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EDITOR

Brian Lee

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CONTRIBUTORS

This month we thank: Frank Mauro, Sandra McLean, Shane McCune and Jan Watson.

Cover: Garden Bay's Anne Clemence on her sailboat *Kivak*. She has been selected to receive the Governor General's Caring Canadian award. (*Brian Lee*)

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MARCH 3

editorial

Did you hear?



By Brian Lee

When it's prefaced by, "I heard...," you know what comes next is suspect.

It's a rumour. According to the

Oxford, a rumour is "general talk or hearsay of doubtful accuracy."

Gossip on the other hand is defined as "easy or unconstrained talk or writing, especially about persons or social incidents."

Gossip is typically deliberate and personal in nature whereas rumours are started by those who prefer to jump to a conclusion before they've taken the time to read to the end.

Being on a monthly news cycle means I sometimes confirm facts on a story weeks before the publication is available to the public.

Despite this unfortunate lag, it can provide me with a special vantage point to enjoy the absurd fiction that gets cooked up in the meantime.

This past summer, the rumour mill lit up with false information about recovery efforts for a man presumed drowned in Garden Bay Lake.

Just days after he was reported missing, with kids splashing around the T-dock nearby, I was emphatically told by a frequent visitor to the lake that a dive team recovered the body and the search was over.

Her proof?

"If the body hadn't been found, they'd still be out here."

In this case, a lack of communication by the Sunshine Coast RCMP was partly to blame for creating a vacuum that was happily filled with false information until his body was recovered almost 10 days later.

Reams have been written on the psychology of how we form absolute conclusions from dubious observa-

tions but even when a satisfactory explanation from a reliable source is available, there can be an outright refusal to accept it.

Case in point:

The sudden closure of the Garden Bay Pub.

I have every reason to believe GBP management when they tell me the closure that took effect Jan. 18 is a temporary one.

It seems completely plausible that needed repairs to the septic system requires a temporary shutdown.

But news of the closure discharged a flush of alternate explanations quickly accepted by those who fear a recent change in ownership spells doom for the historic pub's future.

A few samples from a Facebook discussion on the subject:

"I totally was told it was being shut down indefinitely."

"Gonna be condos innit..?"

"I was told the owner made an announcement on the last day of opening that the pub was done — it's not being re-opened."

"Someone said that Ron and Marita are the proud owners again????!!!"

There is no evidence to support any of these claims but as they get repeated, their validity grows.

I recall similar rumours about Irvines Landing Marina, elk poachers, Robin Williams, the Pender dock plan or any number of sinister agendas hidden by those schemers at the SCRD.

Their common fuel is our unfortunate tendency to pass on the more sensational or conspiratorial bits of hearsay.

We all thrive on the drama in a good story but when it starts with, "I heard...," we should remind ourselves that the other, more boring version of the event is probably more accurate.

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

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spiel picks

P. H. MUSIC SOCIETY PRESENTS COIG: Feb. 14, 3 p.m.

Fans of Celtic music — this is your concert. 2015 Canadian folk music award and 2015 east coast music award recipients, Cape Breton's Còig is a serious force in the international Celtic music scene. Don't miss their driving tunes and infectious energy at the P. H. School of Music on Valentines Day.

COMMUNITY ORGANIZATIONS FORUM: Feb. 17, 7 p.m.

The annual community organizations forum, sponsored by the P. H. Advisory Council will be held on Wednesday, Feb. 17 at 7 p.m. at the P. H. School of Music. For more information: www.penderharbouradvisorycouncil.com

photojournal



submitted

Two days of heavy rain caused flooding in many parts of Pender Harbour and Egmont on Jan. 22. A drainage overflow forced GRIPS recycling depot to close while many local roads turned into ponds, like this stretch of Garden Bay Road.



EXCAVATION • PROPERTY DEVELOPMENT • SEPTIC FIELDS • GRAVEL & TOPSOIL

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Anne Clemence: A caring Canadian

Garden Bay's Anne Clemence was recently selected to receive the Governor General's Caring Canadian award.

Created to honour Canada's exceptional volunteers, the award recognizes "living Canadians and permanent residents who have made a significant, sustained, unpaid contribution to their community, in Canada or abroad."

According to her nomination letter, submitted by the Ruby Lake Lagoon Nature Reserve Society:

"Clemence has been a pivotal community member in Pender Harbour and throughout the Sunshine Coast since she moved from London, UK in the early 1960s."

Clemence worked as a nurse at St. Mary's Hospital in Garden Bay in 1962-63.

She quit nursing to take up log salvaging with her partner Sam Lamont and the two explored BC's Coast in their boat, *The Vulture*.

As a deep affection for the BC Coast set in, so too did a feeling of personal responsibility towards preserving what remained of it.

"You can't just sit around and watch things crumble around you," Clemence told the *Harbour Spiel*.

"I can't sit in a heap and watch my dock rot or something. You might as well and get out there and do something about it instead of complaining."

In 1978, Clemence was among a group of dedicated naturalists who created the Pender Harbour and District Wildlife Society.

Among other achievements, the society soon established John Daly Regional Park in an effort to preserve salmon spawning habitat along Anderson Creek.

Clemence took over as chair of

the society when her good friend Iris Griffith passed away in 2002 and held the position for several years.

Along the way, she joined the Friends of Caren which worked with the provincial government to form the Caren Range Provincial Park in 1994.

But Clemence says her proudest shared victory was helping to create Francis Point Provincial Park in 2000.

Clemence was a director of the Francis Point Marine Park Society which raised \$4.41 million to help purchase the 81 hectare property.

"As you come up the Coast on the water, I could imagine house upon house all around the point," said Clemence.

"Pender Harbour would have been completely changed.

"I won't say destroyed, because it would still be there, but the essence of the spot would be gone."

Now at the age of 83, Clemence still organizes an annual work party to pull up purple loosestrife in Lily Lake and wetlands near the Madeira Park post office.

She also sits on the Garbage Recycling in Pender Society board and has been volunteering with the recycling organization since it was started close to 25 years ago.

But it's volunteering at the Iris Griffith Centre near Ruby Lake that takes up much of her time now.

"There's a lot of maintenance to do there," said Clemence.

"It's all very well to get the building up but someone's got to look after it afterwards."

And look after it she does.

According to her nomination letter, Clemence spends hours baking for meetings — and doing the dishes afterwards — as well as tending to the native plant nursery, designing the



Brian Lee

Anne Clemence at home on Pender Harbour's north shore.

landscaping and planting the garden around the Iris Griffith Centre.

"With her good friend Diane Brown, they are often the last to shut the gate behind them."

