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HARBOUR SPIEL

March 2022
Issue 375





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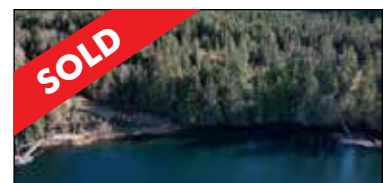
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EDITOR

Brian Lee

CIRCULATION (2,000-2,500)

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: Dr. Siemon Altman, Leonard Lee, Robert Livingston, Shane McCune, Robin Millar and Bertrand Sinclair.

COVER

Late winter's sun reflecting off Nelson Island's Sunray Cabin Feb. 16. (Brian Lee photo)

ADVERTISING

Please reserve by the 15th of the month prior to publication. Advertisers make publication of the *Harbour Spiel* possible — please say thank you, and support our community, by supporting them.

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April issue mails April 1

(Advertising bookings before March 15)

editorial

Take your boat somewhere else to die



Brian Lee

“The thing with boats is,” said the man in his old Pender Harbour drawl, “They’re always tryin’ to sink on ya.”

If that sounds like the start to a tragic story, it is.

Pender Harbour is full of boats, at times 500 or more, so it’s expected we get our share of sinkings.

Boat disasters like that in Garden Bay last month (see p. 5) will always occur with predictable infrequency.

But in the past few years, we seem to be getting more than we should expect.

Or accept.

No one even blinks when they hear about a boat going down in Pender Harbour anymore — because it’s a monthly occurrence.

Sometimes their owners are unlucky victims of the boat lottery.

Other times, it’s neglect.

A tour around the Harbour reveals a lot of junk — boats that look like they’ve had enough of floating and just want to be put out of their misery.

Too many are granted their wish.

If your boat is at anchor during the battering southeast winds that roll through Pender Harbour all winter, realistically, how often is someone stepping aboard to check on it?

If the deck is coated in green slime under a couple truckloads of garbage, how is the bilge pump?

And, if a boat’s appearance isn’t a reliable indicator of seaworthiness,

why do the ugly ones keep sinking?

After each one, a half dozen others sit permanently anchored in Pender Harbour waiting for their turn to join their friends on the bottom.

A 47-foot wooden boat built in 1928 sank in Garden Bay recently.

Facebook defenders claimed snow and ice and blah-blah prevented its owner from checking on it for an extended period.

It doesn’t matter now — the Harbour’s wildlife absorbed the consequences of their neglect.

Like many old wood boats, it likely needed more work than its new owner appreciated or could afford.

As property prices and rents rise, a pattern has appeared — inexperienced boaters who have stumbled on a cheap and unregulated life hack:

Buy an old boat, toss out the anchor and poop in the water as Poseidon intended.

But, like a kid, maybe not everyone should have one.

If you’re the romantic type that thinks boat life is a low-cost alternative to a tiny home, chances are you haven’t been around boats much, and have never seen one quit floating.

Take it as a sign if you can’t afford, or find, moorage.

The universe is telling you not to come here.

And, if you’re stuck with an old boat you don’t know what to with, please, take it somewhere else.

Or even scuttle it in open water — but Pender Harbour can’t afford to absorb your garbage.



IF YOU ARE EXPERIENCING POSSIBLE COVID-19 SYMPTOMS

The Sunshine Coast COVID physician task force and Vancouver Coastal Health operate a “respiratory assessment” clinic with appointments available Monday to Friday, 8:30 a.m. to 3:10 p.m.

The RAC operates on an appointment basis only and will not see walk-in patients. This clinic is only for people living on the Sunshine Coast. Call or text (604) 740-1252 or email coastrespclinic@gmail.com. Due to the volume of calls and messages, please be patient if you do not receive an immediate response.

TESTING CRITERIA HAS CHANGED

This facility does not provide travel testing, return to work testing or asymptomatic testing. Tests for those circumstances are available at the Sechelt Pharmacy, (604) 740-8111.

If you are preparing for an operation, please have the full name of your surgeon and hospital ready when booking a test. Testing is recommended for people who have symptoms associated with COVID-19 and meet the following criteria:

- People 18 years of age or older who are partially vaccinated or unvaccinated;
- People who are moderately to severely immunocompromised, and
- Individuals who live or work in high risk settings such as health care workers, first responders, staff and residents in congregate settings or work camps.

Please use the BC Self Assessment Tool <https://bc.thrive.health/covid19> or call 8-1-1 and speak to a registered nurse to determine if you qualify for a COVID-19 test.

The RAC does not have rapid antigen tests available at this time. If you have tested positive on a rapid antigen test, you are considered positive and will not be retested.

All messages are returned in order of receipt so please be patient and leave only one voicemail, email or text message. If you have completed the self assessment tool or spoken to 8-1-1 and meet the criteria for testing, please call, text or email us and indicate “CONFIRMED” at the beginning of your message.

IF YOU REQUIRE HOSPITALIZATION

If you find it hard to breathe, have chest pain, can’t drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

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Three boats destroyed in Pender Harbour Resort blaze

A fire that broke out on a boat moored in Duncan Cove destroyed two other power boats and damaged a sailboat before it was brought under control Dec. 10.

The fire broke out shortly after 9 p.m. and quickly spread to neighbouring boats on the outside finger at Pender Harbour Resort.

No injuries were reported.

Exploding propane tanks could be heard throughout Pender Harbour as bystanders moved boats away from the blaze.

“When we got there, there were three boats fully involved at the far end of the dock,” said Don Murray, chief of the Pender Harbour Volunteer Fire Department.

“So, we just basically set up and it knocked down fairly good, surprisingly.

“We usually have a tough time with boats but we got it knocked down good and we put foam on it but the boats were totally gone by the time we got there.”

Murray told the *Harbour Spiel* that his crews were aided by the “best hydrant in the water service” with excellent water pressure.

After the fire was brought under control, the PHVFD, Garden Bay Marine and the Harbour Authority of Pender Harbour contributed containment booms that were set up to reduce the spread of pollutants.

According to Robin Millar, Harbour Authority of Pender Harbour manager, the Canadian Coast Guard maintains a cache of environmental response equipment at the Madeira Park wharf including oil booms that extend 12 inches into the water.

Millar said he, Andy Cardiff and crews from Garden Bay Marine collected the booms and spent the rest



Robin Millar

Fire destroyed three boats moored at P. H. Resort on Feb. 10. Floating in the water are spill rags and fire suppressing foam. See p. 18 for photos of the fire's aftermath.

of the night installing them to collect contaminants.

The next day an oil sheen could be seen escaping Duncan Cove but the booms appeared to be containing most of the diesel and gasoline.

Chief Murray said he left at 1:30

a.m. but that many of his members and other responders remained onsite until 4:30 a.m. monitoring and containing pollutants.

“It seems kind of weird to have to worry about rekindling when the

(continued next page)

Pender Harbour Resort boat fire (cont.)

(continued from p. 5)

thing's on the water but they really want to burn and they keep going," said Murray.

Murray said some of the vessels were moved out of the way by the time the PHVFD arrived but efforts were hampered by at least one vessel that was chained to the dock.

By the next morning, one boat lay on the bottom, another was submerged under the dock and a third — a five-year-old Nordic Tug — sat tied to the dock still afloat but burned to the water line.

A fourth vessel, a Beneteau sailboat, received exterior damage to the side of its cabin and hull before it could be moved to safety.

"The firemen did a very good job," said Murray.

"That was a tough go because we had to drag the main attack lines all the way down the dock and that's a long way.

"But we had a good turnout and lots of people and it turned out as good as you can do under these circumstances."

In an email to the *Harbour Spiel*, a spokesperson for the Canadian Coast Guard said they "worked with the vessel owners and the marina to come up with a plan to manage the response actions."

According to the CCG, a contractor was hired and was on-site early on Feb. 11 to initiate recovery of the sunken vessels and begin cleanup, under direction from the owner of the marina.

"By the afternoon of Feb. 11, one

of the sunken vessels had been re-floated and towed to the boat launch, for removal to the marina's parking lot," said the spokesperson.

"In the afternoon of Feb. 12, the second sunken vessel was refloated and removed from the water to the parking lot."

By the morning of Feb. 13, the third vessel was removed from the water and also moved to the parking lot.

The CCG said that a "separate contractor has been hired to assist with pollution mitigation (some hydrocarbons were released while the vessels were being refloated) and to clean-up the debris and any remaining hydrocarbons on site."

That work was completed by the end of the day on Feb. 13.

OFFERING ENVIRONMENTAL SERVICES:

PENDER HARBOUR DOCK MANAGEMENT PLAN (PHDMP)



As part of the Pender Harbour Dock Management Plan (PHDMP), surveys are recommended for new and existing docks in Pender Harbour. Seaveyours Environmental & Marine Services Ltd. has the equipment, the experience and the qualified professionals to help you be PHDMP compliant.

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Applications open for SCRD electoral areas' grant-in-aid

On Feb. 15, the Sunshine Coast Regional District announced they are now accepting applications for grant funding for the electoral areas' grant-in-aid program.

According to a release, "any non-profit society and/or organization operating in the lower Sunshine Coast that provide a community or regional benefit are eligible for a grant."

