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MAY 2014
ISSUE 281



P.H.S.S. Sakinaws take on Pemberton
at Lions Park field (story p. 10)



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EDITOR

Brian Lee

CIRCULATION (2,500)

The *Harbour Spiel* is mailed to all addresses between Egmont and Middlepoint (1,370) and available by paid subscription and for free at a variety of locations on the Sunshine Coast:

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This month we thank: Heather Damsgaard, Bricin Lyons, Frank Mauro, Darcie Murray, Shane McCune, Jim Rutherford, Bob Stickley and Jan Watson.

Cover photo: PHSS Sakinaws girls soccer team get a pre-game pep talk from coach Robin Millar. (Brian Lee photo.)

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The *Harbour Spiel* can be delivered monthly by mail for \$60 per year (includes GST).

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JUNE ISSUE MAILS MAY 29

editorial

Pushing for a fitter economy

By Brian Lee



With all the chatter about economic development and community building that goes on around here, it seems to me that one thing we could do to improve this community is if every one of us got fitter.

Seriously.

We're a relatively fit community but we could improve how we utilize — and promote — the incredible recreation potential of the area.

If we were fitter, we would demand more services to accommodate our fit lifestyles.

Fit people need trails to hike and ride — so fit people build more trails.

That encourages more fit people to move here.

Fit people also like to race.

And hold races.

If we could squeeze a couple of racing events here each season, they could easily attract the equivalent of any of the festivals we currently host.

What is considered a medium-sized adventure race across the strait in Cumberland attracts 425 competitors plus friends and families each year who return home saying nice things about the area's lakes and trails.

Fit people eat more than music buffs anyways and, besides, we're going to have to invent a new genre to host another music festival here.

A fitter community would put less strain on our health resources.

We would have more people needing fewer medical services.

Fit people also don't rely on cars as much as non-fit people.

If 20 per cent more people biked to work, gone would be the traffic snarls at the intersection of Gonzales and Lagoon Roads in the mornings.

Think of other fit towns: Tofino, Squamish, North Vancouver or Whistler.

Is there something that makes them fit or are they places that fit people gravitate to?

Either way, we have everything those towns have as far as potential outdoor recreation.

We just need to develop and promote it.

Consider our bounty of inlets, wind, trails, mountains, lakes and tidal rapids — what more is needed to cultivate an unsurpassed arena for adventure sports?

We have a great (and underused) gym and pool plus a yoga studio to stay limber on rainy days.

But, really, with the variety of clothing technology available these days there's no excuse to stay inside anymore.

We've already quietly become a global destination for wave kayakers in the Skookumchuck and if we provided more access and facilities, Sakinaw and Ruby Lakes could be better recognized for the hotbeds of wakeboarding and water-skiing they already are.

Our area is paradise for mountain bikers with huge terrain potential to add to our already impressive trail inventory.

Add the unmatched potential for dirt biking, back country skiing, rock climbing, snowmobiling, hiking, diving, rowing, kayaking, sailing and you have to ask, "Why hasn't *Outside* magazine exposed this place yet?"

It's because the only way to tap this area's recreation potential is to get out and use it ourselves.

And that means we have to get fitter — so we can.

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

Did you know?

The minimum age of a person allowed to have a will was recently dropped from 19 to 16.



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spiel picks

GARDEN BAY CLASSIC FISHING DERBY: May 2, 3 & 4

What else offers two days of fishing and three nights of partying? The eighth annual fishing derby, hosted by the Garden Bay Pub, offers something for those who don't even want to fish. Bid on a boat in the boat at the Friday night Calcutta auction and walk away with the pot, often in the thousands. Each night, once the weigh-in is done, sit back and relax in the pub and catch up on the other's tales of missed glory on the grounds. Fantastic prizes and a wrap-up on Sunday. Register this Friday night at the pub.

PENDER HARBOUR MAY DAY: MAY 17

It's May Day and this year's theme is "Spring Fever." Organizers have once again planned something for everyone from the annual May Day foot race, followed by the Lions' pancake breakfast at the P. H. Community Hall, to the parade, crowning of the May Queen and the Maypole dance. "Altered" will perform live music on the field while kids enjoy the petting zoo and pony rides, games and races. There'll also be plenty of vendors and food. If you're a kid, there's a dance at 7 p.m. at the Hall. If you're an adult, flail with abandon to "Play Back" at 9 p.m.

photojournal



Brian Lee photo

Just one of many recent dumpsites that can be found on local backroads. This one can be found on the forestry road above the Pender Harbour High School. It looks like someone cleaned out a shed or basement and either paid someone to dump it for them or couldn't be bothered driving all the way to the garbage dump from their home on Front Road. Yes, mixed in with the garbage were someone's ICBC registration papers, proving once again that illegal dumpers are not only pigs, they're morons.

April Tools teams blinded by the Fireflies

Everything depends on the twist at the annual April Tools Wooden Boatbuilding event.

Organizers allowed this year's participants to build any type of boat they could dream up with the limited assortment of materials provided.

But, it had to hold two people and only one could paddle.

And the paddler would be blindfolded.

Partners verbally guided their blind paddlers around the course.

Navigating was further complicated by a brisk southeast breeze blowing through the Harbour.

The victorious team is often the one with the best boat — one that is fast, stable and tracks well.

In the youth division, Ace-It Barge (Aaron Pazur and Dustin Sigurdson) took the trophy handily with an extremely stable punt.

It was so stable that in the next "fun" race, it took all three of the aptly named Goon Squad (Ashley Angus, Jordan Kammerle and Dani Pazur) to climb on the thing before it sank.

In the first adult heat, perennial favourites, Garden Bay's The Fireflies (Bruno Cote, Dave Goble, Kerry Rand and Ray Miron) won by a close margin with the Ace-It Carpentry youngsters pulling in right behind them.

In the second heat the Gunboat Challengers (Jan Verwey, Wayne Robinson, Kira M'Lot and Trina M'Lot) narrowly beat out Bud 2 (John Kay, Grant Frew, Doug Duncan and Jeff Engholm) setting up what promised to be a competitive final.

But it wasn't even close as experience paid off with the Fireflies defending their title by cruising to an easy victory.

The Fireflies also picked up the people's choice "Spiffy Skiffy" award for the nicest boat.



Brian Lee photos

Despite two competitive earlier heats, the Garden Bay firehall team, The Fireflies, faced little challenge as they cruise under the ramp and on to victory in this year's April Tools Challenge. l-r: Bruno Cote, Dave Goble, MC Bill Charlton, Kerry Rand and Ray Miron.

Vancouver's BC Fairies won the Broken Paddle award for "persevering in the face of overwhelming difficulties."

The 50/50 draw netted Dave Mackay and his Duck Dynasty beard \$536.50

For more photos, see p. 29.

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Easter egg hunt — Pender Harbour Lions Park, April 20



Charlotte Wilbee returning with a full basket and a clean dress.



This egg hunter was too focused to give her name.



Andrea Curtiss and Anna Wilbee try to intimidate the media.



THE PENDER HARBOUR LIONS

thank

Rick Wagner and LaFarge
(Earles Creek division)

for supporting the Easter pancake breakfast once again. It was a huge success — breakfast was delicious and the kids enjoyed the Easter egg hunt for the 14th year. Thanks LaFarge!



It's survival of the fittest after the gates are opened.

All photos: Brian Lee

PHSS students fighting for local DFO office and Sakinaw sockeye

Students at Pender Harbour Secondary School are standing up for their school mascot.

Jay Walls' Grade 7 students have written letters to the prime minister's office and the minister of the environment protesting the closure of Fisheries and Oceans Canada's conservation and protection office in Madeira Park.

The students are concerned that the announced closure will harm the threatened Sakinaw sockeye salmon population that spawns in nearby Sakinaw Lake.

The Sakinaw is their school mascot and Walls has adopted their cause to bring some "real-world learning experiences" into the classroom.

According to the Sunshine Coast Conservation Association, between 2006 and 2009, only two sockeye returned to the lake to spawn.

Since then numbers have rebounded thanks to vigorous DFO restocking efforts but without local DFO oversight, the students fear that trend could reverse.

A source told the *Harbour Spiel* that the main cause for the population's decline is the dam between the lake and the ocean that maintains cur-

rent lake levels and the maintenance of the spawning by-pass is crucial for the Sakinaw's continued success.

The office closure is part of the federal Deficit Reduction Action Plan, a "secret" document obtained by journalist Mike De Souza under the Access to Information Act.

The DRAP lists 26 "tracks" or changes within the Department of Fisheries being carried out to help reduce Canada's federal budget deficit.

The document states that the goal of "track 11" involves the closure of "21 conservation and protection offices as part of a broader departmental footprint reduction plan."

Of the 21 offices pegged for closure across Canada, five are in BC and include Comox, Pender Harbour, Quesnel, Hazelton and Clearwater.

When asked in an e-mail for a clarification of the closing date, DFO communications adviser Tom Robbins told the *Harbour Spiel* that "the Pender Harbour office is not closing."

"However, the department is modernizing its organizational structure in order to provide cost-effective services to Canadians. This includes a consolidation of fishery officer posi-

tions that will continue to cover and serve the Pender Harbour area."

Robbins went on to say that enforcement operations will be provided by the Powell River detachment with support from Nanaimo when needed.

Despite these assurances, the lease for the Madeira Park building expires in 2015 and office administrator Irene Boyd is retiring in June.

That leaves biologist/community adviser Grant McBain who, according to Robbins, "will continue to provide support for the continuing Sakinaw sockeye program," out of the office.