Clemence is characteristically humble about her recognition.

"I'm so happy that they are acknowledging the fact that volunteerism is necessary but I'm looking at it like a lottery, you know.

"There's lots of tickets sold but only one is drawn out of a hat and I just feel I'm in the hat with an awful lot more tickets."

Clemence will receive her award on March 4 in Vancouver.

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SCRD upgrades online mapping system

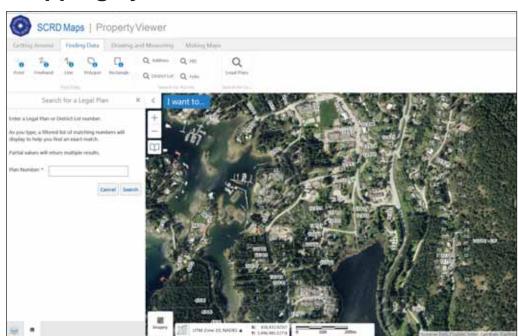
On Jan. 11, the Sunshine Coast Regional District unveiled updates to its online mapping system.

In a press release the SCRD claimed significant improvements to the system in terms of the "speed of loading, navigation and increased functionality."

Using information provided by the SCRD's geographical information systems division, the online tool allows users to search, analyze and display information on properties, land use, parks and trails, utilities, roads, topographic features and aerial imagery.

The new system can be used on all web browsers and devices and is available on the SCRD's website located at www.scrd.ca/myscrdmaps.

"The long-term plan is to develop more tools that enhance the use of our web services for recreational, personal and business purposes," said Cheryl Trent, SCRD geographical information



SCRD ca

This screen shot of the SCRD's online mapping service shows Madeira Park with property information layered over satellite imagery. The service is much quicker and easier to navigate than previous versions.

systems administrator.

"It is now easier for people to explore community jewels like parks and trails, inform them about land use in their neighborhoods, and help them make use of analytical tools."

When one pub closes, another opens

While residents of Pender Harbour's south shore anxiously wait for the doors of the new Pender Harbour Hotel to open, management of the north shore's watering hole, the Garden Bay Pub. announced it would close.

In a statement on behalf of the GBP ownership, Myrtle Winchester told the *Harbour Spiel*:

"Garden Bay Pub closed Jan. 18 for major renovations including a dock upgrade and new septic system.

"It's impossible to predict the date of re-opening, but it's hoped the greywater diversion will be complete by the end of the month and the new septic system installed by the end of March.

"Because of the waterfront loca-

tion and scope of the project, several levels of government inspections and approvals are required, so this will add more time."

Meanwhile only the retail liquor store in the Pender Harbour Hotel is open while the rest of the business faces a similar uncertainty with regards to the arrival of occupancy permits.

"There are two things we need to complete for occupancy of the building — nosing strips for the outdoor stairs (ordered on Dec. 20) and for the BC Safety Authority to approve our lift," said owner Bik Brar.

"There are no dates but as soon as those two things are complete, we can call for inspection."

Brar added that kitchen testing and staff training is already underway.



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MP Goldsmith-Jones talks about marine life at Iris Griffith Centre

Local MP Pamela Goldsmith-Jones dropped into the Iris Griffith Centre for a meeting on Jan. 19.

Michael Jackson, Ruby Lake Lagoon Society chair, presented details on the proposed Pender Ocean Discovery Station.

On behalf of the P. H. Advisory Council, Barrie Wilbee provided background to the proposed closure of the Madeira Park DFO office.

Discussion followed about how a lack of local fisheries enforcement threatens fish stocks in the area.

"It's turned into a complaint collecting system," said Wilbee.

"And it's pretty obvious after 18 months that it's not working."

Goldsmith-Jones said she would relay concerns to Hunter Tootoo, Minister of Fisheries and Oceans.



Pamela Goldsmith-Jones (seated sixth from the left) attended a recent meeting at the Iris Griffith Centre to learn about the proposed Pender Ocean Discovery Station, the effects of the scheduled closure of the Madeira Park Fishery and Oceans office and a lack of local fisheries enforcement.

Jazz fest to drop private venues from lineup

Festival director Carole Rubin says the Pender Harbour Jazz Festival is changing.

"2016 is our 20th anniversary, and it will be a party, however, we will no longer produce events at any private venues in the Harbour," Rubin told the Harbour Spiel.

"The board and myself have written to all the venues, thanking them for their past commitments and encourag-

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ing them to continue to... book jazz for that weekend."

Rubin said the new format will be similar to past festivals with free outdoor shows, a Friday clinic and ticketed events that include a gospel show, a Saturday night headliner and Jazzapalooza events on Saturday and Sunday.

"The stress on all of my volunteers and myself was untenable," Rubin said.

The festival will run Sept.16-18.



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Dave Milligan



1. Which of the following is not a in downtown Sechelt? a. Porpoise b. Dolphin c. Barnacle d. Teredo	ing the □ a □ b □ c	en was the Canoe Pass bridge (connecte mainland with Beaver Island) built? 1918 1939 1955 1968
2. Replacement ferry for the Earthat broke down on Jan. 7. a. Island Sky b. North Island Princess c. Queen of Chilliwack d. Queen of Burnaby 3. Up Jervis: Princess Royal a. Arm b. Reach c. Inlet d. Sound	occupi	ch financial institution formerly ed the Copper Sky Cafe building? Royal Bank Bank of Montreal Fisherman's Co-op Credit Union Sunshine Coast Credit Union wrote Fishing With John? Marie Malcolm Edith Iglauer Mary White Theresa Kishkan
Four-plus: Local	Answers: p. 26 Two-plus: Newbie	Less than two: Townie

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Community kitchen touted at food security meeting

Residents concerned about food security issues met Jan. 12 at the Royal Canadian Legion in Madeira Park to follow up on ideas brought up at a previous meeting in December.

Both were hosted by the P. H. Community School and the Outreach Healthy Meals Program with the aim of ensuring all community members have sufficient physical and economic access to nutritious food.

The group pursued three areas of interest established at the previous meeting: community kitchen, community dinner and a community garden.

It's hoped a community kitchen would enable a group of eight to 12 people to prepare meals to share and take away.

Besides the nutritional benefit, those taking part would learn about



submitted

Approximately 30 community members attended a follow up meeting about local food security issues at the Royal Canadian Legion 112 on Jan. 12. A third meeting is planned for Feb. 2 at 4:30 p.m., also at the Madeira Park Legion.

nutrition, budgeting, canning, and repurposing food, along with different cooking techniques.