Requirements for a successful grant application are available at www.scrd.ca/Grants-in-Aid.

Unregistered societies or organizations can apply for up to \$500.

To be eligible for up to \$5,000 a society or organization must provide a registration number.

Applicants should detail how a

grant would benefit any or all of the follow areas: Egmont/Pender Harbour (Area A), Halfmoon Bay (Area B), Roberts Creek (Area D), Elphinstone (Area E) or West Howe Sound and Islands (Area F).

Applicants whose work provides benefit to communities outside of the electoral areas outlined above (Town of Gibsons, District of Sechelt or Sechelt Indian Government District), should apply to the appropriate municipal grants-of-assistance programs.

In the past, grants have been provided to organizations that operate in areas such as arts, culture, sport, social, environmental and recreation.

Applications must be mailed to the SCRD by March 31.

Application forms and further details can be found at www.scrd.ca/grants-in-aid.

A full list of last year's grant recipients can be found on p. 35 in the SCRD's 2021 annual report.

Recipients specific to Area A:

- P. H. Music Society (\$1,500);
- P. H. and Area Residents Association (\$2,500);
- P. H. Community School (\$8,000);
- Ruby Lake Lagoon Nature Reserve Society (\$2,000);
- Serendipity Child Development Society (\$5,000), and
- P. H. and District Chamber of Commerce including visitor information booth and washrooms (\$18,650).

rcmp news

THEFT OF MAIL

Overnight on Jan. 18, a thief gained entry to Canada Post mailboxes located on Leaning Tree Road at Belair Road, Halfmoon Bay, and stole an unknown number of parcels.

IMPAIRED DRIVING

On Jan. 20, a witness reported a possible impaired driver on Sunshine Coast Highway near Bel-Air Road, Halfmoon Bay, driving at erratic speeds and veering into the on-coming lane.

Police located the suspect driver and initiated a traffic stop.

The driver, who was exhibiting signs of possible intoxication from alcohol, said they'd consumed alcohol earlier in the day.

The driver was given a roadside alcohol screening test and based on the results, the driver was issued a 24-hour driving prohibition and vehicle impoundment.

The matter was referred to Road-SafetyBC.

THEFT OF LUMBER

On Jan. 23, police came upon a suspicious vehicle full of freshly cut logs on the Trout Lake Forest Service Road in Halfmoon Bay.

Police located two males actively removing more fresh cut wood from the side of the road, without the proper permits.

The males were instructed to unload all of the illegally cut firewood, and one male was issued a ticket for illegally removing Crown timber.

The other male was given a verbal warning.

FRAUD

On Jan. 24, a Coast resident reported a fraud after he went onto a popular chat and messaging app to ask about accessing his crypto-currency wallets.

He was inundated with responses and received a phone call from someone who sent a link that would supposedly help him with this problem.

When the link was opened, the resident unknowingly gave the suspect access to his security questions and answers, which led to his crypto-wallet being emptied of a large sum of crypto-currencies.



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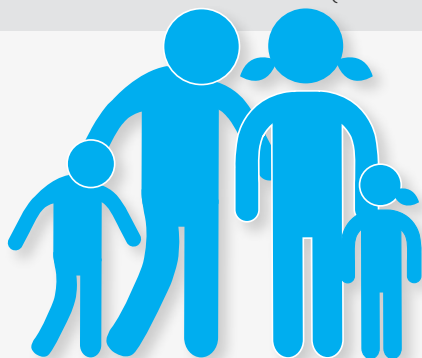
SUNSHINE COAST LIVING WAGE

The living wage for the Sunshine Coast is \$19.79 in 2021.

It is the hourly pay that two parents must each earn to provide for the basic expenses for a family of four. (Living Wage Canada, 2013) This is a conservative estimate that includes the cost of housing, food, transportation, childcare, health care, and other budget categories. The living wage is not the same as the minimum wage, which is the legal minimum all employers must pay their workers. Nor is the living wage a magic number; rather, it is the beginning of a conversation about supporting low wage workers in our community. Population figures are taken from the 2016 census (2021 census figures are forthcoming).

2021 Living wage for the Sunshine Coast

\$19.79



29,970

Population of the Sunshine Coast according to the 2016 census. (Now 32,170 in the recent 2021 census.)

4,850

The number of children and youth (ages 0-19 years) on the Coast, making 16% of the total population.

7,885

The number of families on the Sunshine Coast. Of those, 2,520, or 32%, are families with children.

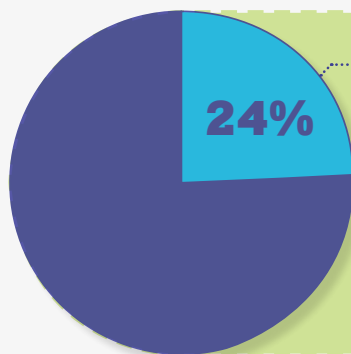
15%

Of the 7,885 families on the Sunshine Coast, 1,205, or 15%, are led by single parents.



The most recent child poverty reports from 2020 demonstrate that 27% of children on the Sunshine Coast live in poverty. That figure rises to 59% of children in poverty in single parent households.

A couple in which both partners earn minimum wage could not afford a monthly rent greater than \$1,501.50 before becoming housing insecure.



Of the 10 employment sectors listed in the census, sales and service is the most prevalent sector on the Sunshine Coast, with 24% of employed adults working in this industry. Sales and service jobs are some of the most common low-wage jobs. (Statistics Canada, 2016)



Plans are in the works for 77th annual May Day

Organizers say it may look a little different from past years, but plans to host the 77th annual Pender Harbour May Day are well underway.

Katie Struthers told the *Harbour Spiel* that she and “a few other local moms” have formed a May Day committee with the Pender Harbour Community Club and are moving ahead with plans to host a “normal” May Day.

What that means is that as long as long public health orders allow, May Day will run on May 21 and will include a fun run at 8 a.m. followed by the traditional parade rolling through Madeira Park at 11 a.m.

May Day fans will find a familiar schedule of other events and entertainment throughout the day.

“We had originally planned on

this being quite small but it actually looks like it will be quite big,” said Struthers.

Since much of the day’s festivities take place outdoors on the field, Struthers said her group is actively planning a traditional May Day but with contingency plans in place in case public health orders change.

“As the long as the public health orders don’t change, the Legion is going to host an adult dance in the evening,” said Struthers.

“The kids’ dance is still up in the air as to where it’s going to be, based on the health orders.”

In addition to that, they’re currently pulling together vendors, activities and a couple of musical acts — Zonolite will perform at the adult dance and Papa Greg will perform

during the day on the field.

Struther said Brickers Cider is onboard to host a beer garden but some licensing and insurance issues still need to be worked out.

“We at least want the activities and the parade to go,” she said.

This year’s parade theme is “rainbows.”

May Day vendors and parade entrants should check the P. H. Community Club’s website for updated information at www.penderharbour-community.club.

Struthers urges sponsors to email their mail address to strutherskatherine@gmail.com to receive an official sponsorship form.

To stay updated on May Day plans, follow the Pender Harbour Community Club on Facebook.



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Canada releases first round of 2021 census results

According to recently released 2021 census figures, the population of the Sunshine Coast grew by 7.3 per cent in the last five years.

The first of seven 'themed' data releases from Statistics Canada was delivered Feb. 9, focusing on population and dwelling counts.

The Sunshine Coast Regional District's population grew by 2,200 people to sit at 32,170 (it was 29,970 in 2016).

CANADA

Canada's population grew by 5.2 per cent since 2016 to 36,991,981.

That upped our population density to 4.2 people per square kilometre.

Not surprisingly, most of those people live in large urban centres — 73.7 per cent of us.

British Columbia's population landed at 5,000,879, up 7.6 per cent since 2016.

Over 87 per cent of British Columbians live in an urban population centre.

At 18,837 inhabitants per square kilometre, Vancouver has the most densely populated downtown in all of Canada but others are growing faster.

The downtown of Halifax grew at the fastest pace (26.1 per cent) from 2016 to 2021.

In several of Canada's largest urban centres, the downtowns also showed very robust population growth, namely in Montréal (24.2 per cent), Calgary (21.0 per cent) and Toronto (16.1 per cent).

The COVID-19 pandemic ended the rapid population growth that occurred in Canada's downtowns from 2016 to 2019.

There were fewer people living in the downtowns of Montreal (-3.1%) and Vancouver (-2.9%) on July 1,

2021, compared with the same day a year earlier.

AREA A

Pender Harbour and Egmont grew by 16 per cent to 3,039 people.

The 2016 census counted 2,619 residents.

Well below the Canadian average of 4.2, Area A boasts only 1.6 people per square kilometre.

At least 179 more homes were created here in the last five years totaling 2,508 "private dwellings."

Statistics Canada defines a private dwelling as "a separate set of living quarters with a private entrance either from outside the building or from a common hall, lobby, vestibule or stairway inside the building."

Of those, 1,562, or 62 per cent, were occupied by "usual" or full-time residents.

In 2016, Area A notched 2,329 homes of which 59 per cent, or 1,381, were occupied by full-time residents.

A private dwelling occupied by usual residents refers to a private dwelling in which a person or a group of persons is permanently residing.

Also included are private dwellings whose usual residents are temporarily absent on May 11, 2021.

