal clock.

Other lifestyle factors matter too — caffeine and nicotine enhance wakefulness while alcohol can make us feel sleepy initially but causes brain stimulation that can waken us later on.

Exercise too late in the day can also interfere.

Then there are the effects of health conditions, like menopausal hot flashes or sleep apnea.

WHAT TO DO

If you have sleep disturbances, speak to your medical caregivers.

Meanwhile, here are some suggestions borrowed from the Kelowna Sleep Clinic.

Be patient — improvement may

take several weeks.

- Set a sleep and wake schedule and stick to it — even on weekends;

- Two hours before bed, turn off electronics, slow down and have a warm bath or shower (cooling down is a signal for sleep);

- At bedtime, use a relaxation technique with lights out, eyes closed (repeat if you wake in the night);

- Keep the bedroom dark, quiet and cool. Turn the alarm clock away and do not look at it during the night;

- If you are still awake after what seems like 30 minutes, go to another room, and do something relaxing in low light. Return to bed when you feel sleepy, repeating relaxation;

- Within one hour of waking in the morning, get into natural daylight for 30 to 40 minutes, if possible, without sunglasses (or use a special light unit meant to imitate natural light).

This will help reset your biological clock;

- Exercise at least 20 to 30 minutes every day, but not within four hours of bedtime, and

- Avoid nicotine after 7 p.m., caffeine after mid-day and alcohol within three hours of bedtime.

This month in recreation

PHAFC

PHSI

PHCS



Thank you to RCMSAR unit 61 for helping with the fifth annual Cardboard Boat Building Challenge held on Oct. 4 — great fun was had by all!



**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.
604 885-6866**

phaquatic@scrd.ca
www.scrd.ca/Recreation

Special Event! GLOW NIGHT: Friday, Nov. 8, 5-8pm.

The sun is setting sooner, nights are dark but the pool has a colourful glow. Come and join in the fun! Glow sticks, hot tub bubble bath and more! Regular drop in admission applies.

***YOGA CONDITIONING with Carole Logtenberg**

Mondays 6-7pm. Nov 4-Dec 16. A blend of traditional yoga asana with dynamic strength training. 6 classes/\$72

***STRETCH AND BALANCE YOGA with Carole Logtenberg**

Thursdays, 5:30-6:45pm. Nov 7-Dec 12. Practice a variety of Hatha Yoga postures as you stretch and relax tight and tired muscles. 6 classes/\$72

***POUND with MJ Leitner**

Fridays, 6-7pm. Nov 8-29. Challenge your inner rock star with the full body cardio jam session inspired by the fun of playing the drums. Four classes/\$54.60

***LADIES WHO LIFT with Amanda Peterson**

Mondays (Nov 18-Dec 16) 1:30-2:30pm or Fridays (Nov 8-Dec 13) 8:30-9:30am. Small group weight training for women 40 years-plus. Build strength and increase overall fitness. 6 classes/\$120

***TOTAL BODY & CORE with Amanda Peterson**

Tuesdays/Thursdays 1-2:15pm. Nov 5-28. Ideal for those looking for a balanced workout program. Focus on cardio and strength training in a small group. 8 classes/\$160

***Pre-registration is required.**

View all programs and swim times online in the Recreation Guide at www.scrd.ca/Recreation

Harbour Spiel



**PENDER HARBOUR
COMMUNITY
SCHOOL**

**HARBOUR LEARNING
CENTRE HOURS:**
Monday to Friday
9am to 3pm

5012 Gonzales Road
Box 232
Madeira Park, V0N 2H0

604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

SUSTAINABILITY WORKSHOP FOR NON-PROFITS

Tuesday, Nov 19, 9am-noon, School of Music, \$20

Presented by SC Community Foundation, this hands-on workshop helps to create robust self-sustaining programs. Register by Nov 15 to sccfoundation@dccnet.com

EMERGENCY PREPAREDNESS PRESENTATION

Thursday, Nov 21, 10:30am-noon, PH Community Hall

New SCRD rep Matt Treit will offer a presentation and Q&A on how to get prepared for emergencies. Presented in partnership with the PH Seniors Initiative.