Discussions around the concept of a monthly community dinner focused on the social and nutritional benefits it could provide while removing barriers to participation such as transportation or finances.

Following the recent success of the P. H. Health Centre community garden, attendees discussed possible locations to build another.

Strategies for the development of a community garden will be further explored at a third meeting planned for Feb. 9 at 4:30 p.m. in the Madeira Park Legion.

harbour seals



Note your (dis)approvals.

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

A Harbour Seal of Disapproval to **those folks who impact their entire neighborhood** and in particular those folks with respiratory conditions, with smudge fire burn piles.

If you're going to burn your wet yard trimmings on a still day, please get the fire going and add some oxygen.

Alan Stewart

A Harbour Seal of Approval to all **the volunteers** that helped put the Harbourside Friendship Christmas Turkey Dinner together.

Extra Seals to the **Christmas Choir and Nancy Mackay** for leading them at the dinner. Thank you.

Marlene Cymbalist Harbourside Friendships A huge Harbour Seal of Approval to **Cypher Clerx, Shane Hardie, Dan Jinks** and **my angel** for all your help in ending my nightmare. I don't know what I would have done without you. Another Seal to **Harry Venalainen** for fixing my garage door. You guys rock.

Andrea Clerx

Harbour Seals of Approval to all the wonderful folks, businesses, clubs and churches who donated food, blankets, sleeping bags and money to our local food bank through the Pender Community Church. What a joy to help those with needs.

Wendy Phillips Pender Harbour Food Bank



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A look ahead



Frank Mauro, Area A Director

Last month I promised to write about some of the main goals for 2016 based on the SCRD

strategic plan which we released earlier this year.

I can report that the SCRD board and staff have truly adopted the plan and it is notable that all agenda items are reviewed in reference to it.

ENSURE FISCAL SUSTAINABILITY

An important objective for this strategy is to create an integrated five-year service plan that incorporates all major SCRD plans and studies.

This work has started, including important tasks such as setting the

short term priorities for implementation of the regional integrated transportation study and the completion the Area A OCP review.

The main objective will be measured at the upcoming budget meetings, where the test will be aligning service levels with a sustainable funding policy.

ENHANCE COLLABORATION WITH FIRST NATIONS

The finalization of a protocol agreement with the Squamish First Nation is nearing completion and is expected to be signed early in 2016.

The SCRD has agreements with the Sechelt First Nation including the heritage protocol agreement, the joint watershed management agreement and staff-to-staff communications agreements. These will be reviewed to ensure they reflect current needs.

FACILITATE COMMUNITY DEVELOPMENT

The main objective is to collaborate with community groups and organizations to support their objectives and capacity.

We will be measuring participation and attendance in SCRD parks and recreation facilities, where an increase will indicate success.

The function of advisory committees at the SCRD is being reviewed to ensure focus and effectiveness.

RECRUIT, RETAIN AND ACKNOWL-EDGE STAFF AND VOLUNTEERS

The new chief administrative officer has made it a point to visit all areas of the SCRD and interact with

SUNSHINE COAST REGIONAL DISTRICT

UPCOMING MEETINGS

Special Corporate and Administrative Services Committee - Round 1 Budget Review

February 9, 10, 11 and 12 at 9:30 a.m.

Infrastructure Services

Committee February 11 at 1:30 p.m.

Regular Board February 11 at 2:30 p.m.

Planning and Development Services Committee February 18 at 9:30 a.m. Community Services Committee February 18 at 1:30 p.m.

Corporate and Administrative Services Committee February 25 at 9:30 a.m.

Regular Board February 25 at 1:30 p.m.

Policing Committee February 29 at 9:00 a.m.

Transportation Committee February 29 at 10:15 a.m.

Meetings are held at **1975 Field Road**, Sechelt. Agendas are available at www.scrd.ca/Agendas-2016. Subscribe To Our Newsletter at www.scrd.ca/newsletter-signup

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staff in their workplace.

Staff members have responded well to this outreach.

Efforts will be made to acknowledge, celebrate and share the quality work of our staff, perhaps through a peer-driven recognition system.

ENHANCE BOARD STRUCTURE AND PROCESSES

Some changes have been implemented including the review process which occurs before reports are included in agenda packages.

Board meetings have been moved to afternoons in order to improve staff and director efficiencies and to reduce costs.

Some success has been noted in the efficiency of conducting committee meetings already.

During 2016 the plan is to further enhance our governance policies, procedures and practices.

EMBED ENVIRONMENTAL LEADERSHIP

An environmental report card that describes to what degree we have achieved our targets needs to be put into place.

An important task will be to develop and adopt a set of sustainable land use principles to guide future development decisions on the Coast.

This objective will be also be measured by assessing quality of the OCP review underway.

SUPPORT SUSTAINABLE **ECONOMIC DEVELOPMENT**

The development of a regional economic development entity will be the main focus in 2016.

Considerable groundwork has been done in the the past year and a half on this initiative.

The selection of the board for the new entity is underway.

The tasks remaining are to finalize the Sunshine Coast regional economic development charter and to budget for it.

Another important objective is to incorporate land-use planning and policies to support local economic development.

Success in this objective will measured by having the revised official community plan incorporate policies that support sustainable economic development.

Other tasks to be undertaken in 2016 under this strategy are to continue to analyze business opportunities for marketing the Hillside Industrial Park and to create a consolidated Hillside Industrial Park information package on assets.

For answers to your questions or concerns please contact me at (604) 740-1451 or by email at Frank.Mauro@scrd.ca.

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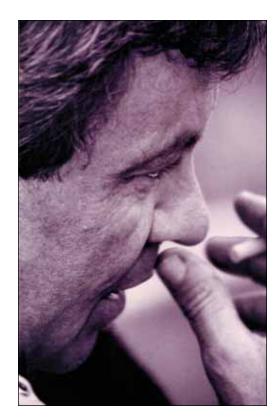
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Clinton Roy Sample

OCTOBER 5, 1947 — DECEMBER 30, 2015



Clint passed away at home on Dec. 30.

He will be missed by his wife Chrys, sons Curt (Lisa), Quincey (Esther), grandchildren Taylor (Aurora), Luke, Tyson, Joel and Hailey, brothers Gordon, Myron and sister Sheila (Rick) Betker.

Clint was predeceased by his son Nevin, parents Arthur Sample and Margaret Henry, his brother Glen and his sister Janet Porter.

Clint was born in North Battleford, Saskatchewan and lived in Saskatoon before moving his family to Pender Harbour in 1981.

Even though he was a flatlander he bought a fish boat and happily worked as a commercial fisherman.