Six more future data release dates are planned for 2022 (see schedule in sidebar).

2021 Census of Population Release schedule by theme

February 9, 2022

Canada's growing population
and where they are living

April 27, 2022

Canada's shifting demographic profile

July 13, 2022

Portrait of Canada's families and households
Canadian military experience
Income profile of Canadians

August 17, 2022

Linguistic diversity and use of English
and French in Canada

September 21, 2022

First Nations people, Métis
and Inuit in Canada
Canada's housing portrait

October 26, 2022

Portrait of citizenship and
immigration in Canada
Ethnocultural and religious
composition of the population
Mobility and migration

November 30, 2022

Education in Canada
The changing dynamics of the Canadian
labour force and how people get to work
Instruction in the official minority language

Statistics Canada

Statistics Canada's schedule of
upcoming census releases for 2022.



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Our garbage, our problem



*Leonard Lee
Area A director, SCRD*

Waste reduction is critical with our increasing population, landfill approaching capacity, growing greenhouse gas emissions from waste disposal, and pollution of potable water, coastlines, and oceans from discarded plastics.

Our landfill is intended to contain only materials left over from our gift-ing, selling, reusing, recycling, controlled waste diversion, and disposal efforts.

Our leftovers end up in the Sechelt Landfill and, by 2025, we must build a new one or else export them off-Coast at great expense, regardless

of the option.

FOOD-WASTE BAN AT LANDFILL

Diverting organics from our landfill would reduce residential garbage buried by an expected 44 per cent, so on July 1, the SCRD will aim for that target with these measures:

- Ban food waste, food-soiled paper, and paper at the landfill;
- Establish a 5 per cent volume-based threshold;
- Require separation of recyclable and controlled materials;

All SCRD areas but Pender/Egmont have been using curbside pick-up and drop-off at Salish Soils for years with impressive results.

Salish Soils mixes these organics with other green waste to produce compost.

Home composting requires little

space or effort and, if done properly, has no odour, does not attract pests, produces a rich soil amendment for your garden or indoor plants, and saves money.

A TRANSPARENT FUTURE

The SCRD will likely soon require clear or semi-transparent bags for all garbage destined for our transfer station.

Opaque bags will be charged at a higher fee or refused.

Included in the staff report:

- Landfills are expensive to build, operate, and decommission.

Keeping recycling out of landfills means we can extend the life of the landfill, thus reducing costs;

- Excessive recycling ends up in the landfill, clear bags ensure it goes



Pender Harbour Transfer Station

Winter Operating Hours

October 1 to April 30:

Monday 9:00 a.m. to 5:00 p.m.

Tuesday CLOSED

Wednesday to Saturday

9:00 a.m. to 5:00 p.m.

Sunday CLOSED

Loads not accepted after 4:50 p.m.

www.scrd.ca/transfer-station

Area A Director:

Leonard Lee

leonard.lee@scrd.ca

604-212-0406



UPCOMING MEETINGS

Infrastructure Services Committee

March 10 at 9:30 a.m.

Regular Board

March 11 at 2:00 p.m.

Planning and Development Committee

March 17 at 9:30 a.m.

Community Services Committee

March 17 at 2:00 p.m.

Corporate and Administrative Services Committee

March 24 at 9:30 a.m.

Regular Board

March 24 at 2:00 p.m.

Limited in-person attendance at Regular Board meetings is available by registration and subject to requirements set out by Provincial Health Orders. Please register to reserve a seat for in-person attendance by contacting Legislative Services at 604-885-6813.

You can also attend the meetings electronically. Please visit www.scrd.ca/agendas for further details on meeting attendance.



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Pender Harbour Satellite Office
12828 Lagoon Road, Madeira Park
604-885-6877 infrastructure@scrd.ca

where it's supposed to;

- Regulation enforcement is inadequate with opaque bags and insufficient staff to screen loads;
- The use of clear bags resulted in a 25- to 28-per cent reduction in residential garbage in other areas.
- Clear-bag programs are a cost-effective tool to increase diversion without incurring new costs;
- Clear bags facilitate proper disposal of hazardous materials, e.g., paints, fuel, oils, batteries;
- Clear bags keep employees and contractors safe from unexpected sharps and heavy items, and
- No BC local governments mandate the use of clear bags for garbage, although it's common in several other provinces.

THE COST OF WASTE

The 2022 budget for our solid waste dept. translates to a 2.54-per cent property tax increase for that service:

- Revenues of about \$6.85 million (\$3.45 million from property taxes, \$2.79 million from user fees and service charges, \$200,000 from other sources, \$410,000 from reserves);
- Expenses of about \$6.85 million (\$3.62 million for operating costs, \$1.33 million for wages and benefits, \$100,000 for capital expenditures, \$620,000 for administration, \$230,000 for debt repayment, \$900,000 for transfer from unfunded liability, and \$50,000 for 2021 deficit);
- Expenses of about \$4.92 million for 24 projects to be completed this year (\$4.1 million for projects underway from previous years, including a generator and traffic control lights at the transfer station — \$15,000, for waste composition study — \$100,000, and projects on future waste disposal

and a solid waste management plan update — \$384,000);

- At Sechelt Landfill, a new Hydro connection, generator, forklift, sinkhole/landfill remediation, and biocover study — \$1.1 million, and partial closure and monitoring wells — \$2.57 million);
- Expenses totalling about \$820,000 is for new projects (seven funded by \$290,000 in taxation and five by reserves, user fees and operating reserves of \$530,000;
- Pender Landfill improvements and an organics drop-off area (\$96,000 in eco fee reserves and \$27,000 in user fees).
- Addition of Hardy Island to the Island cleanup program (\$5,000 taxation);
- Regional project management, gypsum testing and abatement, snow/ice removal, waste reduction program, WildSafeBC co-ordinator, Islands Clean-up, and home composter rebates (\$97,571 taxation and \$362,500 in user fees), and
- Sechelt Landfill trucking, reporting, and post-closure reserve contribution (\$189,165 in taxation and \$40,000 in user fees).

DIVERT, RECYCLE AND COMPOST

Solid waste should follow the correct stream from its introduction into our homes and businesses and on

to pick-up/delivery, transfer station, and landfill.

SCRD incentives to encourage us to do our best include:

- Free drop-off at GRIPS for recyclable plastics, glass, cardboard, paper, etc.;
- Convenient drop-off at the transfer station for controlled materials (gypsum, roofing, green waste, wood, metal, tires, mattresses, fridges, freezers, etc.), and
- Increased tipping fees for exceeding 5 per cent per load of recyclable and controlled materials.

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Pender Harbour Seniors Housing Society Outreach Healthy Meal Program



**Many thanks to all those who
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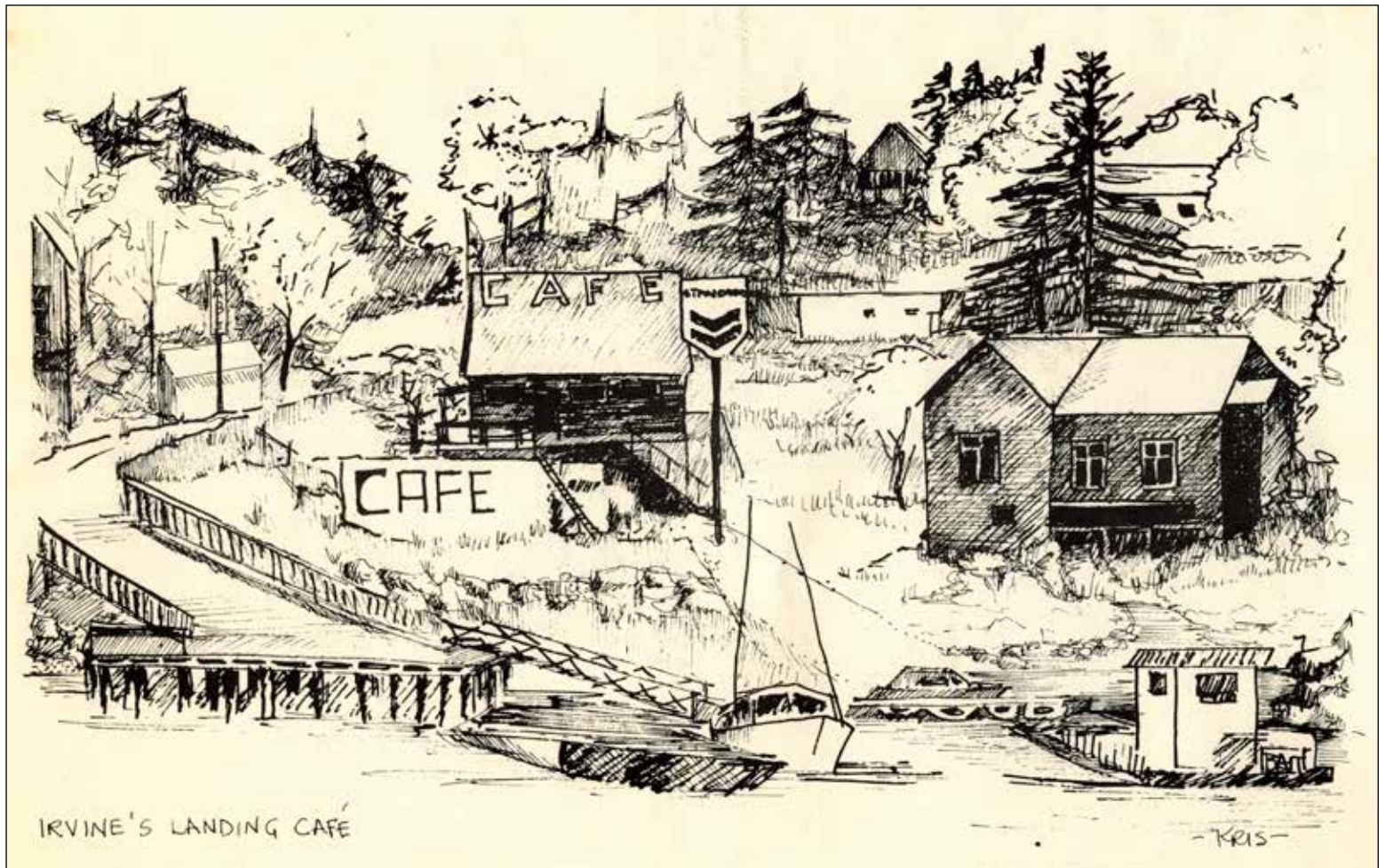
The Pender Harbour and Egmont Visitor Guide is now online:

Pender Harbour & Egmont

including Secret Cove



www.visitpenderharbouregmont.com
The 2022 edition is out April 5!



1970s hippie chick named Kris

This sketch of the Irvines Landing Cafe and gas dock was made by a 'hippie chick in Garden Bay in the 1970s.' This is according to the late Dave Howell via a note Myrtle Winchester (the former editor of *Harbour Spiel*) scribbled on the outside of an envelope that was delivered with the *Harbour Spiel* to its current editor in 2006. The envelope contained five other similar sketches and under each one is scribbled 'Kris.'

taxes

Do you need help with income tax preparation?

submitted

Starting March 1, volunteers will complete tax returns, free of charge, for low-income clients.

The Community Volunteer Income Tax program helps low income individuals, families and seniors complete their tax returns.

It's a free service for eligible clients with three options available.

WALK-IN

Until April 30, Harry Drost will

be holding walk-in tax clinics at the P. H. Community School on Thursdays from 9:30 a.m. to 1 p.m. and at the P. H. Health Centre on Wednesdays from 9 a.m. to noon.

Anyone attending must wash their hands and wear a mask.

DROP OFF

Folks can also drop off their tax information at the P. H. Community School (pick up from box outside and drop off in the mail slot in door) or the P. H. Health Centre during regu-

lar business hours Monday to Friday.

BY APPOINTMENT

To set up an appointment, contact Harry Drost directly at (604) 741-5132.

The Community Volunteer Income Tax Program is sponsored by the Canada Revenue Agency and by Vancouver Coastal Health Authority.

There are income limits and the program does not serve clients with employment expenses, self-employment income or rental property.



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business directory

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- Sunshine Villa B&B.....(604) 883-2992

ACCOUNTING & BOOKKEEPING

- Crowe MacKay LLP.....(604) 697-9271
- Ocean Breeze Accounting.....(604) 885-0366

AUTO REPAIRS & SERVICE

- Pender Harbour Automotive and Tire.....(604) 883-3646
- Pender Harbour Diesel.....(604) 883-2616

B.....

BACKHOE

- Glenn's Backhoe Services.....(604) 883-2840

BUILDING SUPPLIES

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- Coast Builders RONA Sechelt.....(604) 885-5818
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- Swanson's Ready-Mix Ltd.....(604) 885-9666

D.....

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- Triple B's Burger Stand.....(604) 883-9655

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- Garden Bay Marine Services.....(604) 883-2722

E.....

ELECTRICIANS

- L.A. Electric.....(604) 883-9188
- Reid Electric.....(604) 883-9309

F.....

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G.....

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- Harbour Disposal.....(604) 883-9183

G.....

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- John Elliott, Elliott Built(250) 863-9020

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- Bathgate General Store, Resort & Marina.....(604) 883-2222
- Oak Tree Market.....(604) 883-2411

H.....

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- SunCoast Waterworks.....(604) 885-6127

I.....

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GARDEN BAY BOAT FIRE, FEB. 10, 2022

(BRIAN LEE PHOTOS)





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- Glenbrook Homes.....(604) 883-0234

MOBILE MECHANIC

- Mobile Mechanic Auto and Marine (Dave).....(604) 741-2286

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P.....

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- Superior Propane.....(877) 873-7467
- Tyee Pacific Marine Operations.....(604) 399-8688

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- Coastal BC Property Maintenance.....(604) 399-8928

R.....

REAL ESTATE

- Alan Stewart, Sotheby's Realty.....(604) 740-2353
- Brynelsen O'Reilly, Royal LePage Sussex.....(604) 741-1837

R.....

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- Green Recycling in Pender Society.....(604) 883-1165
- www.penderrecycling.ca

S.....

SEPTIC SERVICES

- AAA Peninsula Septic Tank Pumping Service... (604) 885-7710
- SunCoast Waterworks.....(604) 885-6127

STORAGE

- Squirrel Storage.....(604) 741-7665

T.....

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V.....

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W.....

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pender harbour tides ~ march 2022

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

Canoe Pass:



March	1AM	2AM	3AM	4AM	5AM	6AM	7AM	8AM	9AM	10AM	11AM	Noon	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Tue 01	6.8	9.5	12.1	14.3	15.5	15.6	14.9	13.6	12.1	10.9	10.4	10.7	11.5	12.6	13.5	13.8	13.1	11.5	9.2	6.8	4.7	3.2	2.8	3.6
Wed 02	5.4	7.9	10.7	13.3	15.1	15.8	15.4	14.2	12.6	10.9	9.7	9.4	9.9	11.1	12.4	13.4	13.8	13.1	11.5	9.3	6.9	4.9	3.7	3.6
Thu 03	4.6	6.7	9.4	12.1	14.3	15.6	15.7	14.8	13.2	11.3	9.6	8.6	8.5	9.4	10.8	12.3	13.4	13.7	13.1	11.5	9.3	7.1	5.4	4.5
Fri 04	4.8	6.1	8.4	11.0	13.4	15.1	15.7	15.2	13.8	11.9	9.9	8.3	7.6	7.9	9.0	10.6	12.2	13.4	13.6	12.9	11.4	9.4	7.5	6.2
Sat 05	5.7	6.3	7.9	10.1	12.4	14.3	15.3	15.3	14.3	12.5	10.4	8.5	7.2	6.8	7.4	8.8	10.5	12.2	13.3	13.5	12.8	11.5	9.8	8.2
Sun 06	7.3	7.2	8.0	9.6	11.5	13.4	14.7	15.1	14.6	13.1	11.2	9.1	7.3	6.4	6.3	7.2	8.7	10.5	12.1	13.2	13.4	12.8	11.7	10.3
Mon 07	9.2	8.6	8.7	9.6	11.0	12.6	13.9	14.6	14.5	13.5	11.8	9.8	7.9	6.5	5.8	6.1	7.1	8.7	10.5	12.0	13.0	13.3	12.9	12.0
Tue 08	11.0	10.2	9.9	10.2	11.0	12.1	13.2	13.9	14.1	13.5	12.3	10.5	8.7	7.0	6.0	5.6	6.0	7.1	8.6	10.3	11.8	12.8	13.2	13.0
Wed 09	12.5	11.8	11.3	11.1	11.3	11.9	12.6	13.2	13.5	13.3	12.5	11.1	9.5	7.9	6.5	5.7	5.5	6.0	7.0	8.5	10.0	11.5	12.6	13.3
Thu 10	13.3	13.0	12.5	12.1	11.9	12.0	12.3	12.7	12.9	13.0	12.5	11.6	10.2	8.8	7.4	6.3	5.6	5.5	5.9	6.9	8.2	9.7	11.2	12.5
Fri 11	13.3	13.6	13.5	13.1	12.7	12.3	12.2	12.3	12.4	12.5	12.5	11.9	11.0	9.7	8.4	7.1	6.1	5.5	5.4	5.8	6.8	8.2	9.7	11.3
Sat 12	12.6	13.5	13.9	13.8	13.4	12.9	12.4	12.0	11.9	12.0	12.2	12.2	11.8	10.9	9.7	8.3	7.0	5.9	5.2	5.1	5.5	6.4	7.6	9.1
Sun 13	10.6	12.1	13.2	13.9	14.1	13.9	13.3	12.6	11.9	11.5	11.5	11.7	12.0	12.2	11.9	11.1	9.8	8.3	6.8	5.6	4.9	4.8	5.4	6.7
Mon 14	8.5	10.4	12.2	13.5	14.2	14.2	13.7	12.8	11.8	11.1	10.8	11.0	11.5	12.0	12.3	12.2	11.3	9.9	8.2	6.6	5.3	4.6	4.6	5.5
Tue 15	7.1	9.1	11.2	13.0	14.1	14.4	14.0	13.1	11.9	10.8	10.2	10.2	10.7	11.5	12.3	12.7	12.5	11.5	9.9	8.0	6.2	4.9	4.3	4.7
Wed 16	6.0	7.9	10.1	12.2	13.8	14.5	14.3	13.4	12.1	10.7	9.7	9.3	9.6	10.5	11.7	12.6	13.1	12.7	11.5	9.7	7.6	5.9	4.7	4.5
Thu 17	5.2	6.9	9.1	11.4	13.4	14.5	14.6	13.9	12.5	10.8	9.3	8.4	8.4	9.2	10.5	12.0	13.1	13.4	12.9	11.5	9.5	7.5	5.8	4.9
Fri 18	5.0	6.2	8.2	10.5	12.7	14.3	14.8	14.3	13.0	11.1	9.2	7.8	7.3	7.7	8.9	10.6	12.3	13.4	13.7	13.0	11.5	9.5	7.5	6.1
Sat 19	5.5	6.1	7.6	9.7	12.0	13.9	14.8	14.7	13.6	11.7	9.5	7.6	6.4	6.3	7.1	8.8	10.8	12.6	13.8	14.0	13.2	11.6	9.7	7.9
Sun 20	6.8	6.6	7.5	9.2	11.3	13.3	14.6	14.9	14.1	12.4	10.1	7.8	6.1	5.2	5.5	6.7	8.7	10.9	12.8	14.0	14.1	13.3	11.8	10.1
Mon 21	8.6	7.9	8.0	9.1	10.8	12.7	14.1	14.9	14.6	13.2	11.0	8.6	6.3	4.8	4.3	4.9	6.4	8.6	10.9	12.9	14.1	14.2	13.5	12.2
Tue 22	10.8	9.6	9.2	9.5	10.6	12.1	13.6	14.6	14.7	13.8	12.0	9.7	7.2	5.2	3.9	3.7	4.6	6.2	8.5	10.8	12.7	13.9	14.2	13.7
Wed 23	12.7	11.6	10.7	10.5	10.9	11.8	13.0	14.0	14.5	14.2	12.9	10.9	8.6	6.4	4.6	3.5	3.5	4.4	6.0	8.2	10.4	12.4	13.7	14.1
Thu 24	13.9	13.2	12.4	11.8	11.6	11.9	12.6	13.4	14.0	14.1	13.5	12.1	10.1	8.0	5.9	4.4	3.5	3.5	4.3	5.8	7.8	9.9	11.9	13.4
Fri 25	14.1	14.1	13.7	13.1	12.6	12.3	12.3	12.7	13.2	13.6	13.5	12.8	11.4	9.7	7.7	5.9	4.5	3.7	3.6	4.3	5.7	7.5	9.6	11.5
Sat 26	13.2	14.2	14.5	14.2	13.7	13.0	12.5	12.3	12.4	12.7	13.0	13.0	12.5	11.3	9.8	8.0	6.2	4.8	4.0	3.8	4.3	5.7	7.5	9.6
Sun 27	11.7	13.4	14.5	14.8	14.5	13.8	12.9	12.1	11.7	11.6	11.9	12.4	12.6	12.5	11.7	10.3	8.5	6.7	5.2	4.2	3.9	4.5	5.8	7.8
Mon 28	10.0	12.1	13.8	14.9	15.0	14.5	13.5	12.3	11.3	10.7	10.7	11.1	11.8	12.4	12.6	12.1	10.9	9.1	7.3	5.6	4.5	4.2	4.8	6.3
Tue 29	8.3	10.7	12.9	14.5	15.2	15.0	14.1	12.7	11.2	10.0	9.4	9.6	10.4	11.5	12.4	12.9	12.5	11.4	9.6	7.7	6.0	4.9	4.6	5.4
Wed 30	7.1	9.3	11.7	13.7	15.0	15.3	14.6	13.2	11.5	9.8	8.6	8.3	8.8	9.9	11.4	12.6	13.2	12.9	11.8	10.0	8.0	6.4	5.4	5.4
Thu 31	6.4	8.2	10.5	12.8	14.5	15.3	15.0	13.8	11.9	9.9	8.2	7.3	7.3	8.2	9.8	11.5	12.9	13.5	13.2	12.0	10.2	8.4	6.9	6.1

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



Brian Lee

According to Lester Peterson, the author of *The Story of the Sechelt Nation*, it was at this spot where the young men of kalpalin proved they were ready for manhood:

'A few hundred yards above the lower end of Sugh'-Ah-Naw, now called Sakinaw, the only vertical cliff of the lakeshore rises sheer from its waters. As story has it, a traditional trial of bravery required that a candidate for manhood swim underwater to this cliff from the shore opposite, a distance of about 200 yards. (The actual distance is approximately 250 metres ~ ed.)

'The task involved a test of courage as well as endurance. The test of bravery arose from a legend, according to which the lake was frequented by Tsain-Ko, the serpent. The terrors that immersion in water inhabited by the serpent must have presented to the shishalh are almost incomprehensible today. Strangely enough, more than one European settler has reported the sighting of a monster near this very spot.'

From *tsain-ko.com* (website for the shishalh First Nation-owned Tsain-Ko Group of Companies):

Tsain-Ko is 'the double-headed sea serpent, after which the development corporation and the shopping centre are named. Properly spelled ch'inkw'u, and pronounced like 'chain kwo,' the double-headed sea serpent represents a duality of being, both good and evil. It is a symbol of strength, power, and invulnerability; the king of the sea that brings protection but should also be feared.'

Alas, legends are often just that. Besides the lack of recent sightings of Tsain-ko, it is incredibly unlikely anyone has ever swum underwater across Sakinaw Lake. At this spot, it would be the equivalent of swimming underwater for 10 lengths of a 25-metre swimming pool (or 12.5 lengths of the Pender Harbour Aquatic Centre). Late last year, Danish freediver Stig Severinsen broke the world distance record for swimming underwater (with fins) on just one breath — making it 202 metres. Of course, Severinsen wasn't aided by the presence of a double-headed sea serpent lurking below.

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.)

An extremely grateful Harbour Seal of Approval to the **Pender Harbour Volunteer Fire Department** for their courage and risk in putting out the house fire at our neighbour's house on Johnstone Road the evening of Jan. 19. Forever grateful.

Gail Tite
(Tite and Brown families)

A hot lunch full of Harbour Seals of Approval to **all of our sponsors** and the **Oaktree Market** for making the Pender Harbour Secondary School weekly hot lunch program possible.

Without your support we could not run this program.

Anne Pino
P. H. Secondary PAC



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MARCH BIRTHDAYS

- March 1 ~ **John Ellis** and **Linda Dunaway**.
 March 2 ~ **Sandra Bosch** and **Marcus Delaney**.
 March 3 ~ **Ernie Carswell**, **Lana Ross**, **Terry Bosner** and **Jim Reid**.
 March 4 ~ **Glen Brydon** and **Brian Lee**.
 March 5 ~ **Mackenzie Stewart**, **Brigit Garrett**, **Sylvia Heiliger**, **Alicia McDonald** and **Valerie Reid**.
 March 6 ~ **Eden Logtenberg**, **Freda McDermott** and **Ron Minch**.
 March 7 ~ **Mitch Higgins**, **Cassidy Craig-Watters** and **Bob McDonald**.
 March 8 ~ **Jeremy Morin**.
 March 9 ~ **Bobbie Wendland**, **Eldor Dougan** and **Denise Cymbalist**.
 March 10 ~ **Stuart McLean**.
 March 11 ~ **Gayle Adams**, **Tannis Campbell** and **Larry Mack**.
 March 12 ~ **Alicia Whittaker**, **Sunny Charboneau** and **Gord Wenman**.
 March 13 ~ **Ian McDonald** and **Paul McDonald**.
 March 14 ~ **Heather Smith**.
 March 15 ~ **Bev Higgins**, **Arlen Howitt**, **Carissa Gilkes** and **Justin McKimm**.
 March 16 ~ **Steve Hanna** and **Brad Zayschley**.
 March 17 ~ **Bill Bradshaw**, **Jim Weir**, **Michelle Cymbalist** and **Chris Cavielier**.
 March 18 ~ **Mike Reid**, **John Struthers**, **Taylor Metcalfe**, **Blair Landry**, **Janie Arduini** and **Michelle Bernier**.
 March 19 ~ **Megan Knock**.
 March 20 ~ **Larry Curtiss**, **Patrick White**, **Kim Smail** and **Tammy Collins**.
 March 21 ~ **Melissah Charboneau** and **David Massullo**.
 March 22 ~ **Jasmine Chandler**, **Dennis Cotter**, **Eric Graham**, **Margaret Hartley**, **Ross Palmer** and **Dan Soper**.
 March 23 ~ **Mary Ann Haase** and **Barb Cowan**.
 March 24 ~ **Jane Reid**, **Heather Fearn**.
 March 25 ~ **Hailley Schroeder**, **Lexine Scoular** and **Shirley Norish**.
 March 26 ~ **Motoko Baum** and **Halle Bosch**.
 March 27 ~ **Maureen Lee**, **Donna Edwardson**, **Cole Edwardson**, **Doris White** and **Rick Wagner Jr.**
 March 28 ~ **Joka Roosen** and **Jill Bennett**.
 March 29 ~ **Melanie LeBlanc**, **Rod Webb** and **Terry Jacks**.
 March 30 ~ **Del Deguire**.