Meanwhile, Powell River/Sunshine Coast MLA Nicholas Simons met with the students on April 7 at the high school and invited them to visit the legislature in Victoria "with the hopes of possibly hearing him discuss the issue in the house."

The students are planning a trip to Victoria in late-May and are now fundraising to help pay for the trip.

SPCA scammer alert

Be alert for people collecting donations for the BC Society for the Prevention of Cruelty to Animals.

So says Cindy Krapiec, Sunshine Coast BCSPCA branch manager, whose organization has received reports of an individual canvassing door-to-door, collecting donations on their behalf but she says they have not made contact with the person yet.

Krapiec says that the BCSPCA does not promote soliciting money by canvassing door-to-door.

Krapiec says the BCSPCA is a non-profit organization that relies on public donations but they recommend fundraising in different ways.

In a press release statement, Krapiec said,

"If you're not sure if someone knocking on your door is legitimately raising funds and you don't personally know them, please don't hesitate to call your local BCSPCA branch to check prior to giving any financial contributions."



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Canada Hemp Foods enter the Dragons' Den

Madeira Parker Diana Rae entered the Dragons' Den and lived to tell about it.

Rae accompanied her brother Robert Rae, the owner of Gibsons' Canada Hemp Foods, to Toronto last April for a taping of the popular CBC program.

Canada Hemp Foods produces and sells a nutritional hemp-infused food line that includes seeds, oil and protein powder.

Dragons' Den is a Canadian reality TV program in which entrepreneurs pitch business ideas to venture capitalists.

The show has a history of sending some home with a cheque and others in tears.

Accountant Rae was helping her brother with the books before the company grew to the point it needed full-time bookkeeping.

She still pitches in when called upon and when her brother asked her to attend auditions for the show in Vancouver in March 2013, she was in.

"You do your audition, two at a time in the same room," says Rae.

"You're back to back with the other pitchers but it turned out we got the producer that auditioned the Holy



CBC photo

Diana Rae and her brother Robert on the set of CBC's 'Dragons Den' in April 2013.

Crap people and so she was quite connected immediately with the whole thing."

The producers of the show must have liked them because they phoned Robert a week later and told him they had to be in Toronto for a taping in two weeks.

"So we had to scramble at that point because we didn't realize it would be that fast."

They were asking \$150,000 for 25 per cent of the company — essentially valuing it at \$600,000.

The Dragons' Den's token agitator Kevin O'Leary jumped on them.

"I would never do that deal. Your business is worth about \$100,000," said O'Leary.

"I am out."

Rae says she wasn't intimi-

dated at all by O'Leary, known as a rude and bullying show-off, and just brushed him aside.

"I was a bit worried about him but he didn't bother me at all," says Rae.

Three of the other Dragons passed on the offer as well, opening the door for marketing maven Arlene Dickinson to step forward and shake on a deal.

A final deal is still in the works with Dickinson but the company continues to grow in the meantime.

Canada Hemp Foods has recently been picked up by Whole Foods and London Drugs but Rae says the Sunshine Coast is still her brother's biggest customer base.

Locally, CHF products are available at the Oak Tree Market, Clayton's Heritage Market and the Wilson Creek and Gibsons Marketplace IGAs.

Rae says only half of the tapings make it to television and theirs didn't make the cut.

The remainder are uploaded to CBC's webpage.

To view the Canada Hemp Foods episode, visit www.cbc.ca/player/Shows/ID/2446164227/.

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Girls' soccer showdown at Lions Field

The Pender Harbour Secondary School girls soccer team hosted their rivals from Pemberton on April 17.

The rain held off for the 2 p.m. start which saw Pender capitalize on their home field advantage early by dominating the play.

A high lob from the right wing forced the Pemberton goalie back and,

as she bobbled the loose ball, Autumn LaFrance crashed in to knock it home the game's first goal and put Pender up 1-0.

Either that woke up the Pemberton team or maybe the pins and needles from their long car ride wore off because it was all Pemberton after that.

Pemberton managed to dominate the play through the rest of the first half and then finished the game by scoring two goals in the second.

After driving all the way from Pemberton and then returning immediately after the game, it seems fair they go home victorious.



Brian Lee photo

The team was all smiles during the pre-game pep talk with coach Robin Millar.



Brian Lee photo

Midfielder Maddy Roach clears the ball out of trouble in the Pender end with a mighty boot.



Brian Lee photo

Autumn La France capitalizes on a loose ball in front of her opponents' net to put Pender up 1-0 in the first half.

Attack of Danger Bay turns 13 this May long weekend

By Bricin Lyons

Happy May Day Pender Harbour.

It's that time again and I'm very excited about this year's festival.

Thanks to the P. H. Lions and Rotary Club, this marks the 13th annual, world-famous "Attack of Danger Bay," an event I started after I graduated from high school in Pender Harbour.

We also thank the residents living on the race strip — because of you Pender Harbour boasts three racers who raced the world circuit to become world champions:

- Tom Edstrand owns Landy-achtz skateboards and has a house on Francis Peninsula Road.
- Kevin Riemer and family have a house on Sakinaw Lake and,
- Scott Smith, PHSS graduate and Team Green captain.

Attack of Danger Bay was the very first downhill longboard race in Canada and is still the longest running race of its kind in the world.

Every weekend from Danger Bay until mid-September there are 21 straight weeks of races and freerides in towns and cities all across BC, Alberta and the U.S. Pacific Northwest.

We were the first and I'm proud to say it all started here.

To respect residents, this year's Attack of Danger Bay is no different than previous races — please no parking on or around the event.

Thanks to Andy and Larry Curtiss, we will have Pender Harbour Transportation school buses running a free shuttle from the Oak Tree Market starting at 8 a.m. Sunday morning.

This is a family event so I respectfully ask spectators to please leave any drugs or alcohol at home.

We will be working with the

RCMP again to make sure this a fun and positive event for everybody.

You can't have the longest running race in the world and not have a powerful army of local riders defending the Pender Harbour name.

Along with a handful of other local riders, come and cheer on the five

locals in Team Green and 12 members of Team Irene, racing in the intimidating black and red leathers.

Let's come together as a community and show the world why our May Day is the best choice for a family vacation on the long weekend.



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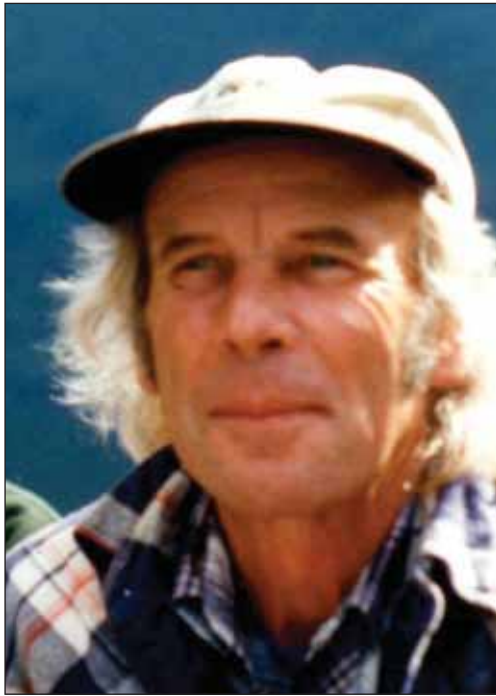
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Keray Farrell

NOVEMBER 21, 1942 — APRIL 15, 2014



of knowledge about boats and the BC Coast.

His maritime roots passed on a love of islands and he managed to live on many of them — Nelson, Texada, Lasqueti, Cortes and Hardy — as well as Powell River and Pender Harbour.

When he wasn't looking out to sea, he was on it, cruising the BC Coast as a fisherman, towboater and sailor and it's said he could often recognize an approaching boat by the sound of its engine.

His family and multitude of friends looked at him as the "king of common sense," a man they could trust to offer up wisdom on any subject and an impartial opinion.

He was loyal and dependable, quick-witted and equally adept at gathering, fishing, hunting or farming if needed to provide for his family.

Keray was self-assured but modest, possessing a genuine care for other people and an ability to make

them laugh — qualities that earned him a vast number of friends and acquaintances across all walks of life.

Keray Farrell is predeceased by father Allen and adoptive mother Sharie, brother Gerry and daughter Kari-Ann.

He is survived by his wife of close to 18 years, Susan Foreman, brother Barrie and children, Lee Bastock and David Farrell as well as many other relatives including eight grandchildren.

His natural sense of navigation always served him well and now his friends and family take assurance that it steers him now, to wherever that may be.

A celebration of Keray's life will be held by Keray's son and daughter on May 10 from 2-4 p.m. at Palm Beach, Powell River.

A second celebration of Keray's life will be held later this summer, date to be announced.

Keray Farrell died suddenly in Pender Harbour on April 15, just one nautical mile from where he was born in Garden Bay in 1942.

In the 71 years between, he managed to compile a phenomenal amount

Thanks!



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Medical marijuana



By Frank Mauro,
Area A Director

LARGE-SCALE FACILITIES

New federal regulations regarding medical marijuana production came into effect on April 1.

Health Canada has abandoned the “personal use licence” and “designated person licence” as these reportedly led to large increases in licences nationally from 477 in 2002 to 22,000 in 2012.

Health Canada is now issuing licences for centralized, larger, commercial-scale indoor medical marijuana production facilities only.

The personal use licences were to expire on April 1 to be replaced by the

new licensing regime.

It is to be noted that work on land use planning to accommodate the new rules had been ongoing at the SCRD for one year when, just as the new Health Canada regulations were to be enacted on April 1, a federal court decision granted an injunction against the cancellation of the “personal use” licences.

Health Canada has indicated that it will appeal the injunction.