He loved working with wood and

in his spare time he built houses.

The last house he built was Francis Point Bed and Breakfast where it gave him the opportunity to use his cooking skills — his specialty was a prawn omelette.

It was his pleasure to visit with guests from other countries and talk about fishing.

Thank you to the staff at the Pender Harbour Health Centre with special thanks to the palliative care nurses Jen, Leslie, Heather, Alicia and Elise.

The care they gave Clint was spectacular.

A celebration of life was held on Jan. 2, 2016.

We're thankful you're at peace Clint — we'll miss you.

Leonard Best

NOVEMBER 1, 1927 — DECEMBER 19, 2015



It is with tremendous sadness that we announce the death of Len Best on Dec. 19 at St. Mary's Hospital in Sechelt. Born in Dundurn, Saskatchewan, Len grew up in Vancouver and went to King Edward Secondary, which once stood at the corner of Oak Street and West 12th Avenue.

He was predeceased by his parents Ted and Elsie, wife Kay, brother Garnet and sister Winnie Hamilton.

Len is survived by his partner Lori Wilson, sister-in-law Beryl Best, nieces Joan (Bill) Cosulich and Kathleen (Aaron) Basso, nephews Stephen Hamilton and Lynden (Sandy), Rod (Rhonda) and Jim (Cari) Best.

Len was a good, decent and generous man who witnessed many changes in Vancouver over his life.

He had a long and successful career as an executive at Kelly Doug-

las & Co. in Burnaby before enjoying 25 years of retirement on the Sunshine Coast at his home overlooking Bargain Harbour and, most recently, at Lily Lake in Madeira Park.

Curling, golf and fishing were his passions as was beating his nieces and nephews at crib.

He loved fishing up and down the West Coast, playing in bonspiels across North America and shooting a hole-in-one.

Len was a longtime member of the Royal City Curling Club and Pender Harbour Golf Club.

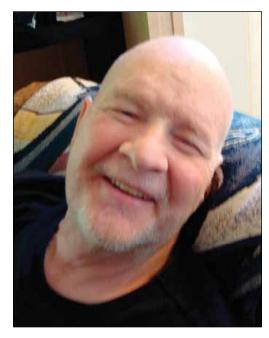
There is no service by request but donations to the Salvation Army would be appreciated.

Thanks for everything, Lennie.

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Erik Frederick Gruter

DECEMBER 13, 1948 — DECEMBER 7, 2015



Erik lost his courageous battle to cancer and leaves behind his soulmate and beloved wife, Suzanne.

As per his wishes, he died at home with Suzanne by his side.

To cherish his memory, Erik leaves his siblings: Ina (Tony) Toll, Irene (John) Van Hoffen and Rudy (Maria) Gruter.

Erik is survived by two children, three stepchildren, eight grandchildren, two great grandchildren and numerous nieces and nephews.

Erik proudly served in policing with a combined service of 45 years with the RCMP, Winnipeg Police Department and transit police.

Erik and Suzanne were invited

to the Sunshine Coast to visit friends one year.

While there, they fell in love with the Sunshine Coast and dreamed of one day living in Pender Harbour.

Later, their dream came true and they settled in Madeira Park, where many acquaintances soon became lifelong friends.

Erik will be remembered for his quick wit, quick smile, concern and compassion for those in need.

Erik was a loving and encouraging husband and a trusted friend to all he met.

He will be greatly missed and forever loved by those who knew him.

The family would like to thank Dr. McDowell and nurses at the Pender Harbour Health Centre, paramedics and ambulance service and home care support that allowed Erik to stay in his home over the course of his illness.

Please join in a celebration of life to honour Erik on Feb. 6 at 1 p.m. at Christ the Redeemer Church.

All are encouraged to say a few words about Erik during the service or for those who wish to send letters or emails of condolences to be read at the service, please contact Suzanne at scarlettfireangel@gmail.com.

In lieu of flowers, please consider a donation to Christ the Redeemer Church in Erik's honour.



PENDER HARBOUR READING CENTRE presents:

Kara Stanley, author of

Fallen: A Trauma, A Marriage and the Transformative Power of Music accompanied by her husband, Simon Paradis

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<PONDER>

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TO BE ALONE ON

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FEBRUARY BIRTHDAYS

- Feb. 1 ~ Randy Rayment and Earl Stewart.
- Feb. 2 ~ Mary Cochet, Jennifer Jones and Paola Stewart.
- Feb. 3 ~ Chloe Campbell and Lorna Rousseau.
- Feb. 4 ~ Susan Hardie.
- Feb. 5 ~ Rick Hartley and Roland Fritz
- Feb. 6 ~ Lachlin Rand.
- Feb. 9 ~ Joyce Garbers and Jackie Crowell.
- Feb. 10 ~ Wendel Welander and Eddie Smith.
- Feb. 11 ~ Cody Pantages, Scott Smith and Chris Garbers.
- Feb. 12 ~ **Ab Haddock** and **Tony Rabachuk.**
- Feb. 14 ~ **Dolly Clayton, Steve Morton, Christine Fenn** and **Elsie Rennie.**
- Feb. 15 ~ **Shawna Lee Edwardson.**
- Feb. 16 ~ Irene Boyd.
- Feb. 17 ~ **Dot Farrell, Daniel Dore** and **Jessica Munro.**
- Feb. 18 ~ **Dr. Rick Smalley.**
- Feb. 19 ~ Don & Joan McDougall.
- Feb. 21 ~ Ron Pratchett, Ryan Phillips, Helen LeBlanc and Cathy Silvey.
- Feb. 22 ~ **Chelsea Scoular.**
- Feb. 23 ~ **Evelyn Cumming** and **Donna** Campbell.
- Feb. 24 ~ **Debbie Rand.**
- Feb. 25 ~ Bruce Haines.
- Feb. 27 ~ **Neale Smith** and **Rick Jones.**
- Feb. 28 ~ Nolan Percival, Trevor Morin, Bob Walsh, Erin Fraser and Sharlene Gamble.

FEBRUARY ASTROLOGY

AQUARIUS: JAN. 21 - FEB. 18



Aquarians are original, independent, humanitarians who shy away from emotional expression which often makes them seem uncompromising and aloof. They get a break this month when Aquarians will find government or legal authorities

to be extremely friendly. Take advantage of Saturn's (the planet-ruler of this sign) generosity by applying for that rezoning or subdivision application. Singles: Unless you like swimming in a sea of losers, avoid dating until March.

CAPRICORN: DEC. 22 - JAN. 20



Sometimes hard to get to know, Capricorns are loyal, ambitious, responsible and down-to-earth. Capricorns often experience hardship early in life but their resourcefulness makes them survivors.