MARCH ASTROLOGY



PISCES: FEB. 19 - MAR. 20

The finest of the signs, Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics.

Piscean life will continue to roll along unaffected by the daily struggles encountered by all other astrological signs. You are blessed. Non-Pisceans prostrate before you in deference to Piscean superiority. Some will question your astrological dominance. The universe will crush them. Gamble heavily until March 14.



ARIES: MARCH 21 - APRIL 19

The sign of the ram gives Arians loyalty, generosity, high energy and courage.

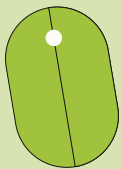
They love adventure and often fiercely defend the underdog. With a new moon happening in your 12th house this month, the spring will bring positivity for you. Jupiter oversees this new lunar cycle and he doesn't take any crap, so you can be confident life's order will be restored. To maximize blessings, every Thursday, offer yellow sandalwood to Lord Vishnu. In general, beware of bacon and certain alloys.

BC BESTSELLERS

For the week ending Feb. 12, 2022

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

- | | |
|---|---|
| 1. Mushrooms of BC by Andy MacKinnon and Kem Luther (Royal BC Museum) | 6. Tales of BC by Daniel Wood (OP Media Group) |
| 2. A Is for Anemone by Robert Budd, illustrated by Roy Henry Vickers (Harbour Publishing) | 7. Vancouver Vice: Crime and Spectacle in the City's West End by Aaron Chapman (Arsenal Pulp Press) |
| 3. Whitewater Cooks Together Again by Shelley Adams (Alicon Holdings) | 8. Standoff: Why Reconciliation Fails Indigenous People and How to Fix It by Bruce McIvor (Nightwood Editions) |
| 4. Always Pack A Candle: A Nurse in the Cariboo-Chilcotin by Marion McKinnon Crook (Heritage House Publishing) | 9. Becoming Vancouver: A History by Daniel Francis (Harbour Publishing) |
| 5. Richard Wagamese Selected: What Comes from Spirit by Richard Wagamese (Douglas & McIntyre) | 10. Destination Hikes: In and Around Southwestern British Columbia by Stephen Hui (Greystone Books) |



INTERNET

5.1+ billion

The number of internet users as of January 2022

3.42 billion

The number of internet users recorded at the end of 2016.

6.72 hours

The amount of time spent online daily by the average internet user.

1.9 billion

The number of websites that existed by Dec. 18, 2021.

65.6%

The global internet penetration rate as of March 31, 2021 (compared to 35% in 2013).

93.9%

North America's internet penetration rate — the highest in the world.

154.6 million

Number of registrations for the .com domain name base (as of March 31, 2021). The .net domain name base totalled 13.4 million registrations.

64.5%

Google Chrome's share of the global web browser market in 2021.

\$5.4 trillion

Projected amount of global retail e-commerce sales in 2022.

989,080,566

The number of active internet users in China, the most of any country.

64%

The percentage of internet traffic that was automated in the first half of 2021. (39% of internet traffic was made up of "bad bots").

~ World Wide Web

MARCH WEATHER

TEMPERATURES, MERRY ISLAND

Our average March daily high is 9.2C, our average daily low 4.3C, giving us a mean daily temperature of 6.7C. The highest March temperature recorded is 15.6C (March 11, 1965); the lowest, -3.3C (March 3, 1976).

PRECIPITATION, MERRY ISLAND

March has an average of 127.7 hours of bright sunshine and 15 days with rainfall. The monthly total rainfall averages 78.6 mm; monthly total snowfall averages 1.5 cm. The highest March daily rainfall recorded is 44.7 mm (March 4, 1968). The highest March daily snowfall recorded is 8.9 cm (March 2, 1962).

SKOOKUMCHUCK VIEWING TIMES

MARCH

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

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

1. 10:24 AM -M, 3:00 PM +L
2. 11:16 AM -L, 4:00 PM +L
3. 11:49 AM -L, 4:54 PM +L
4. 12:27 PM -L
5. 1:02 PM -L
6. 1:39 PM -L
7. 2:07 PM -L
8. 7:11 AM +L, 2:35 PM -L
9. 7:37 AM +M, 3:05 PM -L
10. 8:11 AM +S, 3:42 PM -L
11. 4:42 PM -L
12. 7:12 AM -S
13. 9:09 AM -M, 1:48 PM -S
14. 9:50 AM -M, 2:39 PM +S
15. 10:27 AM -M, 3:24 PM +M
16. 11:03 AM -M, 4:07 PM +L
17. 11:37 AM -L, 4:51 PM +L
18. 12:09 PM -L, 5:47 PM +L
19. 12:39 PM -L, 6:36 PM +L
20. 1:07 PM -XL
21. 1:35 PM -XL
22. 2:07 PM -XL
23. 7:59 AM +L, 2:29 PM -XL
24. 8:51 AM +M, 3:27 PM -XL
25. 9:59 AM +S, 4:41 PM -XL
26. 11:35 AM +S, 5:58 PM -L
27. 8:34 AM -M, 1:03 PM +S
28. 9:26 AM -M, 2:09 PM +M
29. 10:20 AM -L, 3:05 PM +L
30. 11:02 AM -L, 4:08 PM +L
31. 11:40 AM -L, 5:01 PM +L

These are estimates only and not intended for navigation.



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

Monika Miller – Hygienist

Rosa Seda – Hygienist

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

PUBLIC HEALTH NURSE – (604) 883-2764

- Well Baby Clinic
- Child and Adult Immunizations

FAMILY NURSE PRACTITIONER – (604) 883-2764

Annaliese Hasler, NP

- Women and Youth Health Services

FOOT CARE NURSE – (604) 740-2890

Sharon Gilchrist-Reed LPN

- Foot care nursing
- Reflexology/Kinesiology

COUNSELLING SERVICES

(604) 885-6101 ext. 4422

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) 883-2764

Dr. Colin Sutton

By appointment only

CHIROPRACTORS – (604) 883-2764

Dr. Ali Manavi, Coastline Health and Performance Chiropractors

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

HEARING CLINIC – (604) 885-0155

Hear on the Coast

Terra Dannes – Registered Hearing Instrument Practitioner

In clinic on Thursdays & mobile Mon - Fri

- Full diagnostic hearing evaluations
- Detailed medical reports and referrals
- Fitting, cleaning & maintenance of hearing instruments
- Aural rehabilitation and communication counselling



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

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

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

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

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

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

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

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

Symptoms, prevention and treatment of clinical depression

By Dr. Siemion Altman, MD Psychiatrist

Spring is coming.

But does that mean winter blues (seasonal depression) are over?

Depression may be described as feeling sad, miserable or down in the dumps. Most of us feel this way one time or another for short periods.

True clinical depression is a mood disorder in which a feeling of sadness, loss, anger and frustration affects our quality of life for weeks or longer.

CAUSES AND RISK FACTORS

The exact cause of depression is not known. It may be caused by chemical changes in the brain due to a problem with genes or triggered by certain stressful events. More likely, it's a combination of both.

Some types run in families and anyone can develop depression — even kids.

Contributing factors may include: substance abuse, certain medical conditions, including underactive thyroid, cancer or long-term pain, certain medications such as steroids, prolonged insomnia and serious stressful life events.

SYMPTOMS

People usually see everything with a negative attitude, unable to imagine that any problem can be solved.

Symptoms include: agitation, restlessness, irritability, change in appetite, weight gain or loss, insomnia or hypersomnia (sleeping too much), poor concentration, fatigue, lack of energy, hopelessness and helplessness, worthlessness, guilt, loss of interest in the activities enjoyed previously and sometimes thoughts of death or

suicide.

In severe instances, people can experience hallucinations or delusions.

There are no specific tests to confirm a diagnosis of depression but lab tests and an examination by a physician can rule out medical causes while a detailed mental status examination will confirm the diagnosis.

TREATMENT

Treatments include medication and/or psychotherapy.

People with severe depression usually need combinations of both treatments.

It takes time to feel better. If people are suicidal or extremely depressed and cannot function they may need to be treated in hospital.

If over the counter or herbal substances are used the physician needs to be informed.

Medication should not be stopped abruptly without discussion with physician.

Psychotherapy is provided by

trained professionals, one-to-one or in group sessions.

Treatment at mental health services is free while private practitioners charge for sessions.

EXPECTATIONS (PROGNOSIS)

Some people may feel better after taking antidepressants for just a few weeks.