The SCRD board decided to continue with the local land use planning, as the permanence of the effect of the injunction is in doubt.

A staff report was presented at each local area planning commission and the comments, in general, were that commercial-scale medical marijuana production should not be permitted in high density residential

neighbourhoods, but only in larger land parcels or industrial zones.

Implementing this restriction was complicated by the Agricultural Land Commission statement that “if a land owner is lawfully sanctioned to produce marijuana for medical purposes, the farming of said plant in the agricultural land reserve is permitted and would be interpreted by the ALC as being consistent with the definition of ‘farm use’ under the ALC act.

“Medical marijuana production in the ALR is a farm use and cannot be prohibited, although local government can regulate the use.”

It was decided that since there is considerable ALR land in close proximity to residential areas on the Coast, a fairly restrictive bylaw would be passed.

The decision was made to pass

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

Infrastructure Services Committee

May 1 at 1:30 p.m.

Community Services Committee

May 8 at 1:30 p.m.

Regular Board

May 8 at 7:30 p.m.

Planning and Development Services Committee

May 15 at 9:00 a.m.

Corporate and Administrative Services Committee

May 22 at 1:30 p.m.

Regular Board

May 22 at 7:30 p.m.

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Our meetings are held at **1975 Field Road** in Wilson Creek at the SCRD **Board Room**. Agendas for these meetings are available at www.scrd.ca/Agendas-2014.

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this bylaw as a pre-emptive measure, otherwise it would have been difficult to regulate in any way the construction of these facilities on agricultural lands.

The public hearing was held in March and the bylaws were passed to allow these commercial facilities only on land parcels greater than 20 acres and, in addition, the bylaws imposed 60 metre building setbacks from property lines.

It was felt that these restrictions would limit these operations to large rural parcels and, with large setbacks, locations would be away from residential neighborhoods thereby maintaining public safety and protecting residents from nuisances associated with such large-scale facilities.

It must be noted that the bylaw does not preclude a commercial grower applying for a zoning amendment application for any single land parcel.

If the SCRD board approves the application after the public information and hearing process, the commercial operation may be built.

In fact, one such application was approved for industrial-zoned land near the Port Mellon pulp mill.

SMALLER SCALE FACILITIES

The public hearing for the bylaws discussed above raised concerns regarding impacts large scale operations will have on smaller scale producers and the needs of Coast residents.

A staff report has been generated outlining some potential zoning changes which could be made to relax the restrictiveness of the pre-emptive bylaw regarding large scale facilities.

To engage the public, a consultation period will be held in May, in-

cluding public information meetings.

The Area A meeting will be scheduled soon, likely in June at the Pender Harbour School of Music.

A future staff report will summarize the results of the consultations and set out possible changes to the bylaws.

OPEN DISCUSSION

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

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



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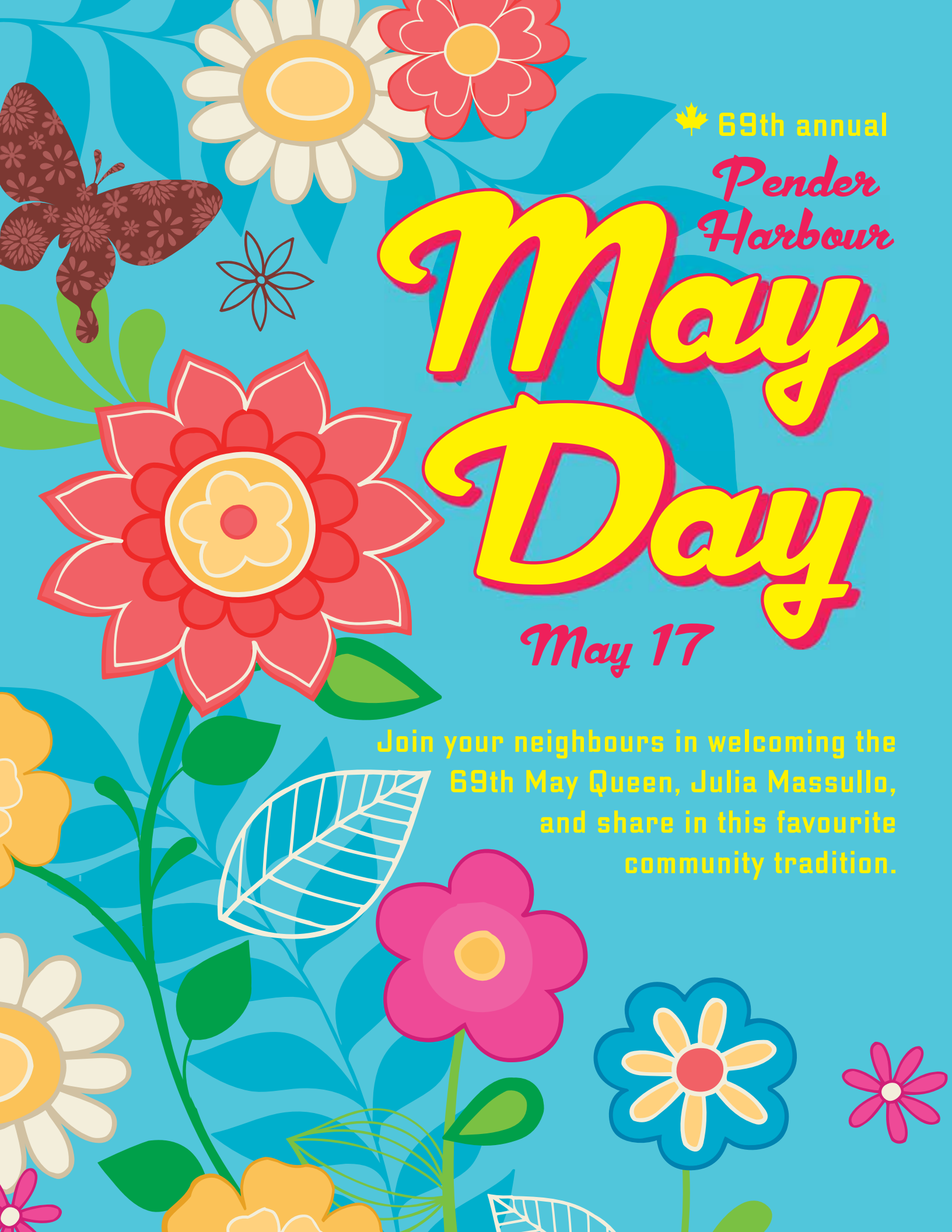
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May Day

May 17

Join your neighbours in welcoming the
69th May Queen, Julia Massullo,
and share in this favourite
community tradition.

Saturday Program

Spring
Fever!

- 8:00 • Family Fun Run ~ Entry forms/start @ Prudential Sussex Realty
• Lions' Pancake Breakfast ~ Community Hall (to 10:30 a.m.)
• Kids (12 & under) fishing derby ~ Government wharf
- 11:00 • May Day Parade
- 11:30 • Crowning of 69th May Queen
- 12 - 4 • Longboard hockey
• Maypole dance
• Field events & children's games ~1 p.m.
• Petting zoo & pony rides
• Live music on field ~ "Altered"
• 50/50 tickets ~ Draw at 4 p.m.
• Vendors ~ Crafts and food
- 5:30 • Children's dance ~ Until 7 p.m.
- 9 - 1 • Adult dance featuring **Play Back!**
Doors open @ 8pm. Door prizes. Tickets @ Harbour Insurance.

Parade (by donation),
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dance tickets at
**Harbour
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Brian Lee photo

Professional hula hoop performer Jessie Rockley (l) instructs Ella Goulette (m) and Amelia Gray (r) on the finer points of hula hooping on the Madeira Park Elementary school field April 13. About a dozen people attended the all-ages clinic hosted by In Touch Therapeutics Yoga Studio, who billed it as 'a fun creative way to bring movement into the body for health and wellness.'

James Harman
Steve Kozak
David Vest
Shaun Verrault
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Odd addresses: Mon, Wed and Sat from 7:00-9:00am and 7:00-9:00pm

STAGE 2 MODERATE

Even addresses Thursday and Sunday from 7:00-9:00am
Odd addresses Wednesday and Saturday from 7:00-9:00am

STAGE 3 ACUTE

Ban on all outdoor sprinkling

STAGE 4 SEVERE

Ban on all outdoor water use

Conserve water every day.

Water use stages in your area are decided based on local conditions. Learn more about current stages, new requirements and permits at:

www.scrd.ca/Sprinkling-Regulations
604-885-6806



organizations

P. H. WILDLIFE SOCIETY

The Pender Harbour Wildlife Society welcomes Mary Boulding as guest speaker at the last meeting of the society until September. Mary is a Shiatsu practitioner and a certified herbalist. She has spent many years hiking the slopes of Mt. Elphinstone in search of edible medicinal plants and mushrooms.

Mary will present an overview of the wild medicinal plants that grow in the Sunshine Coast area. This will include both the forested area and the more disturbed area where wild weeds grow. Accompanied by a slide show, Mary will discuss the medicinal uses of the plants as well as the energetics of the plants according to Chinese herbal medicine. We live in an area rich in plants and mushrooms, many of which have been used for medicine down through the centuries. This meeting is on Tuesday, May 20 at 7:30 p.m. in the Pender Harbour Secondary School. Refreshments will be served, everyone is welcome and there is no charge. A short meeting of the society will follow.

P. H. WOMEN'S CONNECTION

On May 13 at 10 a.m. at the P. H. School of Music, Nadine Wong will present "Random Acts of Kindness." Wong is a mixed media artist who has worked from her home studio in Halfmoon Bay since 1993. A random act of kindness is a "selfless act performed by a person or people wishing to either assist or cheer up an individual person or people," and Wong will recount some of her favourites.