They'll need to punch it up to level: Survivorman this month because Jupiter has served up a financial curveball. For young couples with a Capricorn in the mix, that will mean a pregnancy. For those who not in that position, the news will be much less positive. It is time to sell your stock market holdings — especially in: APPL, TSLA, RBC, BBD, CCO, TRP and BCE.

BC BESTSELLERS

(For the week of Jan. 17, 2016)

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. Gut by Giulia Enders
- 2. **The Wild in You** by Lorna Crozier & Ian McAllister
- 3. **Vancouver Vanishes** by Caroline Adderson
- 4. **Cold Case Vancouver** by Eve Lazarus
- 5. **Tuco** by Brian Brett
- 6. **British Columbia and Yukon Gold Hunters** by
 Donald E. Waite

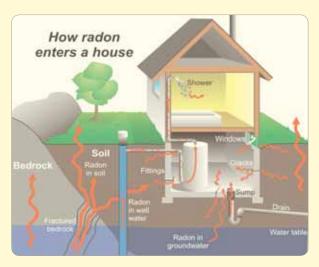
- 7. Whistle Posts West by Mary Trainer, Brian Antonson & Rick Antonson
- 8. **Light Years** by Caroline Woodward
- Orca Chief by Robert Budd & Roy Henry Vickers
- 10. Raincoast Chronicles 23 ed. by Peter A. Robson
- 11. Tide Rips and Back
 Eddies by Bill Proctor &
 Yvonne Maximchuk

~ Assn. of Book Publishers of BC

WHAT IS RADON?

Radon is a radioactive gas found in many homes across Canada. It is created naturally as the uranium in the ground breaks down.

Radon is invisible — you can't see it, smell it or taste it. It can seep into your home through cracks in the foundation, pipe openings, and other places where the house is open to the ground.



In confined spaces like a house, radon can build up to high levels and over time become a health risk. The current Canadian guideline for radon is 200 becquerels per cubic meter (Bq/m3).

HEALTH RISKS OF RADON

Radon exposure is the number two cause of lung cancer, after smoking. Lung cancer is the only known health risk from radon. People who smoke AND are exposed to radon have an even higher risk of lung cancer. The health risk from radon is long-term, not immediate. The longer you are exposed to high levels of radon, the greater your risk.

TESTING A HOME FOR RADON

Testing for radon is easy and inexpensive. Buy a radon test kit online, by telephone or from a retailer. Health Canada recommends you buy a long-term test kit – one that measures radon levels for a minimum of three months.

Put the radon detector in the lowest lived-in level of your home, and leave it there for at least three months. Afterwards, mail it to the manufacturer and they will send you the test results.

~ Health Canada

FEBRUARY WEATHER

TEMPERATURES, MERRY ISLAND

Our average February daily high temperature is 7.5 C; average low is 3.4 C, giving us a mean daily temperature of 5.5 C. The highest February temperature recorded is 14.3 C (Feb. 27, 1986); the lowest is -10.1 C (Feb. 13, 1990).

PRECIPITATION, MERRY ISLAND

February should have about 85.7 hours of bright sunshine (the most since October), 16 days with measurable rainfall and one day with measurable snowfall. February should have a total rainfall of 97.9 mm and a total snowfall of 6.7 cm. The highest February daily rainfall recorded is 49 mm (Feb. 11, 1983); the highest February daily snowfall recorded is 22.9 cm (Feb. 15, 1983).

SKOOKUMCHUCK viewing times



DATE-TIME-SIZE (small, medium, large, extra large)
EBB (-), FLOOD (+) - Standing wave is best on large flood (tide flowing into Sechelt Inlet).

- 1. 9:28am +M, 4:29pm -M
- 2. 10:18am +M, 5:17pm -M
- 3. 11:16am +M, 6:13pm -L
- 4. 7:57am -S, 12:18am +M
- 5. 9:15am -S, 1:19pm +M
- 6. 10:11am -S, 2:17pm +M
- 7. 10:58am -M, 3:11pm +M
- 8. 11:41am -M, 4:02pm +M
- 9. 12:21pm -M, 4:53pm +M
- 10. 1:00pm -M, 5:44pm +M
- 11. 1:39pm -L, 6:39pm +M
- 12. 6:54am +XL, 2:18pm -L
- 13. 7:32am +XL, 3:01pm -L
- 14. 8:14 pm +L, 3:49pm -L
- 15. 9:01am +L, 4:50pm -L
- 16. 9:56am +M, 6:23pm -L
- 17. 11:01am +M,
- 18. 8:07am -S, 12:15pm +S
- 19. 9:15am -S, 1:29pm +S
- 20. 10:10am -M, 2:33pm +S
- 21. 10:56am -M, 3:26pm +M
- 22. 11:37am -M, 4:13pm +M
- 23. 12:14pm -M, 4:56pm +M
- 24. 12:43pm -M, 5:37pm +M
- 25. 1:01pm -M
- 26. 1:18pm -M
- 27. 6:46am +L, 1:41pm -M
- 28. 7:20am +L, 2:11pm -M
- 29. 8:00am +M, 2:47pm -M

These are estimates only and not intended for navigation.



PENDER HARBOUR

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• Women and Youth Health Services

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Page 20 Harbour Spiel

Urinary incontinence

Sandra McLean RN BScN

Bladder control problems are common, especially among older adults.

Urinary incontinence is when you accidentally release urine.

Stress incontinence can happen when you sneeze, cough or laugh.

It can also happen when you jog or jump on a trampoline (so I've been told) and is most common in women.

Urge incontinence is when you have a strong need to urinate but cannot reach the bathroom on time.

Bladder control problems are usually not too serious but can be quite embarrassing and imposing on everyday life.

The main causes of urinary incontinence are:

- Weak lower urinary tract muscles,
- Damage to or problems with nerves or muscles that control urination, or
 - Prostate problems.

Sometimes I laugh so hard, the tears run down my leg.

Factors that increase your risk of developing urinary incontinence are:

GENDER

Women are more likely to have stress incontinence.

Pregnancy, childbirth and menopause are all factors for common female urinary incontinence problems.

Men with prostate gland problems are at increased risk of urge and overflow incontinence.

About one-third of men experience moderate to severe urinary symptoms of benign prostate hyperplasia by age 60.

AGE

As you get older, the muscles in your bladder and ure-thra lose strength.

BEING OVERWEIGHT

Extra weight increases pressure on your bladder and surrounding muscles which weakens them and allows urine to leak out when you cough or sneeze.

