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MARCH 2012
ISSUE 255



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Editor

Brian Lee

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EDITORIAL

What's attractive about a dumb meter?



By Brian Lee

One thing I've found after sitting in this chair for the past few years is that once some folks take a position an issue, they rarely change their minds.

And, sometimes, when faced with credible evidence contrary to their position, they start to find conspiracies — often with tragic consequences to their credibility.

A perfect example is the smart meter debate. Like most, I receive e-mails “educating” me about the horrible potential health affects they pose. Various YouTube clips seem to show high transmission levels.

One Area A resident recently stood in front of the SCRD board claiming health problems for both her and her cats after her meter was installed.

She says she experienced “dizziness, strange sensations in head and sometimes teeth and ears, insomnia, loss of appetite and weight loss, nervousness, shaking hands, feeling hot then cold then hot or some parts of body hot while others feel cold, irritability, volatility, being overly emotional, difficulty in concentration and with short-term memory.”

It all sounds pretty scary.

But in an interview, BC Hydro spokesperson Cindy Verschoor said,

“If you stood right next to one for 20 years, it would be the same amount of radio frequency that you'd get from a 30-minute cellphone call,”

Nobody trusts spokespeople so the CBC hired engineer Rob Stirling to take some tests. He found no difference in transmission levels between a bank of active smart meters and a busy street in downtown Vancouver. So who can you believe?

It seems most credible sources (including BC's provincial health officer Perry Kendall) agree the health risks posed by these devices are a non-issue.

I've had a smart meter for a couple of months now and the humans — and kitty — in my house seem to be doing just fine. The promise of appetite loss didn't mate-

rialize and I suspect the device might even be causing me to *gain* weight.

Many also claim that BC Hydro will use these devices to pull more money from our pockets.

That's a non-issue too. BC Hydro doesn't need a smart meter on your home to up your bill — they just announced a seven-per-cent rate hike starting in April.

With or without time of day billing, the bean counters will ensure they continue to get an equitable return for keeping our lights on.

And though I can respect arguments about privacy concerns, I'm not sure there's a loss there either.

Ultimately, it will be up to the courts to decide how this information can be used but if you're one of the many locals who cultivate plants in your basement, well, I guess I know which side you'll land on here.

All I know is that it scares the crap out of me when, every couple of months, I hear someone walk up my front steps and then walk back down again — without knocking.

Who was that and could they hear me belting out the theme to *My Little Pony*? And what will they do with *that* information?

In a wireless world, bent on efficiency, it now seems absurd to send people to homes to record numbers.

The system promises other benefits too. Instead of crews driving around looking for the downed tree on the lines, the break will be relayed instantly.

I'm looking forward to logging on to the web to review my detailed usage information in the hopes of figuring out why my power bills were so incredibly high this winter.

Ultimately, it's hoped we'll all be able to reduce our power usage by fine-tuning our consumption.

I applaud the martyrs who risk going off the grid in protest but it seems clear now that most who accepted the installation will either appreciate the benefits of the technology . . . or forget it's there at all.

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SPIEL PICKS

ST. PATRICK'S DAY — MARCH 17

Both the Garden Bay Pub and the Pender Harbour Legion promise a rollicking good time to celebrate the day of green. Wear it. Drink it. Be it.

PHMS PRESENTS THE GOOD LOVELIES — MARCH 4, 2 P.M.