COOKING A TURKEY ROLL

Thursday, Nov 28, 6-8pm at PHSS Foods Room, \$30

Chef Marcus will teach us how to impress guests with a festive Turkey Roll. Bring a container so you can take some home! Pre-register 604.883.2826

FIRE SAFETY AND PREVENTION

Thursday, Dec 5, 10:30am-12:30pm, PH Community Hall

Pender Harbour Fire Department presentation and Q&A on fire safety and prevention. Did the Cecil Hill fire concern you? Come and learn how to try and prevent the spread of a fire. Presented in partnership with the PH Seniors Initiative.

CHILD CARE RESOURCE & REFERRAL

Great news! The CCRR is now offering services **every Wednesday, 10am-3pm at the Harbour Learning Centre**. Child-care referrals, info & resources, toy lending library, child-care start up info, and more. 604.885.5657



**PENDER HARBOUR
SENIORS INITIATIVE**

Sponsored by:

Smart Fund



**HARBOURSIDE
FRIENDSHIP
PROGRAM**

Sponsored by:

**P. H. Health Centre &
P. H. Health Auxiliary**

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

CHAIR YOGA (Sarah Wray Hall): Mondays, Nov. 4, 18 & 25

At the Sarah Wray Hall from 11am -12pm, Drop-In \$3.

Improve your balance, strength & flexibility with gentle moves.

CARPET BOWLING: Wednesdays, Nov. 6, 13, 20 & 27

At both the Egmont & Pender Harbour community halls, 1-3 pm. Cost \$3.

CHAIR YOGA (P. H. Community Hall): Fridays, Nov. 1, 8, 15, 22 & 29

At the Pender Harbour Community Hall from 10:30-11:30am. Drop-In \$3.

Improve your balance, strength & flexibility with gentle moves.

HARBOURSIDE FRIENDSHIPS: Thursdays, Nov. 7, 14, 21 & 28

Thursdays at the P.H. Community Hall. Starting at 10:30am lunch served at 12 noon. \$10.

Nov. 7 – Presentation on mental health for the older adult with Trevor Yee (Community Mental Health Team).

Nov. 14 – Music with the Pender Harbour Choir

Nov. 21 – Emergency preparedness with SCRD rep Matt Treit in co-operation with the Pender Harbour Community School

Nov. 28 – Dianne Paulus, "Food during the Holidays"

NOVEMBER EVENTS FOR SENIORS!

The Shíshálh Nation's 'Strategic Land Use Plan'

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

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



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

5.7. FOREST RESOURCES

5.7.1 DESCRIPTION OF RESOURCE & SUMMARY OF MANAGEMENT ISSUES

CULTURAL USE

The Shíshálh Nation has been harvesting and managing forest resources on a sustainable basis throughout our territory since time immemorial.

The forests have provided materials for food, housing, transport, medicines, clothing, cultural objects, and contributed to identity, language and ideas — often in a manner that did not require felling of the tree.

Our ancestors also managed the use of fire.

Shíshálh use of the forests is evidenced by on-going use for cultural, economic and social purposes, by oral history and culture, and by the legacy of archaeological sites, traditional use sites and culturally modified trees



Brian Lee

An old growth forest in the Caren Range dominated by tíxw-ay (Yellow cedar).

found throughout the forests of the territory.

Our cultural values and management practices are not, however, fully incorporated into current forest management approaches.

Forests today continue to be a critical part of Shíshálh cultural life and modern economy, and support a wide range of forest resources, including forest products (timber and non-timber), recreation and tourism amenities, and a variety of fishery and wildlife habitats.

TIMBER HARVESTING LAND BASE

The Sunshine Coast timber supply area, located in southwest British Columbia, covers approximately 1.5 million hectares of which Shíshálh territory represents approximately 32 per cent.

The climate and ecology of the area are very diverse due to the mountainous terrain and the high rainfall common in coastal areas.

These conditions create a variety of ecosystems ranging from rich, moist floodplains in valley bottoms to high elevation alpine meadows.

Most of the land base is not available for timber harvesting due either to a lack of forest cover or unsuitability for timber harvesting because of environmental sensitivity, rough terrain, difficult access or unmerchantable timber.