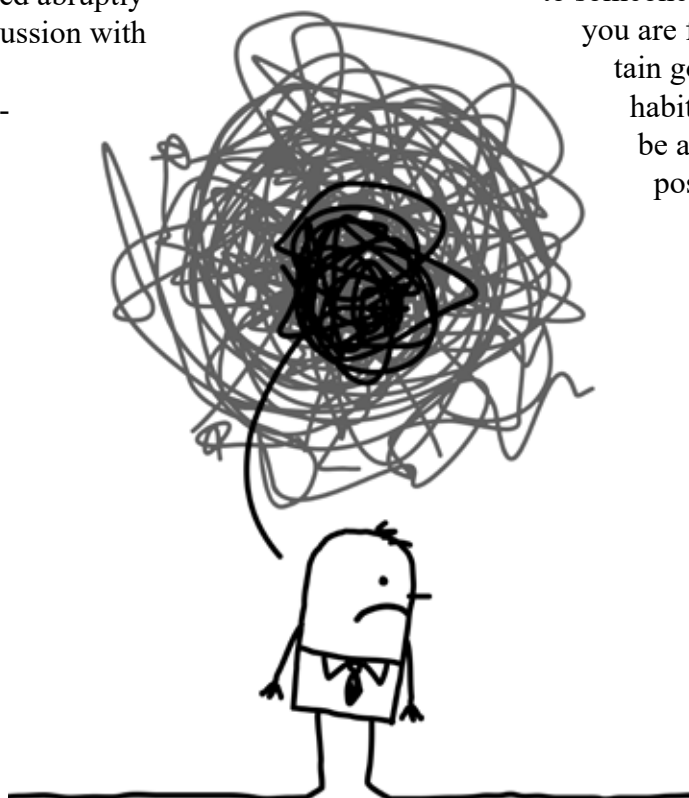
However, many people need to take the medicine for four to nine months or longer to fully feel better.

Alcohol or illicit drugs can trigger or worsen depression while exercise helps or even prevents depression.

PROACTIVE TIPS

If you are thinking of harming yourself or others, an immediate call to 911 or a mental health crisis line can save a life.

Avoid alcohol, do not use illicit drugs, exercise, keep busy, talk to someone about how you are feeling, maintain good sleep habits and try to be around caring, positive people.



Special book excerpt: Bertrand Sinclair's *The Inverted Pyramid*



The following originally appeared in the Harbour Spiel, March 2012

By Bertrand Sinclair

Excerpted from *The Inverted Pyramid* (Ronsdale Press, 2011)

Once called “The West’s most famous unknown writer,” cowboy and fisherman Bertrand Sinclair settled in Pender Harbour in 1922.

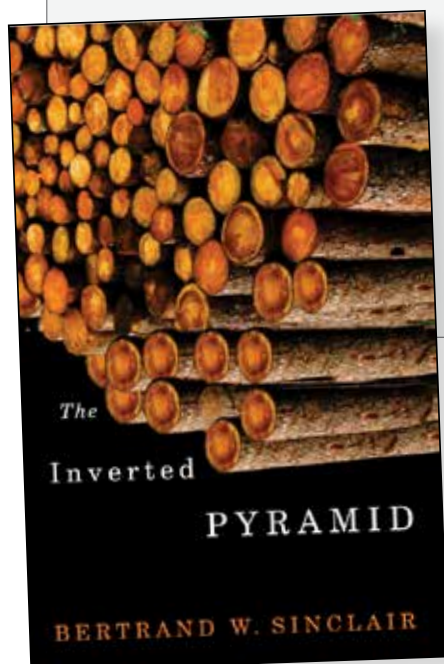
The following year, in a rented waterfront cabin “with a westward view and a mooring in front for the *Hoo Hoo*,” Sinclair would finish the most ambitious novel of his career, *The Inverted Pyramid*.

The novel is set amid the logging camps of Stuart, Sonora and Big Dent Islands, north of Powell River.

It was considered a departure from Sinclair’s previous adventure novels in that it tackled deeper social themes like the need for reform in the relationship between labour and industry.

Out of print for many years, a new edition of Sinclair’s classic tale of logging and labour struggles has been recently (2011) published by Vancouver’s Ronsdale Press.

The back cover copy on this edition describes *The Inverted Pyramid* as an exploration of “Canada’s drift during WWI from a world of production to one based on a questionable financial model, with all the attendant problems we are still enduring today.”



To keep going necessitated drastic reductions. Would they stand it?

Rod had very few illusions about men of any sort. They might not be able to envisage what he did — a permanent benefit to be derived by all who stood by the ship if the ship

weathered the storm.

He could not mislead them by promises. He was fundamentally incapable of making promises he could not guarantee to keep.

He called Andy Hall into conference, explained in further detail just what conditions they were faced with.

In the midst of this he saw Andy’s attention waver, his eyes turn. Rod’s gaze followed the direction.

Isabel Wall had been at the Euclataws two weeks. She was walking now slowly along the beach, bare-headed, her yellow hair glinting in the sun like spun gold, her skirt fluttering in the wind.

A queer expression hovered on Andy’s face. Rod uttered another sentence softly; asked a question. Andy did not seem to hear.

“Damn it, never mind Isabel!” he broke out in exasperation.

“Any time you want her you can have her, so for God’s sake come out of that trance and listen to what I’m saying.”

Andy glared at him, not so much in anger at the outburst as in sheer amazement, tinged with hopeful eagerness.

“What did you say?”

Rod began where he left off.

“I heard *that*,” Andy told him bluntly.

“I know it anyway without telling. I asked what you said about *her*.”

“Oh, hell!” Rod threw up his hands.

Then he got hold of himself.

Something in Andy’s eyes — a curious illuminating recollection of himself sitting in the stern of his canoe long ago, staring back through a moonlit night at Oliver Thorn’s house with a strange fever in his blood, a dull ache in his heart.

“Lord, Andy,” he said with rough kindness.

“Does that knock you all in a heap? You’re not generally so slow.”

He paused an instant, then repeated Isabel’s own words.

“If you weren’t stupid you’d see that all you have to do is to open your hands and she’ll fall into ’em like a ripe plum.”

Andy matched glances with him for ten silent seconds. Rod smiled wearily. His impatience had burned out.

Then a flush dyed Andy’s fair, freckled skin.

“Shoot,” he said presently.

“I’m listening.”

Rod continued.

“Simple. Leave it to the men,” Andy counselled.

“Don’t make any arbitrary statements about either hours or wages. This bunch is wiser to conditions in general than you’d think. Show ’em your hand and give them the option of deciding what they want to do. Better let me handle them myself. Will you back up whatever I say or do?”

“Yes, your judgment is as good as mine where they’re concerned.”

Andy wrinkled his brows for a minute.

“I have a hunch they’ll stand for pretty nearly anything you want to do, if they know your reasons,” he said at last.

“Be a pity to bust up a crack crew. I think they kinda feel that way themselves. It’s a cut or a shutdown anyway.”

Rod confirmed this.

“Well, we’ll see tonight.”

Hall went away. Rod watched him follow alongshore after Isabel.

They disappeared together over a mossy point.

FURTHER READING

The Inverted Pyramid

Bertrand W. Sinclair

Ronsdale Press, 2011

ISBN 978-1-55380-128-3

\$18.95

EVEN FURTHER READING

Betty Keller’s *Pender Harbour*

Cowboy: The many lives of Bertrand Sinclair is an excellent biography of the man including a detailed account of his time in Pender Harbour.

Pender Harbour Cowboy

Betty Keller

Touchwood Editions, 2000

ISBN 0-920663-72-9

\$18.95



JOIN THE HARBOUR AUTHORITY of PENDER HARBOUR

Do you live, work or play in Pender Harbour or the surrounding areas?

If so, the Harbour Authority of Pender Harbour (HAPH) would very much like you to join and contribute to future growth and success of the HAPH.

The HAPH is a federally incorporated not-for-profit organization contracted by Small Craft Harbours (a division of the Department of Fisheries and Oceans), to manage, maintain and operate the DFO wharves at Madeira Park (including Millennium Park), Hospital Bay, Whiskey Slough and Secret Cove. Although the primary purpose of the SCH facilities is to support the commercial fishing industry, these facilities also serve other commercial and pleasure craft operators as well as the surrounding community.

Our board of directors is responsible for managing the property and business of the Harbour Authority and meets regularly to review and improve policies and decisions regarding these facilities.

WE ARE SEEKING INDIVIDUALS WITH AN INTEREST IN THE FUNCTIONING OF THE LOCAL HARBOUR AUTHORITY SUCH AS (BUT NOT LIMITED TO):

- Commercial Fishers
- Local merchants
- Nearby island residents
- Area residents
- Moorage customers
- Charter / tour operators

The volunteer board of directors is nominated from the membership and elected by the members each year at the annual general meeting. Members may also meet at other arranged times to discuss and bring forward ideas for improving the harbour facilities. Members with particular interests and skillsets may wish to participate on volunteer working groups to prepare plans and recommendations for consideration by the board and to generally assist the board.

The membership fee in the HAPH is currently \$20 for a 5 year term. The accounting is transparent and financial statements are presented at the annual general meeting.

Please consider doing your part to maintain and improve the essential facilities provided by the Harbour Authority of Pender Harbour.

For a membership application form, please email: haphmembership@gmail.com



Thanks!
to the elementary school
students who took
part in the
Seniors' Initiative
Valentines Day
card exchange!

Seniors Helping Seniors

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**

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

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

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

March 3: Come and learn to play a game of Rummoli or Yahtzee or Scrabble

March 10: Music with Eddy Edrick

March 17: St Patrick's Day — wear some green and celebrate some Irish

March 24: Music with Pender Harbour Pipe Band

March 31: Come and learn to play a game of Dominos or Scrabble or Yahtzee

CARPET BOWLING: Wednesdays, March 2, 9, 16, 23 & 30

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

CHAIR YOGA: Mondays & Fridays, March 4, 7, 11, 14, 18, 21, 25 & 28

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

MARCH EVENTS FOR SENIORS!