With age comes multitasking skills — I can laugh, cough, sneeze and pee all at the same time.

OTHER DISEASES

Neurological disease or diabetes may also increase your risk.

Certainly talking to your doctor or nurse about your symptoms first is a very good start to developing a management plan, as well to help determine the underlying cause of urinary incontinence.

Managing or controlling incontinence depends on the type of incontinence you have and your lifestyle.

There are many adult incontinence products, different exercises, and medications people can use to manage their incontinence.

There are also special devices,

procedures, and sometimes surgery to help control urinary incontinence.

The number one exercise for common urinary incontinence (for women and men) are pelvic floor strengthening or Kegel exercises.

Pelvic floor muscles are the muscles you use to start and stop the flow of urine:

Tighten just the pelvic floor muscles for 10 seconds then hold and relax for 10 seconds.

Repeat this 10 times, three times per day.

You can do Kegel exercises discreetly just about anytime, whether you're sitting in a car or relaxing on your couch — I just did a set writing that paragraph.

I called the incontinence hotline, they just asked me to hold.



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ORGA	NIZAT	IONS	DIRECT	CORY
	. <i> </i>	TOIND	DIKEC.	

ORGANIZATIONS DIRECTO	PRY
Blues Society	883-2642
Bridge Club	883-2633
Chamber of Commerce, P. H. & Egmont	883-2561
Coast Guard Auxiliary, Unit 61	883-2572
Community Policing	
Egmont Community Club	
• Egmont & District Volunteer Fire Department	
GRIPS (Recycling Society)	
Garden Bay Sailing Club	
Guides, Brownies, etc	
Harbour Artists	
Harbourside Friendships (Thur. 10:30 -1 p.m.)	885-1365
Health Centre Society	
Health Centre Auxiliary (Last Monday, 1p.m.)	
• InStitches (Last Thursday, 11 a.m., PHHC)	
Lions Club, Egmont	
• Lions Club, Pender Harbour (1st & 3rd Tues.)	
Men's Cancer Support Group	
P. H. Aquatic Centre Society	
P. H. Choir (7 p.m., Tuesday)	
• P. H. Community Club	
• P. H. Community School Society	
• P. H. Garden Club	
• P. H. Golf Club	
• P. H. Hiking Club (8:30 am, Mon. & Wed.)	
P. H. Living Heritage Society	
P. H. Music Society (bookings)	
P. H. Paddling Society	
• P. H. Piecemakers (quilters)	
• P. H. Pipe Band	
P. H. Power & Sail Squadron	
• P. H. Ramblers (walkers, every Fri. 10 a.m.)	
P. H. Volunteer Fire Dept (Wed. evening)	
P. H. Reading Room (library)	
Rotary Club (noon Fri. Garden Bay Pub)	
Royal Canadian Legion No. 112	
Ruby Lake Lagoon Society	
Skookumchuck Heritage Society	
• S. C. Health Care Auxiliary (2nd Wed.,1:30 p.m.)	
Seniors' Housing Society	
Serendipity Child Care Centre	
Sunshine Coast Better At Home	
Sunshine Coast SHROOM	
TOPS (Take Off Pounds Sensibly)	
Wildlife Society (3rd Tues. PHSS)	
Women's Cancer Support	
Women's Connection (2nd & 4th Tue.)	
Women's Outreach Services	

organizations

P. H. WOMEN'S CONNECTION

On Tuesday, Feb. 9, join Pender Harbour Women's Connection for their 17th anniversary celebration. There will be fun and games and a great opportunity to get to know other women's connection participants and have some cake — it's a party, after all.

On Tuesday, Feb. 23, experience the magic of pupperty as the women's connection presents Luman Coad, who will discuss his five decade career as a professional puppeteer. Coad and his late wife Arlyn formed Coad Canada Puppets in 1966 and were quickly recognized as one of the leading North American puppet theatre companies.

Coad will illustrate his discussion with an assortment of puppets – including his very first string puppet.

SOM COFFEE HOUSE

The next School of Music Coffee House takes place on Friday, Feb. 12 at the Pender Harbour School of Music Coffee House at 7:30 p.m.

The lineup (performing half the show each):

ShBoom: Our favourite "guy group" with songs from the past done with skill and a sense of fun.

Anagram: Well-known Sunshine Coast musicians Anna Lumiere and Graham Ord, with guests.

There will be coffee, tea and delicious desserts made by the Pender Harbour Choir available as well.

P. H. WILDLIFE SOCIETY

The Pender Harbour Wildlife Society will meet at 7 p.m. on Tuesday, Feb. 16, at Pender Harbour Senior Secondary School. There will be a video presentation titled "Earth, Wind, Fire, Water." This film is a fascinating exploration into the many things that connect the planet Earth to our biosphere and to all of life. Everyone is welcome. No charge. Refreshments will be served, followed by a short meeting of the society. Visit www.penderharbourwildlife.com.

P. H. LIVING HERITAGE SOCIETY

The annual general meeting of the Pender Harbour Living Heritage Society will be held Friday, March 11, at 2:30 p.m. at Sarah Wray Hall, 4334 Irvines Landing Road (at the corner of Irvines Landing Road and Hotel Lake Road).

The society will report on some new projects and invite everybody to see the progress made recently on our new archive storage and workshop building. It really helps if people come out and renew their memberships. Refreshments provided.

'No doctor, no school — no good,' old wives say of early Egmont

By G. McNutt This article first appeared in the Coast News, Feb. 17, 1955.

Having assigned myself the task of looking up the early history of this Egmont area, I soon found myself in difficulties. Who was the first settler and what, pray, is a settler anyways? Could he be a squatter or did he have to have a pre-emption? How long would he have to stay? Must he have a wife and family? Did the family have to be all white?

The label "first" is getting pretty threadbare from constant removal.

"Yes," said Henry Silvey, now a great-grandfather,

"I didn't come here to live until the 1920s but my father had a house and large shed over there where Bill's house stands.

"He had a schooner. I was just a youngster then. I remember them catching the dogfish along shore here and rendering them for oil."

There may have been white men on the coast from the time of the first Spanish ships. There were the men of the fur trading companies, of the Cariboo gold rush of the 1850s and always a constant stream of ship deserters.

White women were few and far between until the coming of the railway in 1885. Men frequently acquired native wives. Some of these families took up land but did a lot of moving about. They were probably less afraid of the Indians than the white families.

Captain Veddick said that when he went as part of a colony to Hernando Island, he was told,

"Watch out for the Indians — carry a gun at all times."