On May 27, Randy Picketts, the president of the Pender Harbour Advisory Council, will speak about the goals, accomplishments and future plans of PHAC. Pender Harbour Advisory Council exists to support the vitality of the communities of the Pender Harbour area as excellent places to live, work and play for residents and visitors. The council is providing the Pender Harbour area with a structure that allows residents to identify issues of broad community concern and have them effectively addressed.

PENDER HARBOUR GARDEN CLUB

It is that wonderful time of year when those fabulous rhododendrons are blooming. Ron Knight has invited us to meet at Caron Gardens on May 12 at 11 a.m. to have a garden tour. Please bring a lunch for noon and then Ron will have plants for sale. At 12:45 p.m. Ron will present the "Secrets of Rhododendron Propagation." We will conclude our visit at 1:30 p.m. with brief garden club business.

Caron Gardens is at 4622 Beaumont Road off Irvines Landing Road on the Garden Bay side of the Harbour.

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• Community Club, Pender Harbour	883-2583
• Community Policing	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	883-9766
• Health Centre Society	883-2764
• Health Centre Auxiliary (Last Monday, 1p.m.)	883-9957
• InStitches (Last Thursday, 11 a.m., PHHC)	883-0748
• Lions Club, Egmont	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	883-1361
• Men's Cancer Support Group	883-2393
• P. H. Aquatic Centre Society	885-6866
• P. H. Choir (7 p.m., Tuesday)	883-9248
• P. H. Garden Club	883-2595
• P. H. Golf Club	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.)	883-2054
• P. H. Living Heritage Society	883-0744
• P. H. Music Society (bookings)	883-9749
• P. H. Paddling Society	883-3678
• P. H. Pipe Band	883-0053
• P. H. Power & Sail Squadron	883-1366
• P. H. Volunteer Fire Dept (Wed. evening)	883-9270
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed., 1:30 p.m.)	883-2563
• Seniors' Housing Society	883-2819
• Serendipity Child Care Centre	883-2316
• Sunshine Coast Better At Home	989-6171
• Sunshine Coast SHROOM	883-3678
• TOPS (Take Off Pounds Sensibly)	883-3639
• Wildlife Society (3rd Tues. PHSS)	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-3663
• Women's Outreach Services	741-5246



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Final PHMS concert of 2013-14 promises to be ‘Just Super’

Submitted

Pender Harbour Music Society
The final performance of the Pender Harbour Music Society’s 2013-14 concert Series will be Sunday, May 25.

Saucy, sultry, lyrical, timeless, Andrea Superstein sings jazz like a 1940s chanteuse.

Think Sarah Vaughan meets Betty Boop meets your favourite martini.

Superstein was the runaway hit of the 2012 Pender Harbour Jazz Festival, enchanting the 300-plus audience members with a repertoire that spanned almost a century — from old-time 1920s juke joints, ’50s doo-wop, to contemporary pop tunes.

With a sound that is hauntingly familiar and compellingly new, Superstein guides the listener through a fantastical world of dimly lit speakeasies and lavish nightclubs, and her love of performance is evident as she playfully and candidly engages with the audience.

Guy Zinger of Adorejazz.com describes her as a “Vocal jazz delight. Oozing of Swing, Laid back, dark, emotional. Just Super.”



photo submitted

Superstein takes the stage at 2 p.m. at the Pender Harbour School of Music in Madeira Park. Tickets are \$25 and available at Harbour

Insurance, John Henry’s Marina, the Sechelt visitor Centre and Gaia’s Fair Trade in Gibsons.



SUNSHINE COAST RCMP
Pender Harbour Community Police Office
SUMMER HOURS IN EFFECT:
MAY 7th to SEPTEMBER 13th, 2014
WEDNESDAY & SATURDAY
10:00AM TO 1:00PM

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photo submitted

Madeira Park Elementary teachers went on a rampage during April's professional day to look for opportunities to enrich the classroom experience. Teachers visited the Vancouver Maritime Museum and Planetarium in Kitsilano, the Vancouver Museum and finally the Police Museum on the Downtown East Side touring displays, collecting information and designing studies to capture the imagination of students and bring more real life experiences into the classroom. Principal Barry Krangle says one of their key goals at the school is to provide rich meaningful experiences to encourage students to be more 'worldly.'

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 flood (tide flowing into Sechart Inlet).

May 1	12:44 pm -XL, 7:38 pm +XL
May 2	1:17 pm -L, 8:22 pm +XL
May 3	6:59 am +M, 1:54 pm -L
May 4	7:43 am +S, 2:35 pm -L
May 5	3:22 pm -L
May 6	4:16 pm -M
May 7	6:18 pm -M, 4:59 +M
May 8	1:06 pm +S, 6:19 +M
May 9	7:54 am -L, 1:59 pm +M
May 10	8:31 am -L, 2:56 pm +L
May 11	9:05 am -L, 3:44 pm +L
May 12	9:38 am -XL, 4:31 pm +XL
May 13	10:11 am -XL, 5:17 pm +XL
May 14	10:30 am -XL, 6:03 pm +L
May 15	11:11 am -XL, 6:49 pm +XL
May 16	11:56 am -XL, 7:34 pm +XL
May 17	12:45 pm -XL, 8:20 +XL
May 18	7:04 am +M, 1:38 pm -XL
May 19	8:00 am +M, 2:35 pm -XL
May 20	9:09 am +M, 3:36 pm -L
May 21	10:39 am +M, 4:40 pm -L
May 22	12:07 pm +M, 5:46 pm -L
May 23	7:35 am -L, 6:59 pm -M
May 24	8:27 am -XL, 2:31 pm +L
May 25	9:14 am -XL, 3:33 pm +L
May 26	9:57 am -XL, 4:29 pm +XL
May 27	11:36 am -XL, 5:20 pm +XL
May 28	12:14 pm -XL, 6:06 pm +XL
May 29	12:28 pm -XL, 6:48 pm +XL
May 30	12:27 pm -L, 6:48 pm +XL
May 31	12:54 pm -L, 8:05 pm +XL

These are estimates only and not intended for navigation.

THE DAYS

MAY BIRTHDAYS

May 1 ~ **Allison Scoular** and **Kim Struthers**.
 May 3 ~ **Tyra Phillips** and **Natasha Kammerle**.
 May 4 ~ **Andrew Sutherland**.
 May 5 ~ **Barb Ellison, Rob Ellison, Baylee Higgins** and **Robyn Leech**.
 May 6 ~ **Lori Fielding**.
 May 7 ~ **Stephanie Warner, Tricia Fisher** and **Kristen White**.
 May 8 ~ **Wally Silvey, Linda Reid, Francis Belisle, Ryan Schroeder** and **Vicki Honeybourne**.
 May 9 ~ **Frank White, Steve Devaney, Bruce Silvey, Rick Dougan, Leanna Mackie, Karen McKee-man, Vanessa Stephens, Debbie Hayen** and **Jim Greenlaw**.
 May 11 ~ **Deena Lowings, Shelley Wharton** and **Candace Sharp**.
 May 12 ~ **TJ Campbell** and **Rob McMann**.
 May 13 ~ **Joe McCann, Mel Likes** and **Reynald Bernier**.
 May 14 ~ **Jan Smalley** and **Lhonna Dougan**.
 May 15 ~ **Michael Pazur**.

May 17 ~ **Linda Curtiss, Jack Dennis, Dan Jinks, Helen Krantz, Roland Schmidt** and **Amy Tiefenbach**.
 May 18 ~ **Joe MacKay, Devina Morton, Ron Collett, Wendy Haddock** and **Sharon Halford**.
 May 19 ~ **Bill Thompson** and **Earl Stewart**.
 May 20 ~ **Rylan English, twins Carrie & Stirling Fowler** and **Brenna Young**.
 May 21 ~ **Shannon Fowler**.
 May 23 ~ **Mary Milner** and **Tom Patterson**.
 May 24 ~ **Vicki Kobus, Dick Milner, Treenah Dougan, Margo Hunsche** and **Maurice Lowings**.
 May 25 ~ **Christina Stoutenburg**.
 May 27 ~ **Cindy Schroeder**.
 May 28 ~ **Mikey Thompson, Lyn Vaughan, Kevin Graham, Wayne Archbold** and **Myrtle Winchester**.
 May 29 ~ **Cliff Silvey, Tyler Forsyth** and **Amber LaFrance**.
 May 30 ~ **Marten Mees, Kathy Mills** and **Mike Phillips**.

MAY ASTROLOGY

TAURUS: APRIL 21 - MAY 21

Taureans are seekers of peace and stability. Although unambitious, they are happy to be the powerhouse behind the scenes. Often sensible and blessed with a healthy dose of cynicism, Taureans will notice the waning of the moon this month will have a direct effect on other's ability find the hidden subtext in a conspiracy involving a Ford Taurus and a dachshund puppy.

GEMINI: MAY 21-JUNE 21

Geminis are butterflies by nature, flitting from one attraction to the next. They are particularly drawn to tinfoil and should generally avoid situations involving confetti, ticker tape or falling snow. They're easily bored but have lively, stimulating minds and can be witty and charming. Geminis always have extramarital affairs and eat the last Timbit.

OF MAY

THE 'REAL' MAY DAY

Here and in much of BC, May Day refers to community celebrations held during the Victoria Day long weekend but that isn't the case for the rest of the world.

May Day — on May 1 — is an ancient northern hemisphere spring festival that has also become a traditional spring holiday in many cultures.