Approximately 28 per cent of the total land base on the Sunshine Coast

Harbour Spiel

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is considered productive Crown forest land, of which about 52 per cent is available for harvesting (14 per cent of the total TSA landbase).

In the area available for timber harvesting, most of the forest is dominated by p'élán-ay (Douglas fir), kwél-ay (hemlock), and balsam.

Xíxits'-ay (alder), téxém-ay (Western red cedar), tíxw-ay (Yellow cedar), and kwúkwuw-ay (cottonwood) dominate smaller areas.

TIMBER SUPPLY

The current "allowable annual cut" for the Sunshine Coast TSA is 1.143 million cubic metres, of which approximately 400,000 cubic metres is in Shishálh Nation territory.

Barring a significant change in the size of the timber harvesting land base or a significant change in forest management practices this AAC will remain in effect until December 2011.

Approximately 84 per cent of the annual cut is apportioned to long-term forest licensees, approximately 10 per cent to BC Timber Sales, community forests and First Nations.

Approximately two per cent of the cut is currently unallocated.

This cut volume excludes volume allocated to woodlot licences.

The current approach to planning timber supply considers the entire TSA, but does not adequately address the need for sustainability for our territory.

Except for some consideration of watersheds providing drinking water for local communities, there is limited consideration given to the overall sustainability of specific watersheds.

For example, old growth forests have been substantially depleted throughout the territory and inadequate protection has been given to

remaining old growth through existing provincial planning processes, such as "old growth management area" and "wildlife habitat area" designation.

Old growth forests provide important cultural and ecological values that have not been given adequate consideration and protection to date.

Due to the long history of harvesting in the Sunshine Coast TSA, the majority of forests are less than 100 years old.

In the past, harvesting was concentrated on the good timber growing sites, so that the remaining mature forests generally occur on poorer sites.

Short-term timber supply is sensitive to changes that influence the amount of timber available from existing natural stands because these stands support harvest levels for the next 80 to 100 years.

The short-term timber supply (next 20 years) could be either greater or less than projected because the existing mature forests may contain less

or more merchantable timber than was estimated, minimum harvestable ages may be higher or lower than estimated, or forest cover requirements for visually sensitive areas may be higher or lower than estimated.

Opportunities to partially offset the projected timber supply reductions include harvesting forests not currently economical or feasible to harvest, implementing intensive silviculture treatments, or developing a commercial thinning program.

Ministry of Forests and Range timber supply projections for the medium-term timber supply (21-100 years) could be significantly affected by large reductions in the timber harvesting land base, uncertainty around stand volume estimates, and to a lesser extent, by changes in forest cover requirements for management of visual quality.

Approximately 55 per cent of the timber harvesting land base has been identified as sensitive view scape.

Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



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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.