Independent trappers and prospectors gradually spread up the coast. They led the way and opened up the country for the white settlers to fol-February 2016

low. These settlers came in increasing numbers with each depression, after the Boer War and before and after World War I. They hoped to "live off the country" as the saying went.

They found many of the best locations were already Indian Reseves. Of what was left, they chose whatever came nearest to the ideal — a protected bay, sunny exposure, flat land and a running stream. Latecomers got poorer pickings. Many kept moving from place to place and never stayed put until the size of their families required them to do so. Then the wives and children were left permanently on shore while the men went off in their boats to earn the living.

The old wives I talked to did not, as a whole, think much of those days — no doctor, no school, uncertain income, miles from everywhere and loneliness.

"When I chopped the wood the sound went echoing up into the forest. I could not stand the silence. It oppressed me. I told him he had to move us out of there."

Or, "I had a terrible pain. It was so bad I decided I better go to Vancouver on the steamer. It did not come that day. It did not come the next day. When it did come, the pain was gone so I didn't go."

To the men, it, was different. They look back with pleasant reminiscences and nostalgia. Back in Europe a family stayed put for generations. The man had but one trade. He was kept in a rut. He obeyed the boss and watched the clock. Hunting and game fishing were for the nobility.

Here, he had freedom. He went where he pleased — fishing, logging and hunting. He was a jack of all trades and his own master. He sought company at the fish dock, the steamer dock, at a neighbor's float or tied to another boat.

The women made cracks, "Talk about us women being gossips," and jealously asked for the latest news.

He gambled all the time — where the fish were, how best to catch them, whether the handlogging show would be easy, how long it would take and the price of logs.

When the going got tough he would hire out to a job, but not for long. Said a fisherman, turned hired logger, "I think I will quit work and go fishing."

The implication was that he did not consider fishing to be work, because he liked to do it.

"Never hire a fisherman," they used to say.

"He will be gone when the first fish jumps."

Hand loggers were the same. We hired one once who could buck logs like nobody's business. His wife enjoyed the steady income. We would have kept him but two months was the limit. He got himself a claim.

The settlers multiply, the fish get less, the trees farther apart and harder to get. There are just a handful left who do not have to "go to work" most of the time. To these few, the coming of the road spelled "finis."

Listen to the words of my old Indian friend. She had been to Sechelt to stay with her daughter for the holiday festivities and had come to discuss it over a cup of tea.

"Midnight mass. White people come. Mass three times. White people first. Too many white people — like that (she puts her cupped hands together to form a pocket).

"Too many eggs in basket. Basket too full.

"Too many white people."

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Thursdays 1-2pm



Yoga at the P. H. Community Hall

Fridays:

Yoga for 55+ 9-10am Chair Yoga 10:30-11:30am





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NEW TO OUR DROP IN FITNESS SCHEDULE!

Intense HIIT style workout: Wed and Fri 5:30-6:15 Inspirational Body Work, Beginner fitness Wed and Fri 6:30-7:30pm Aquafit, Thursdays 6:30-7:15pm

FAMILY DAY: MONDAY FEB. 8

Come for the FREE Family Day swim 1-4pm and follow up with a great family style dinner at Emelles Madeira Bistro. Mom's best comfort food: \$19/person and \$10/child under 12

I **PHAFC**

Special \$1 admission on Sunday Feb. 14, 1-4pm.

HEALTHY NEW START (DESIGNED FOR CHRONIC HEALTH ISSUES)

Mondays and Wednesdays, 1-2pm February 15-April 11, \$160/16 classes

LIBERATE YOUR SHOULDERS, FRANKLIN METHOD WORKSHOP

Saturday Feb. 13, 10:30am-12pm. \$20

CIRCUS AERIAL SILK

Learn basic skills with the aerial silks. Wednesday, Feb. 24, 7:45-8:45pm, \$10. Ages 16+

LADIES SPA NIGHT

Saturday Feb. 27, 5-8:30pm. Pamper yourself and join us for an evening of relaxing treatments, great food and great company. \$45. Registration closes Feb. 20. Space limited.

LEAP INTO IT!

Monday Feb. 29. 5-8:30pm Join us for fun with big floaty toys! \$2 or \$5/family admission.



PENDER HARBOUR **SENIORS INITIATIVE**

Sponsored by: **Smart Fund**



HARBOURSIDE FRIENDSHIP PROGRAM

Sponsored by: P. H. Health Centre &

FOR INFORMATION OR TRANSPORTATION,

P. H. Health Auxiliary

CALL MARLENE: (604) 883-9900

CARPET BOWLING: WEDNESDAYS

On Feb 3, Feb 10, Feb 17 & Feb 24 at the P. H. Community Hall, 1-3pm Cost \$3

HARBOURSIDE FRIENDSHIPS: THURSDAYS

Thursdays at the P. H. Community Hall at 10:30. Lunch served at noon. Cost \$10

Feb 4: Speaker Sue Jackel on "It is Time to Move." Sign-up ahead (lunch provided).

Feb 11: "Heal and Soul" — A Visit from the Foot Care Nurse

Feb 18: "Remember When" — Fire and fall prevention presentation by Greig Soohen and our volunteer firemen.

Feb 25: Music performed by Skinny Jimmy and Friends

YOGA CLASSES: FRIDAYS

On Feb 5, Feb 12, Feb 19 and Feb 26 at the P. H. Community Hall: Yoga for 55+ starts at 9-10am and chair yoga 10:30-11:30am. Drop-In \$2

SPECIAL OUTING "COME DANCE WITH US": FEB. 26

"Come Dance with Us" at P. H. Secondary School. All welcome to join the students and Latin dance instructor Sandra Cordero: Friday, Feb 26 starting at 1:30 in the gym.

DINNER AT EMELLE'S MADEIRA BISTRO: MARCH 2

"Family Style" dinner at Madeira Bistro 4:30pm Cost \$20 includes dinner and coffee/tea.

Seniors Programs for February All programs are drop-in and all are welcome!



PENDER HARBOUR **COMMUNITY** SCHOOL

HARBOUR LEARNING **CENTRE HOURS:** Tues/Wed/Fri

9am to 4pm

Box 232 Madeira Park V0N 2H0

604.883.2826

phcs@dccnet.com

COMMUNITY GARDEN MEETING

Tuesday Feb 9, 4:30-6:30pm, Pender Harbour Legion, Madeira Park. Let's get growing.