May Day also coincides with International Workers' Day which is a celebration of the international labour movement.

May Day is originally related to the Celtic festival of Beltane and the Germanic festival of Walpurgis Night.

May Day falls half a year from November 1 — another cross-quarter day which is also associated with various northern European paganisms and the year in the Northern Hemisphere — and it has traditionally been an occasion for popular and often raucous celebrations.

As Europe became Christianized, the pagan holidays lost their religious character and either changed into



popular secular celebrations, as with May Day, or were merged with or replaced by new Christian holidays as with Christmas, Easter, and All Saint's Day.

In Great Britain, traditional May Day rites and celebrations include Morris dancing (a form of English folk dance usually accompanied by music), crowning a May Queen and celebrations involving a maypole.

May Day is most associated with towns and villages celebrating spring-time fertility (of the soil, livestock, and people) and revelry with village fetes

and community gatherings.

Since the reform of the Catholic calendar, May 1 is the Feast of St Joseph the Worker, the patron saint of workers.

Seeding has been completed by this date and it was convenient to give farm labourers a day off.

May 1 is a national holiday in more than 80 countries and celebrated unofficially in many other countries.

May Day has long been a focal point for demonstrations by various socialist, communist and anarchist groups commemorating the 1886 Haymarket riot in Chicago.

~ wikipedia.com

MAY WEATHER

TEMPERATURE

Our average daily high temperature in May is 15.6 C and our average daily low is 9.3 C, giving us a daily mean temperature of 12.5 C for the month. Our record high temperature in May is 28.4 C (May 29, 1983) and our record low is 3.3 C (May 1, 1970).

PRECIPITATION

May has an average of 12 days with rainfall and an average total for the month of 54.9 mm. Our record daily rainfall in May is 28.7 mm (May 2, 1963) and our record daily snowfall in May is 1 cm (May 10, 1985).

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Andrea Superstein

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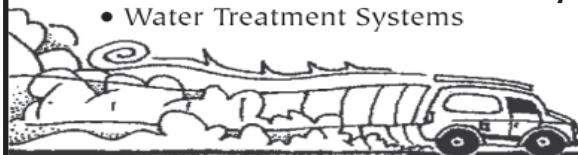
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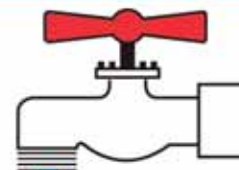
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photo submitted

Grade 5 and 6 students at Madeira Park Elementary School are pairing up with seniors as an initiative to build closer ties with our community. On April 17, seniors and students buddied up to dye Easter eggs under the artistic direction of community enthusiast Joi Phillips.



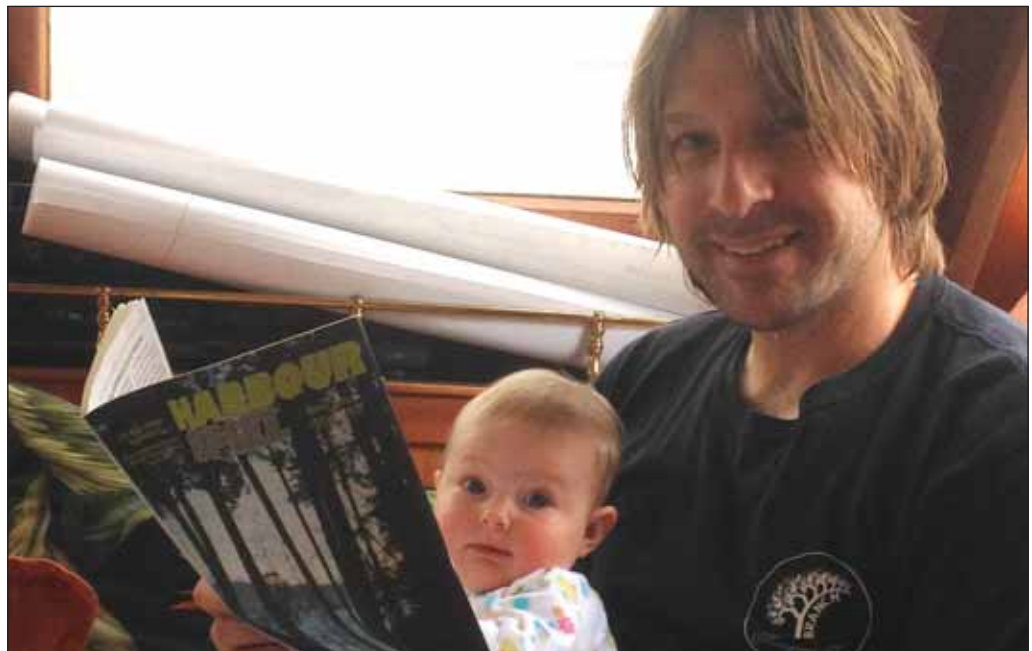
David Campbell photo

The holidays can be a difficult time for some — even Easter. Concerned customers at the Bargain Barn feared the worst when they saw the Easter Bunny in what appeared to be a suicide attempt. It turns out the Easter Bunny was just hanging out waiting to be picked up.

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Marita Davie photo

Bill Davie and his daughter JJ reading the latest issue of the *Harbour Spiel* on their boat at Pender Harbour Resort. Here's hoping JJ's first words are, 'It ain't real if it's not in the Spiel.'

Harbour Spiel

april tools wooden boat challenge



Brian Lee photo

The tight final turn, hazardous currents and jeering spectators often wreak havoc for competitors trying to make it across the finish at the Aprils Tools Wooden Boat Building Challenge.



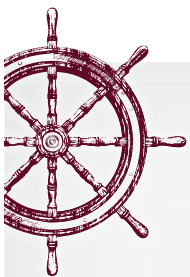
Brian Lee photo

In heat one, the Squampton Four had a bit of trouble navigating under the ramp before losing their paddle and chasing it through the maze of pilings. They finally made it back out and qualified for the final.



Brian Lee photo

Trophy as art — the Broken Paddle Award.



HARBOUR MANAGER – Pender Harbour

The Harbour Authority of Pender Harbour is seeking a knowledgeable, experienced and motivated contractor to administer the operation of Harbour Authority wharves in four separate locations.

DESIRED QUALIFICATIONS:

- Strong interpersonal and excellent communication skills
- Administrative and organizational skills
- Able to perform minor maintenance/repairs
- Demonstrated financial management skills
- Supervisory/management training and experience
- Familiarity with preparation of grant applications
- Preference given to those with related experience

Please forward an application/resume including references detailing the above qualifications no later than 4 p.m. on Monday May 12, 2014 to:

Human Resources, Harbour Authority of Pender Harbour, Box 45, Garden Bay, B. C. V0N 1S0

Or email: harbourauthorityph@gmail.com

ALL WELCOME:

Carpet bowling

Every Wednesday at P. H. Community Hall.
Drop-in between 1-3pm.

Walking Club

Every Friday - 10am, P. H. Community Hall.

Lunch Club

May 9: P. H. Legion at 11:30am.

Mamma Mia! Bus trip

May 3: Sing-a-long to the film in Sechelt.
"Packaged tickets" are \$25 (limited seating).

Celebration for Seniors

Coming June 3...

Call Marlene for information and tickets:

604-883-9900



PENDER HARBOUR
SENIORS INITIATIVE

Golfers are back in full swing at Pender course



By Jan Watson

The Pender Harbour Golf Course is a public course operated by the Pender Harbour Golf Club and everyone is welcome to participate in all events.

The beginner and intermediate golf clinics are in full swing and winding up April 30 with a fun tournament to follow on May 7.

The greens and tee boxes have all been punched and the course is in

great shape thanks to greens staff and volunteers.

Please remember to repair ball marks on the greens, replace divots and rake sand traps.

Congratulations to Lorna Lycan who got her first hole-in-one while on holiday in Palm Springs.

Lycan used a nine-wood on the 118-yard third hole at the Woodhaven Golf Club.

Lorna's ace helped our team (which included Carolyn Kirkland and yours truly) to third place in the annual Mardis Gras ladies tournament.

MEN'S CLUB

March 18 was the first event of the season with low gross winner Rusty Ellis, low net winner Mike Reid 68. KP on No. 3 was Jamie Tufford and on No. 6, Mike Reid.

April 8 saw a Stableford with winner Bruce Forbes with 27 points.

KP on No. 3 was Andrew Barker, and on No. 6, Bruce Forbes.

Low gross winner was Lorne Campbell with 78.

April 15 was stroke play and the low net winner was John Cameron with 63.

Runner-up was Wayne Babcock with 66 and the low gross went to Lorne Campbell who shot 77.

KP on No. 3 was Rusty Ellis and on No. 6, it was Lorne Campbell.

THE 19th HOLE

The ball retriever is not long enough to get my putter out of the tree.

~ Brian Weis

LADIES' CLUB

On March 20 the ladies competed in a "three clubs and a putter" event and the low gross winner was Heather Cranston with 95.

On March 27 they played Tic Tac and left out the Toe.

Winner with 15 points was Lori Wilson and tied for second was Lorraine Wareham and Linda Klikach with 14.

April 3 saw a Hidden Partners match with winners June Maynard and Jan Watson

Runners-up were Stephanie Garner and Lorna Lycan.

On April 10 it was low and high putts.

Tied for the low were Carol Reid and Lori Wilson with 30 while the high was Sandra Pylypiuk.

Men's Days are Tuesdays and Ladies' Days are Thursday.

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The web is a fad. Buy and sell it here.

Classified advertising must be prepaid. Cost: \$20 for 25 words maximum, second month free (space permitting) for non-commercial ads only. By mail or e-mail: editor@harbourspiel.com.