NOVEMBER

Thurs. Oct. 31....PHVFD's Halloween fireworks - Millennium Park, 7:30 p.m.
Fri. Nov. 1.....Mushroom and Seaweed Festival (3 days) - various locations
Sun. Nov. 3.....Sunday Jam at the Clubhouse - Clubhouse Restaurant, 2 p.m.
Mon. Nov. 4.....Pender Harbour food bank pickup - P. H. Community Church, noon
Mon. Nov. 4.....P. H. Garden Club presents Denise Lagasse (S.C. Seed Saving Collective) - P. H. School of Music, 1 p.m.
Fri. Nov. 8.....P. H. Aquatic and Fitness Centre present "Glow Night" - PHAFC, 5 p.m.
Fri. Nov. 8.....SoM Coffeehouse - P. H. School of Music, 7:30 p.m.
Sun. Nov. 10.....Sunday Jam at the Clubhouse - Clubhouse Restaurant, 2 p.m.
Mon. Nov. 11.....Remembrance Day service - Royal Canadian Legion No. 112, 11 a.m.
Tues. Nov. 12.....P. H. Women's Connection presents Gulya Syms (Green Door Spa), 10 a.m.
Sat. Nov. 16.....P. H. Community Club Christmas Faire - P. H. Community Hall, all day
Sun. Nov. 17.....P. H. Music Society presents Ross Douglas - P. H. School of Music, 2 p.m.
Sun. Nov. 17.....Sunday Jam at the Clubhouse - Clubhouse Restaurant, 2 p.m.
Mon. Nov. 18.....Pender Harbour food bank pickup - P. H. Community Church, noon
Tues. Nov. 19.....S.C. Community Foundation program sustainability workshop, P. H. School of Music, 9 a.m. to noon
Tues. Nov. 19.....Book launch for Howard White and John Pass - Sunshine Coast Arts Centre, 7 p.m.
Thurs. Nov. 21...Emergency Preparedness presentation w/ SCRD's Matt Treit - P. H. Community Hall, 10:30 a.m.
Sun. Nov. 24.....Sunday Jam at the Clubhouse - Clubhouse Restaurant, 2 p.m.
Tues. Nov. 26.....P. H. Women's Connection presents Margaret Gooldrup (P. H. Quilters), 10 a.m.
Thurs. Nov. 28...P. H. Community School presents "Cooking a turkey roll w/ Chef Marcus, PHSS foods room, 6 p.m.
Sat. Nov. 30.....Serendipity Craft Fair - P. H. Community Hall, 10 a.m. to 4 p.m.
Sat. Nov. 30.....P. H. Choir performs two concerts of "'Tis the Season" - P. H. School of Music, 2 p.m. and 7 p.m.

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



FERRY DEPARTURES

Schedule in effect to March 31, 2020

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.bcferrries.com for information on added sailings during peak periods.

HORSESHOE BAY

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

LANGDALE

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

EARLS COVE

6:30 am - Daily except Sun
8:25 am - Daily
10:25 am - Daily
12:25 pm - Daily
4:55 pm - Daily
7:00 pm - Daily
8:50 pm - Daily
10:40 pm - Daily

SALTERTY BAY

5:40 am - Daily except Sun
7:30 am - Daily
9:25 am - Daily
11:20 am - Daily
3:50 pm - Daily
6:00 pm - Daily
7:55 pm - Daily
9:45 pm - Daily

One of the key problems today is that politics is such a disgrace, good people don't go into government.

~ Donald Trump



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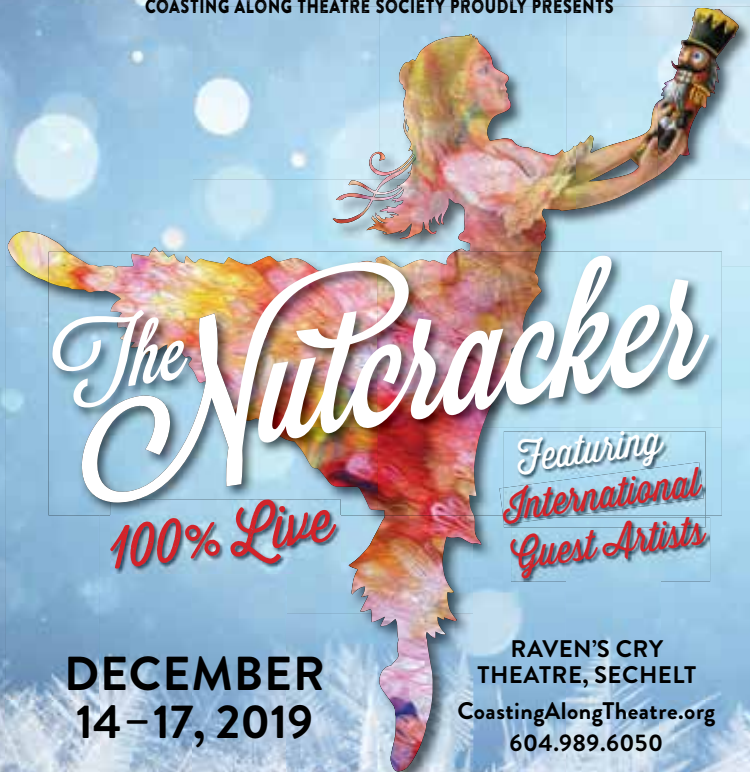
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SUNDAY: Bowl of Chili with Garlic Toast \$13

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