FIRST AID CLASSES

Standard First Aid, Sat Feb 20 & Sun Feb 21, 9am-5pm at the Pool, Ages 14+, \$175 Red Cross Babysitters Course, \$65 Ages 10+ (date TBA)

YOGA WITH CAROL GOULETTE

Thursdays until Feb 18, 1-2pm, Sarah Wray Hall, \$15 drop in, bring a mat & H20 bottle

UKULELE GROUP

Tuesdays, 3-4pm, Community School, All ages, free!

PEACEMAKING: RESOLVING EVERYDAY CONFLICT

4 Mondays, Feb 15 start, 3-4pm, P. H. Community School. For parents of kids aged 0-8, \$20

DROP IN SPORTS NIGHTS AT PHSS

Youth Soccer: Mondays, 7-9pm, ages 12+, \$3 drop in

Open Sports Night: Tuesdays, 7:30-9:30pm, age 12+, \$3 drop in

Pickleball: Wednesdays, 6:30-8:30pm, \$5 drop in

CONSERVATION & OUTDOOR REC WITH ANDY ROSS

Fri March 4, 6-9pm, Sat March 5, 9am-5pm, & Sun March 6, 9am-3pm P. H. Community School, Ages 12+, \$160

COME DANCE WITH US

Join students and latin dance instructor Sandra Cordero: Friday Feb 26, 1:30-3pm at PHSS

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

FEBRUARY

- Sat. Feb. 6......The Winter Happening dinner and live music P. H. Community Hall, dinner @ 6 p.m.
- Sun. Feb. 7.....Super Bowl Party RCL 112, Madeira Park, meat draw 1 p.m./kickoff 3:30 p.m.
- Mon. Feb. 8.....Family Day (statutory holiday)
- Mon. Feb. 8.....FREE Family Day swim PHAFC, 1-3 p.m.
- Tues Feb. 9......Food security meeting No. 3 RCL 112, Madeira Park, 4:30 p.m.
- Wed. Feb. 10......Sunshine Coast Health Care Auxiliary meeting Lily Lake Clubhouse, 1:30 p.m.
- Fri. Feb. 12.....SoM Coffeehouse P. H. School of Music, 7:30 p.m.
- Sun. Feb. 14.................P. H. Music Society presents Còig P. H. School of Music, 3 p.m.
- Tues. Feb. 16......P. H. Wildlife Society presents "Earth, Wind, Fire and Water" PHSS, 7 p.m.
- Wed. Feb. 17............P. H. Advisory Council community organizations forum P. H. School of Music, 7 p.m.
- Fri. Feb. 19.....Youth Night P. H. Community Hall
- Wed. Feb. 24..............P. H. Reading Centre presents Kara Stanley, author of Fallen P. H. School of Music, 1 p.m.
- Fri. Feb. 26......P. H. Seniors special outing "Come Dance With Us" PHSS, 1:30 p.m.
- Fri. Feb. 26.....Youth Night P. H. Community Hall
- Sat. Feb. 27.....Ladies Spa Night PHAFC, 5-8:30 p.m.
- Tues. March 8............Cap U Eldercollege "Law For Seniors" begins (3 Tuesdays) Madeira Park, 1 0 a.m. to noon
- Tues. March 8............P. H. Community Club annual general meeting P. H. Community Hall, 7 p.m.
- Fri. March 11.................P. H. Living Heritage Society annual general meeting Sarah Wray Hall, 2:30 p.m.

Harbour Spiel Trivia Answers: 5 . d 2 . b 3 . b 6.b

 \sim Effective to March 31, 2016 \sim

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. - Daily EXCEPT Sun 7:30 a.m. - Sun. only

9:20 a.m. - Daily EXCEPT Sun

10:10 a.m. - Sun. only

11:20 a.m. - Daily EXCEPT Sun

12:40 p.m. - Sun. only

1:20 p.m. - Daily EXCEPT Sun

3:30 p.m. - Daily 5:30 p.m. - Daily

7:25 p.m. - Daily

9:15 p.m. - Daily

LANGDALE

6:20 a.m. - Daily

8:20 a.m. - Daily EXCEPT Sun 8:50 a.m. - Sun. only

10:20 a.m. - Daily EXCEPT Sun

11:30 a.m. - Sun. only

12:20 p.m. - Daily EXCEPT Sun

2:30 p.m. - Daily

4:30 p.m. - Daily

6:30 p.m. - Daily

8:20 p.m. - Daily

EARLS COVE

6:30 a.m. - Daily except Sun.

7:00 a.m. - Sun. only

9:00 a.m. - Sun. only

10:55 a.m. - Sun. only

4:30 p.m. - Daily 6:30 p.m. - Daily 10:05 p.m. - Daily

5:35 a.m. - Daily except Sun 6:00 a.m. - Sun. only

8:25 a.m. - Daily EXCEPT Sun 7:25 a.m. - Daily except Sun

SALTERY BAY

8:00 a.m. - Sun. only

10:25 a.m. - Daily EXCEPT Sun 9:25 a.m. - Daily except Sun 9:55 a.m. - Sun. only

12:20 p.m. - Daily EXCEPT Sun 11:20 a.m. - Daily except Sun

3:25 p.m. - Daily 5:30 p.m. - Daily 9:00 p.m. - Daily

Love is giving someone the power to destroy you... but trusting them not to.

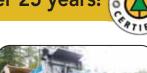
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Squirrel Storage

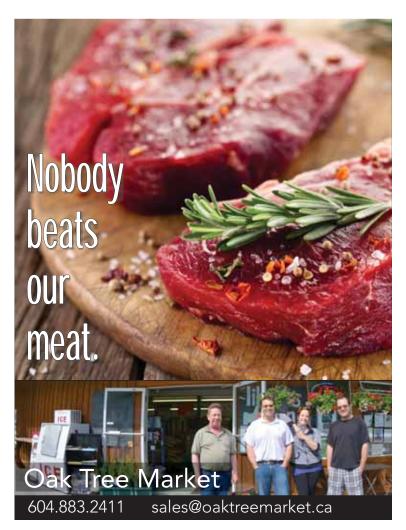
Larry & Linda Curtiss

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From land clearing to landscaping. **883-2221**

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NOTICE

Garden Bay pub is closed for renovations including a dock upgrade and new septic system. We look forward to re-opening as soon as possible, and will let you know the date as soon as it is confirmed (we don't want to guess).

All rumours of a tear-down, condos, private yacht club, permanent closure and other silliness are just that: unfounded rumours.

In the meantime, enjoy the brand-new Pender Harbour Hotel which is hopefully open by the time you read this, and we hope to see you soon back at Garden Bay for fabulous food and great music.

Myrtle Winchester

...on behalf of Garden Bay Pub manager Heiko Hansen and owners Gary and Natalie Li.