EMPLOYMENT WANTED

- **P. H. Legion requires** a part-time cook and a part-time bartender. Call Pat at (604) 883-2235 or submit a resume to rcl@uniserve.com. Previous experience is an asset.

FOR SALE

- **Rustic cedar fence rails.** Medium thickness (sawn not split). 75 cents per foot per rail. e.g. 10' = \$7.50. Jimmy (604) 741-1404. Yup, I build rail fences.

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- **Free scrap car removal.** Hiab crane service. Reasonable rates for large/heavy items brought from Lower Mainland. Curt (604) 740-7287.

harbour seals



Note your approval or disapproval.

Send to: editor@harbourspiel.com. Include full name and telephone number for confirmation.
(Editor reserves the right to edit for length.)

A big Seal of Approval to **Fred the Plumber** for installing the bathroom taps at the Harbour Gallery free of charge. Thank you very, very much.

Cary Campbell and artists of the Harbour Gallery

A big Seal of Approval to **Vaughan Kooyman and Sam Gideon at Coast Storage and Containers** for their great customer service. We'll be sure to use your services in the future.

Natasha Pahljina and Eli

Harbour Seals to the **"Boys of Winter"** for countless hours of cutting, trimming, burning, slashing and enhancing all the beautiful parts of the Pender Harbour Golf Club:

Andrew Barker, Doug Vancise, Mike Reid, Merv Oleksyn, Roberta Oleksyn, Jason Haines and Rusty Ellis.

Your efforts show. Thank you.
Catherine McEachern



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- Women and Youth Health Services

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Sharon Gilchrist-Reed LPN

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Children age 0-19
- For more information call: Child & Youth Mental Health
Intake (604) 740-8900 or (604) 886-5525



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

ALCOHOLICS ANONYMOUS meets Wednesdays at 8 p.m. – everyone welcome.

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

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

About that salt in our diet . . .

By Heather Damsgaard, RN

Sources: UpToDate 2014; Canadian Nurse March 2014

We all know that too much sodium, the main ingredient found in table salt is bad for us, yet nearly everyone consumes too much.

Health Canada recommends for adults a maximum daily sodium consumption of 2,300 mg.

The average daily sodium consumption of Canadian adults is 3,400 mg.

One alarming 2004 statistic states 93 per cent of Canadian children age 4 to 8 exceeded their recommended daily sodium consumption limit for their age group.

So, which foods have the most sodium?

Considering that, statistically, Canadians consume 77 per cent of their sodium from processed foods, here are a few examples:

- Canned soups;
- Rice and noodle mixes;
- Sauces, dressings and condiments (e.g. ketchup and mustard);
- TV dinners;
- Deli meats, hot dogs and cheeses;
- Smoked, cured or pickled foods, and
- Restaurant meals.

It's important to be aware that reducing the amount of sodium you eat can have a lot of health benefits.

- It can lower your blood pressure, which means it can help reduce your risk of stroke, heart attack, kidney damage and lots of other health problems.

- It can reduce the amount of fluid in your body, which means that your heart doesn't have to work as

May 2014



hard to push a lot of fluid around. That's especially important for people who have heart failure.

- It can help the kidneys from having to work too hard.
- It can reduce swelling in the ankles and belly, which can be uncomfortable and make it hard to move.
- It can reduce the chances of forming kidney stones.
- It can help keep your bones strong.

If Canadians were to reduce their average daily sodium consumption by 1,840 mg, an estimated 23,500 cardiovascular disease events would be prevented annually.

The most important thing you can do to cut down on sodium is to eat fewer processed foods — avoiding foods that are sold in cans, boxes, jars and bags.

If you must buy canned or packaged foods, choose ones that are labelled sodium-free, or very low sodium.

Or choose foods that have less

than 400 mg of sodium in each serving (indicated on the nutrition label).

Remember that whatever changes you make, make them slowly.

Any changes to the diet can be hard at first, so try one thing only to start and slowly increase over time.

The important thing is to take small steps and to stick with the changes that work for you.

Your body will be happy you did.

HARBOURSIDE FRIENDSHIPS

May 1: Join us for a morning of movement with Gwen and an introduction to yoga with Carole.

May 8: Telus presentation on the new fibre optic program that's being introduced to Pender Harbour.

May 15: Our annual visit to Kleindale Nursery to pick up your favourite plants and flowers. Lunch to follow at the P. H. Community Hall.

May 22: Story time. Bring your favorite childhood memory to share with the group.

May 29: Boat trip to Hotham Sound and lunch at the Backeddy Pub.

Sailing fun is an email away to the Garden Bay Sailing Club



photo submitted

The Garden Bay Sailing club hosts its annual Malaspina Regatta regardless of conditions. Weather perfect for most folks makes for a tough start to a sailing race, as seen here at last year's race..

By Bob Stickley

Bob Stickley is a retired Royal Canadian Air Force pilot and a 15-year member of the Garden Bay Sailing Club. He and his Ranger 26 "Starfighter" can often be seen trying to keep the rest of the fleet in sight on Saturday afternoons.

If your sailboat needs to get out more, or if you've always wanted to try sailing in the Pender Harbour area, we might be able to arrange something.

The Garden Bay Sailing Club is looking for new members.

One of the aims of the club is to promote sailing in our beautiful harbour and, quite honestly, we haven't been doing a very good job of meeting this aim.

The Garden Bay Sailing Club has been around since 1980.

We're not a large group — approximately 30 members.

About half of us own boats and

the rest are people we have managed to coerce into crewing for us ("crewing" means helping with the difficult bits like getting in and out of your mooring spot with minimum damage).

The GBSC fleet includes boats of all sizes.

We have 50-foot bluewater cruisers that have sailed around the globe and 24-foot Laser-like dinghies that only leave the dock for a few hours at a time.

The latter are annoyingly (because I don't own one) fast and do well in our Saturday races.

Our skippers include those who have extensive offshore and racing experience as well as others (like me) who came to the sport late and are still trying to build a resume.

We cruise and race in the local area.

Our mainstay is our Saturday harbour race series.

You may have seen us sailing around in apparent confusion as the

Saturday, May 17

Kenny Shaw & Brian Temple

The hilarious music and comedy duo are back!

DOORS: 6pm DINNER: 7pm

TICKETS: \$25 @ The Legion & Harbour Insurance



(604) 883-2235

ROYAL CANADIAN LEGION #112

NEW MEMBERS ALWAYS WELCOME



noon start time nears, followed by an upwind departure of the fleet once the starting horn sounds.

Summer races usually attract up to a dozen boats while in winter about half that number will show up.

The races are keenly contested but we're out there to have fun and complete the race without scratching the paint.

Newcomers usually go out as crew a couple of times to see how the races work — the start can at first seem a bit intimidating — but the simple solution is to hang back a bit until you feel comfortable sailing at close quarters.

We also organize outings to nearby destinations like Secret Cove, Egmont and the Van Anda Marina on Texada.

Participants race or cruise to the destination and a social evening wraps up the day.

The annual Malaspina Regatta is the club's major event, held on the Canada Day weekend, attracting a number of boats from other clubs.

The race course takes the fleet from a start line just outside the harbour towards Texada, then turns north towards Nelson followed by a run for home.

This year's regatta will be the 25th in the series and we'll be making a special effort to attract a large field of competitors.

The winning boats receive trophies at a large barbeque held on the lawn at Fisherman's Resort.

An enjoyable bonus is the large number of "door prizes" generously donated by many local business owners.

While our club is very informal, one thing that is clear is that our de facto commodore is David Twenty-

man who puts a lot of effort into keeping our activities co-ordinated and fun.

For more information as to how the Garden Bay Sailing Club operates, take a look at our website at www.gardenbaysailingclub.com.

The site is maintained by John Barker and is chock full of photos,

information and race results.

The site also includes a membership application form but we can do the membership thing later — first come out with us for a cruise or a race.

Just shoot us an email to info@gardenbaysailingclub.com and we'll make it happen.



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PENDER HARBOUR AQUATIC & FITNESS CENTRE

MAY 2014

Summer hours begin May 18!

MAY 18-JUNE 27:

**The facility will be open Monday to Friday
(Closed weekends.)**

JUNE 30-JULY 25

**The facility will be open Monday to Friday for day-
time hours only. (Closed evenings and weekends.)**

Youth Night

Friday May 2, 6-9pm.
"Spring Fever" themed activities.

Stand Up Paddle Boarding

Saturday May 10
An introduction focusing on equip-
ment orientation; basic stance
and balance; paddling and rescue
techniques.
Ages 12-18: 2-4pm
Ages 19-plus: 4-6pm.
Registration required by May 3.

Danger Bay Weekend

Friday, May 16 & Saturday, May
17. 6-9pm. \$2 admission
Join boarders and friends at the
pool and enjoy a swim, hot tub,
sauna or work out.

Summer Camp for kids!

A partnership between the PHAFC
and the PHCS.
We will be offering this program
July 7-11 and 14-18.
Call the pool to have your child's
name put on the list. Camp will
include swimming, visiting local
venues, arts and crafts and more.

Do you want to learn a new skill?

CALA WATER TRAINING

**The first step to become an Aquafit Instructor and
a Group Fitness Instructor: May 23-25.
Contact Deb at the pool for more information.**

Looking for new employment opportunities?

LIFEGUARD & SWIM INSTRUCTOR TRAINING

**Your kids are in school and you are ready for
something new? Train to become a Lifeguard and
Swim Instructor. Courses are in July and August.**



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recreation

Sunshine Coast youth outreach

By Darcie Murray

The Sunshine Coast youth outreach worker program promotes youth safety and support services. This youth-based program aims to curb high-risk behavior and to raise awareness about issues affecting the youth in our community. It's a service that is available to all Coast youth ranging in age from 13 to 23.