**PENDER HARBOUR
COMMUNITY
SCHOOL**

**HARBOUR LEARNING
CENTRE HOURS:**
Tue/Wed/Fri
9am to 3pm

604.883.2826
phcs@dccnet.com
www.pendercommunity.ca



**PENDER HARBOUR
AQUATIC & FITNESS
CENTRE**

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

On lower level of
PH Secondary School:

13639 S.C. Hwy.
604 885-6801

www.scrd.ca/myrecreation

Spring into the community school!

TAX PREPARATION WORKSHOP

Thursday, March 10 @ 7-9pm, \$25

It's TAX time! Learn to prepare your own BASIC tax return online. We'll provide information on how to download a free tax program (bring your laptop) and then walk you through how to confidently fill it out.

STANDARD FIRST AID

Saturday, March 12, 9:30am-2pm, (plus 1 day online) \$175

In this course with Amelia Foster, you will complete part of the course online, ideally before the classroom session ~ allow 6-8 hours for online portion. Pre-registration. Just need the recert? Give us a call. 604.883.2826

SPECIAL EVENT — TRUNK SALE

Saturday, April 2, 9am-2pm @ the Legion

Just in time for Spring Cleaning! Load up your car with all things kid-related and head to the Legion parking lot. Sell, swap or give it away – it's up to you. Child or youth clothing, toys, sporting goods, books, games, etc. (Legion open for lunch at 11am.) Pre-registration is required, deadline is Tuesday, Mar 29. Call 604.883.2826 to get your "parking pass." Entry fee for sellers is a \$10 donation for Community School youth programs. This event is being organized by PHSS student, Ben Ellerton, in his endeavor to accomplish his Chief Scout award. Volunteer Tax Services: Thursdays, 9:30am-12:30pm, by appointment only

VOLUNTEER TAX SERVICES

Thursdays, 9:30am-12:30pm, by appointment only

Harry is available again, March & April. Contact him for an appointment 604.741.5132

HOURS OF OPERATION

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

COVID-19 INFORMATION

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

SPRING PROGRAMS

Watch for our recreation information in the March 11 Coast Reporter
Registration for Spring programs starts March 18

- Online www.scrd.ca/myrecreation at 6am
- By phone: 604-885-6801 at 6am
- In person: at 7:30am



DROP-IN ACTIVITIES

We offer a variety of drop-in activities:

- Swimming
- Aquatic fitness classes
- Weight room usage

See www.scrd.ca/pender-harbour-aquatic-fitness-centre for schedules.

CALLING ALL FITNESS INSTRUCTORS!

Are you a registered fitness instructor? Are you interested in leading a class for the SCRD? For more information on becoming a contract instructor: www.scrd.ca/recreation-instructors

**We invite you to subscribe to our
Recreation Newsletter at
www.scrd.ca/Newsletter-Signup**

Follow us on facebook:
www.facebook.com/Pender-Harbour-Aquatic-and-Fitness-Centre-206667126014598



1. Recording artist originally from Pender Harbour known as the 'Saltwater Cowboy.'

- ☐ a. Bertrand Sinclair
- ☐ b. Alan Moberg
- ☐ c. Terry Jacks
- ☐ d. Silas White

2. Largest island within Area A of the Sunshine Coast Regional District

- ☐ a. Captain
- ☐ b. Hardy
- ☐ c. Beaver
- ☐ d. Nelson

3. Name of Egmont's only store.

- ☐ a. Egmont General Store
- ☐ b. Bathgate's General Store
- ☐ c. Skookumchuck General Store
- ☐ d. Jack's General Store

4. What was the biggest thing to happen in Pender Harbour in 1973?

- ☐ a. New shopping mall opened
- ☐ b. Road from Sechelt finally paved.
- ☐ c. St. Mary's Hospital in Garden Bay closed.
- ☐ d. Pender Harbour High School burned down.

5. Which of the following terms originated up on the Arbutus Coast (Powell River)?

- ☐ a. zunga
- ☐ b. gonch
- ☐ c. zilch
- ☐ d. nose candy

6. Where is ts'unay?

- ☐ a. Saltery Bay
- ☐ b. Hotham Sound
- ☐ c. Deserted River
- ☐ d. Salmon Inlet

Answers: p. 34

Four-plus: **Local**

Two-plus: **Newbie**

Less than two: **Townie**

Tips from the SCRD's 'Good neighbour guidelines' No. 1



The Sunshine Coast Regional District's "Good Neighbour Guidelines" provide thoughtful recommendations and a summary of SCRD bylaws governing neighbourhood issues intended to protect and enhance the peaceful enjoyment of our community.

If you have any questions or require more information regarding specific bylaws, visit www.scrd.ca/bylaws, or call the SCRD at (604) 885-6800. While informal communication with neighbours is the best way of addressing many neighbourhood concerns, in situations where this is not a viable option, contact the SCRD to make an inquiry, or to file a complaint for investigation.

DESIGNING YOUR NEW HOUSE OR ADDITION

When designing your new home, or an addition to your existing home, take a close look at your neighbourhood.

Being a good neighbour means asking yourself questions in the early stages of the design process such as:

- How will my new house or addition fit with my neighbourhood;
- How will my design affect my neighbours;

There are many design choices that could directly impact your neighbours, such as parking, view corridors and retaining walls.

Consider how your design will affect the livability and enjoyment of your neighbour's home and yard.

Good neighbours are sensitive to their neighbour's livability and ask themselves questions like:

- Where are my neighbour's windows and how does my window design affect their privacy?
- How will the shadowing from my new home or addition impact my neighbour's vegetable garden?
- Is my new home going to reduce the livability of my neighbour's home?
- Have I considered my neighbour's view?

Residents are encouraged to engage in conversations with their neighbours about any outwardly-visible construction plans before they are finalized.

This helps avoid potential con-

flicts between neighbours, and results in better building designs.

DEMOLISHING BUILDINGS

The demolition of an existing building is sometimes the first step in the process for constructing a new home.

Although this can be an exciting time in the development process, it can cause some inconvenience for your neighbours.

At this stage, here are things to think about that may significantly impact others:

- A lane closure or access permit;
- Hours of construction, as outlined in the noise control bylaw;
- Securing your demolition with perimeter fencing, and
- Stacking and piling material neatly.

For details on the demolition

process, visit www.scrd.ca/Forms--Bulletins.

CONSTRUCTING AUXILIARY BUILDINGS

• A building permit is required for most auxiliary buildings, such as a detached garage or workshop;

• Auxiliary buildings under 10 square metres (108 square feet), like a shed, do not require a building permit;

• Auxiliary buildings, regardless of size, must be sited in accordance with the

SCRD zoning bylaws;

• The maximum size of an auxiliary building on a property can be found under the property's specific zoning regulations in the zoning bylaw, and

• For details on the zoning bylaw, visit www.scrd.ca/Bylaw-Zoning.





earthfair store
Supporting Our Natural World

earthfair.ca
604.883.9006
12902 Madeira Park Rd.

Supporting Our Natural World

Enjoy Our Bigger & Brighter New Location!

Creating Bookworm Habitat!

New books, maps, field guides
for armchair travelling!

community calendar

Calendar listings are provided free of charge by the Harbour Spiel. Send information to editor@harbourspiel.com by the 15th of the month.

MARCH

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

- Thurs. March 3.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Sat. March 5.....Live music with Joe Stanton - Backeddy Pub, 5 p.m.
- Sun. March 6.....Daylight savings time.
- Mon. March 7Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Thurs. March 10.....SCRD infrastructure services committee meeting - SCRD boardroom, 9:30 a.m.
- Thurs. March 10.....Tax preparation workshop - Harbour Learning Centre, 7 p.m.
- Thurs. March 10.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Fri. March 11.....SCRD regular board - SCRD boardroom, 2 p.m.
- Sat. March 12.....Standard First aid - Harbour Learning Centre, 9:30 a.m.
- Sat. March 12.....Live music with Joe Stanton - Backeddy Pub, 5 p.m.
- Thurs. March 17.....SCRD planning and development committee meeting - SCRD boardroom, 9:30 a.m.
- Thurs. March 17.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Thurs. March 17.....SCRD community services committee meeting - SCRD boardroom, 2 p.m.
- Sat. March 19.....Live music with Joe Stanton - Backeddy Pub, 5 p.m.
- Mon. March 21.....Pender Harbour food bank pickup - P. H. Community Church, 11 a.m. to 12:30 p.m.
- Thurs. March 24.....SCRD corporate and admin. meeting - SCRD boardroom, 9:30 a.m.
- Thurs. March 24.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Thurs. March 24.....SCRD regular board - SCRD boardroom, 2 p.m.
- Sat. March 26.....Live music with Joe Stanton - Backeddy Pub, 5 p.m.
- Thurs. March 31.....P. H. Seniors Initiative Harbourside Friendships, P. H. Community Hall, 10:30 a.m.
- Thurs. March 31.....Deadline for SCRD grant-in-aid applications.
- Sat. April 2.....Trunk sale - Royal Canadian Legion no. 112, 9 a.m. to 2 p.m.

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



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