The SCYOWP provides staff the opportunity to meet with youth in their own environment where they feel more comfortable about sharing their perspective and experiences. All interactions between youth and staff are confidential and youth are met without bias or repercussions. Youth connect with outreach workers about various topics such as parent-teen conflicts, housing and food issues.

Outreach workers can help educate youth about potential warning signs and precautions of drug and alcohol concerns

so they can make safe and informed choices. Referrals to community resources (such as employment services) are common. The program works to connect youth in difficult situations with those resources that might be beneficial.

Youth Outreach Workers are available to youth who:

- Need to talk to someone;
- Are concerned about friends, family, drugs and alcohol, mental health, sexual issues, school or safety;
- Want information about community resources;
- Want information on recreation and local events, or
- Need a safe ride home.

Youth outreach workers are in our neighbourhoods. You may not easily notice them, but you might spot them wearing their "Youth Outreach" hoodies at community festivals and events or handing out flashlights or dropping in at the youth centres, among other activities.

SCYOWP'S MISSION

SCYOWP focuses on a community development approach and promotes the strengths and abilities of youth and families by providing community-based services that empower and enrich each youth to face life's challenges with confidence, competence, and dignity.

Compassion — we care for all youth we serve as if they were our own, helping them to pursue positive choices and opportunities to thrive.

We worry about what a teenager will become tomorrow, yet we forget that he is someone today.

~Stacia Tauscher

worker program



Diversity — we embrace the differences of every youth, family, and community we serve with an inclusive nature and diverse staff.

Perseverance — we commit to building the capabilities of all youth, regardless of circumstance, to overcome challenges and achieve success.

Impact — we hope to make the challenges youth and families face easier by providing support and encouragement that makes a difference, now and in the future.

Collaboration — the program relies on staff, community members and supporters, funders and partner agencies to help shape the success of our youth. SCYOWP is funded by three local governments, the Town of Gibsons, District of Sechelt and the SCRd.

For more information please visit www.coastyouth.com or call (604) 741-1129 or the Pender Harbour youth outreach worker at (604) 885-8261.

PENDER HARBOUR COMMUNITY SCHOOL

MAY 2014

Kids Cooking Club

Wednesdays starting May 7,
2:45-4:30pm at MPES,
Grades 4-6, \$25
Kids will learn about good nutri-
tion and some basic cooking skills
with Terri Scott

Red Cross Babysitting Course

Sun, Jun 1, 9am-5pm, PH Aquatic
Centre, Ages 10 +, \$65
Learn the responsibilities of a
babysitter, safety tips for children,
basic child care skills and what to
do in case of an emergency. Great
for kids who are home alone.
Instructor: Gwen Walwyn

Class 4 Drivers Licence Study Group

Three Wednesdays, May 14, 21
& 28, 10am-12pm, Community
School, free. Want to be able to
drive the Wood Duck Community
Bus? Drop by the Community
School to pick up your Driver's
Study Manual today and sign up
for the study group!

Computer Café

Four Wednesdays, starting May 7,
1-3pm, Community School,
\$5 drop-in. Learn computer tips
from your talented neighbours in a
relaxed environment. No experi-
ence needed. With Karen Dyck and
other guest instructors.
May 7: Computer Security
May 14: Using iCloud & Syncing
computers
May 21: Creating Email Newsletters
May 28: Formatting Word Documents

Ladies Outdoor Shoot

Sun, May 25, 10am-12pm,
Sechelt Rod & Gun Club,
Ages 16 +, \$10 plus ammuni-
tion. Andy Ross is setting up the
outdoor shooting range for us —
time to let your inner cowgirl out!

Drop-in Sports Nights

PHSS Gym, \$3 drop-in
Soccer - Tuesday's 7:30-9:30pm
Pickleball - Wednesday's 6:30-
8:30pm

Don't Miss:

Pender Harbour Community School AGM

Tue, May 27, 4:30-5:30pm, Community School
Come and see what we are up to! Everyone welcome.

Open Tuesday, Wednesday and
Friday, 9am-4pm



604.883.2826

phcs@dccnet.com

www.pendercommunity.ca

Azaleas: The queen of shrubs

by Jim Rutherford

(This article originally appeared in the May 2009 issue of the *Harbour Spiel*.)

All azaleas are rhododendrons.

Azaleas are a subgenus *pentanthera* (deciduous) and subgenus *tsustusti* (mostly evergreens).

The best results will be found in the woodland transition (semi-shade) to full sun, but never dry them out.

That is a key difference with rhodos which will survive, albeit under protest, from being quite dry.

In poorly drained (bog) or alkaline soil (basic) like clay, you'll need to elevate the root ball somewhat in a rich humus soil mixture and add something to lower the soil pH.

Sulphur or aluminum sulphate will help but also add peat moss, evergreen needles and bark mulch.

Mound the mulch so water runs into the root ball not away from it.

PROPAGATION

Cheating at propagation is a snap and any branch on or close to the ground is a candidate for layering.

Take a rhodo or azalea branch and cut a notch in the back — but not all the way through — hold the wound open with a wood sliver and dust well with rooting hormone.

Scoop out a little soil, bend the branch to the ground, add a little soil on top and weight with a rock.

You can do some good-sized branches this way for a complete copy of the original plant.

Next season, fibrous roots have likely started so you can cut the branch off from the mother.

Leave it another season until the



new plant has a better root system, before transplanting to a desired spot.

The cheat part with a new or established plant is to plant it on an angle to start, so that some branches are already touching the ground.

The plant will right itself with new growth during the season, so not to worry if it looks odd.

PURCHASING

Buying azaleas and rhodos “on sale” if they’re not in top condition can be an iffy proposition.

Particularly with azaleas, if they’re wilted from drying, they’re not coming back and other plants are stressed, making them vulnerable to disease.

MULCH AND MULCH AGAIN

Mulching keeps the roots cool in summer and protect them from sudden soil temperature changes in the winter. It also prevents drying out and keeps weeds down.

Remember not to put the mulch up the plant stems. This way water can run to the roots, not away from the plant.



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PRUNING

Azaleas do not respond as quickly to pruning as rhododendrons do but a light hand can give you lovely shaping.

In a container, azaleas can be selectively pruned to approach a “bonsai” look but just remember — if they dry out they’re gone.

Azaleas and rhododendrons flower on previous years’ wood so it’s best to prune after the plants have blossomed.

If you prune in the late summer, fall or winter you may be cutting off your flowers for the following spring.

We can mostly dodge this timing issue by pruning around the swollen buds, set at the branch ends. If they’re not set with buds, off with their heads.

Evergreen azaleas can be “hedged” after flower, unlike rhododendrons, to get a dense rounded look.

Deciduous azaleas can be pruned anywhere at a stem break — where a secondary branch comes off the primary stem. They will branch from that point, though they should not be pruned as severely as the evergreen azaleas.

Azalea Mollis (deciduous) should get a special mention as most are delightfully scented.

Grown in acid to neutral soil, they are heat tolerant in summer and hardy to -20 C. They grow up to three metres high after several years, with good fall colour.

CUTTINGS

Azaleas are not too difficult to start from cuttings but patience should be your guide

Cuttings should have a little brown bark tending to green — the

newer, all green stems are a little too tender.

Smash the cut end, dip in rooting hormone and plant in a mixture of half peat moss and sand. We do several cuttings to a pot as not all will take.

Water the cuttings to settle the mix and remove any air pockets.

An old inverted clean glass jar can be your mini-greenhouse but occasionally raise the jar to admit fresh air and prevent mould. Hopefully, in three months you’ll see some perky growth.

A parting hint: Sometimes rhododendrons and azaleas won’t bloom because they’re planted too close to a masonry wall and lime is leaching from the mortar. They hate lime.

Move the plant or add stuff we listed here to lower the acidity.

Some royalty can be so fussy.



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May 2014



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Special book excerpt: *Growing Food in a Short Season*

Excerpted from Melanie Watts' *Growing Food in a Short Season: Sustainable, Organic Cold-Climate Gardening* (Douglas & McIntyre)

GET DIRTY OR GO HOME... BECAUSE SOIL IS THE MOST IMPORTANT PART OF GROWING GOOD FOOD

Plants grow themselves, as long as you supply them with the basics —

BC Bestsellers:

(For the week of April 20, 2014)

1. **A Field Guide to Birds of the Pacific Northwest** by Tony Greenfield and Penny Hall
2. **The Market Gardener** by Jean-Martin Fortier
3. **Becoming Wild** by Nikki van Schyndel
4. **Raven Brings the Light** by Roy Henry Vickers and Robert Budd
5. **The Oil Man and the Sea** by Arno Kopecky
6. **Heart and Soil** by Des Kennedy
7. **Gumboot Girls** by Lou Allison
8. **Cadillac Cathedral** by Jack Hodgins
9. **The Best of Adrian Raeside** by Adrian Raeside
10. **Somewhere In-Between** by Donna Milner

~ Assn. of Book Publishers of BC

sunshine, water and soil.

Healthy soil is a living, breathing community composed of microbes, bacteria, fungi, algae, insects, earthworms, minerals, humus and water.

Keeping the soil community in top form is the best way to provide nutritious meals for your plants.

Plants and soil organisms have a complex relationship.

Even today, scientists do not fully understand how plants and soil organisms interact with each other and the soil to extract nutrients.

Mycorrhizae are tiny soil fungi that grow into the plant roots.

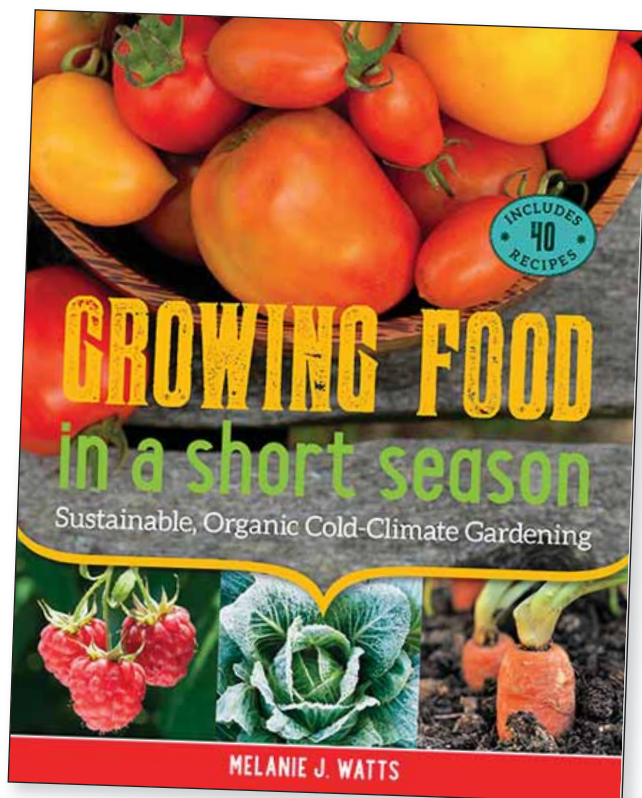
Unable to photosynthesize, they extract nitrogen from the environment they share with plants.

In turn, plants feed them sugars.

A full 80 per cent of the world's plants depend on a symbiotic relationship with mycorrhizae to mature.

Without plant and fungi symbiosis, many of the foods we love to eat would not exist.

There are many types of mycorrhizae and many species of bacteria that help them to form associations with plant roots.



As plants mature, their relationship with mycorrhizae changes and they will end one liaison to take up another.

Symbiosis between plants and mycorrhizae is fundamental and imperative; attempting to grow plants in soil without the necessary fungi results in weak growth or none at all.

Mycorrhizae are harmed by excessive tilling and inorganic and organic pesticides and herbicides.



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THE TROUBLE WITH CONVENTIONAL VEGETABLE FARMS AND GARDENS

"The trouble with normal is it always gets worse."—Bruce Cockburn

Ordinary mainstream gardens with long rows of carrots and beans — where the soil is constantly being disturbed or drenched with herbicide to eliminate weeds, and where plants are sprayed to get rid of insects — have lost their relationship with the soil.

That fundamental rapport between plants, soil organisms and the earth has been destroyed.

If nature's efforts to re-establish the relationship are constantly thwarted, plants and organisms are unable to get the nutrition out of the soil.

Soil organisms die and conventional farmers and gardeners are forced to resort to chemical fertilizers to feed the plants.

WHY IT'S IMPORTANT TO STOP USING INORGANIC AND ORGANIC PESTICIDES

Nature is a complex web of inter-connecting systems. When one part of the web becomes unbalanced, nature works to rebalance itself.

By the time we notice an insect invasion, nature is already working on fixing it.



Melanie Watts photo

A common infestation in gardens and greenhouses is aphids.

Given a chance, aphid-eaters, including ladybugs and parasitic wasps, will arrive for this fabulous feast.

Interfering by spraying chemicals — even if they are “environmentally friendly” or “organic” — kills both bad bugs and the good bugs that have arrived to fight them off.

Physical methods of preventing or slowing down bug problems — as in picking or washing insects from your plants — are a better way to deal with the problem while you wait for nature's natural helpers to turn up.

Melanie J. Watts has been a freelance writer since 1995 and an organic gardener since 1986.

She earned her Master Gardener certification in 2010, after creating her website, www.northerngardener-salmanac.com, in 2009.

Watts and her family raised sheep for 12 years on their farm in the BC Peace region. She now lives with her husband north of Prince George, BC.

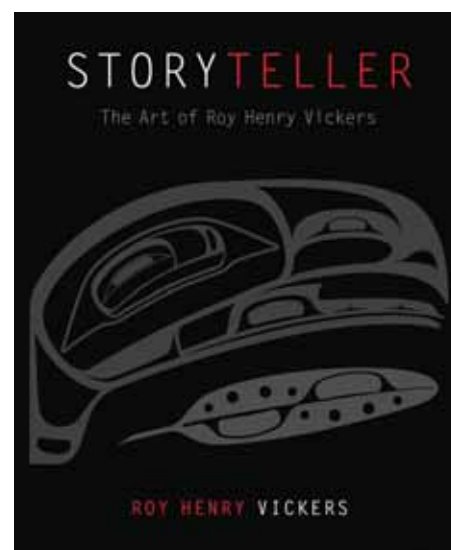
*Growing Food in a Short Season:
Sustainable, Organic Cold-Climate
Gardening*

By Melanie J. Watts
Douglas & McIntyre

\$24.95

stories
& art

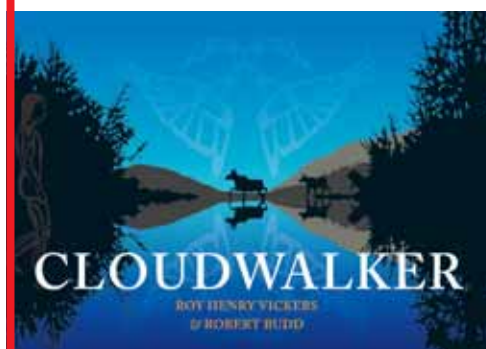
from the Northwest Coast



STORYTELLER

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www.harbourpublishing.com

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.

MAY

Fri. May 2.....Garden Bay Classic Fishing Derby starts - Garden Bay Pub, 5 p.m.
Sun. May 4.....Sunday Jam: Mark Vance - Garden Bay Pub, 2 p.m.
Mon. May 5.....P. H. Food Bank pickup - P. H. Community Church, noon
Fri. May 9.....School of Music Coffee House, Madeira Park. Music @ 7:30 p.m.
Sun. May 11.....Mother's Day
Sun. May 11.....Sunday Jam: Joe Stanton - Garden Bay Pub, 2 p.m.
Mon. May 12.....P. H. Garden Club Caron Gardens tour - Caron Gardens, 11 a.m.
Tues. May 13.....P. H. Women's Connection presents Nadine Wong - P. H. School of Music, 10 a.m.
Sat. May 17.....69th annual Pender Harbour May Day - Madeira Park, all day
Sat. May 17.....Kenny Shaw and Brian Temple - P. H. Legion, doors @ 6 p.m.
Sun. May 18.....Sunday Jam: Gary Comeau and Simon Paradis - Garden Bay Pub, 2 p.m.
Mon. May 19.....P. H. Food Bank pickup - P. H. Community Church, noon
Tues. May 20.....P. H. Wildlife Society presents Mary Boulding - P.H.S.S., 7:30 p.m.
Sat. May 24.....Wendy Bisquit Band - Garden Bay Pub, 8 p.m.
Sun. May 25.....26th annual Garden Bay Golf Classic - P. H. Golf Course, 10:30 a.m.
Sun. May 25.....P. H. Music Society presents Andrea Superstein - P. H. School of Music, 2 p.m.
Sun. May 25.....Sunday Jam: Peter Van B3 - Garden Bay Pub, 2 p.m.
Mon. May 26.....P. H. Health Centre auxiliary monthly meeting - P. H. School of Music, 1 p.m.
Tues. May 27.....P. H. Community School AGM - P. H. Community School, 4:30 p.m.
Tues. May 27.....P. H. Women's Connection presents Randy Picketts - P. H. School of Music, 10 a.m.
Thurs. May 29.....**Harbour Spiel** June issue hits the mail
Sat. May 30.....Comedian Brett Martin - Garden Bay Pub, 8 p.m.



FERRY DEPARTURES

~ Effective to May 14, 2014 ~

Crossing time: Langdale 40 min./Earl's Cove 50 min. Ticket sales end 10 min. before sailing for foot passengers, 5 min. before for vehicles. See www.bcferries.com for information on added sailings during peak periods.

HORSESHOE BAY

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

* Daily except Sunday

LANGDALE

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

EARL'S COVE SALTERY BAY

*6:30 a.m.
7:00 a.m. - Sun. only
*8:25 a.m.
9:00 a.m. - Sun. only
*10:25 a.m.
10:55 a.m. - Sun. only
*12:20 p.m.
4:30 p.m.
6:30 p.m.
10:05 p.m.
*5:35 a.m.
6:00 a.m. - Sun. only
*7:25 a.m.
8:00 a.m. - Sun. only
*9:25 a.m.
9:55 a.m. - Sun. only
*11:20 a.m.
3:25 p.m.
5:30 p.m.
9:00 p.m.

* Daily except Sunday

"Your assumptions are your windows on the world.
Scrub them off every once in a while, or the light won't come in."

~ Isaac Asimov

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MAY 4: Sunday Jam w/ Mark Vance

MAY 11: Sunday Jam w/ Joe Stanton

MAY 18: Sunday Jam w/ Gary Comeau & Simon Paradis

MAY 25: Sunday Jam w/ Peter Van B3

One night only:

MAY 24: WENDY BISQUIT BAND — 8 pm

MAY 30: COMEDIAN BRETT MARTIN — 8 pm

26th ANNUAL GARDEN BAY GOLF CLASSIC

SUNDAY, MAY 25

10:30 am Texas Scramble \$70