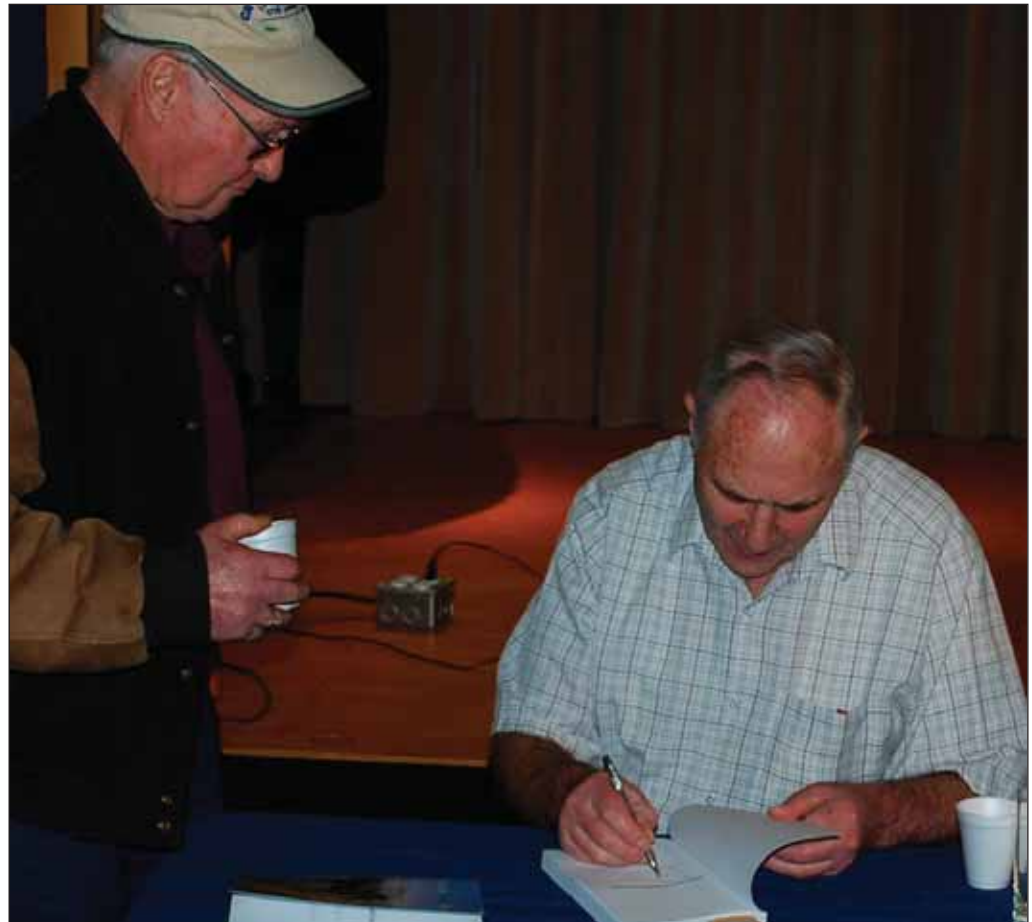
A little bit of folk mixed with a pinch of sass is how The Good Lovelies have been described. Since 2006, Caroline Brooks, Kerri Ough and Sue Passmore have been charming audiences from coast to coast, playing alongside bands like Toronto's Broken Social Scene or Kathleen Edwards and Jill Barber.

Tip to the youngsters: it's not the usual fare for the Pender Harbour Music Society concert series so make sure to grab your tickets for this Sunday's (March 4) performance at the Pender Harbour School of Music.

PHMS PRESENTS SARA DAVIS BUECHNER — MARCH 25, 2 P.M.

In case you missed the tickets for The Good Lovelies, don't despair. Those rascals at the Pender Harbour Music Society managed to pack two (!) concerts into March. On March 25, pianist Sara Davis Buechner will fill the Pender Harbour School of Music with a performance of "... soft contours and liquid, legato phrasing... [and] a beauty that might have taken even Mozart's breath away."

PHOTOJOURNAL



Howard White photo

'Half a Klein' Ray Phillips signs a copy of his book for a full one, his cousin Gordie Klein. A packed house was on hand at the P. H. School of Music on Feb. 6 to listen to Phillips tell stories from his book *The Little Green Valley: The Kleindale Story*.

Harbour Spiel

SCRD announces landfill tipping increase

It's soon going to cost more to dump your trash.

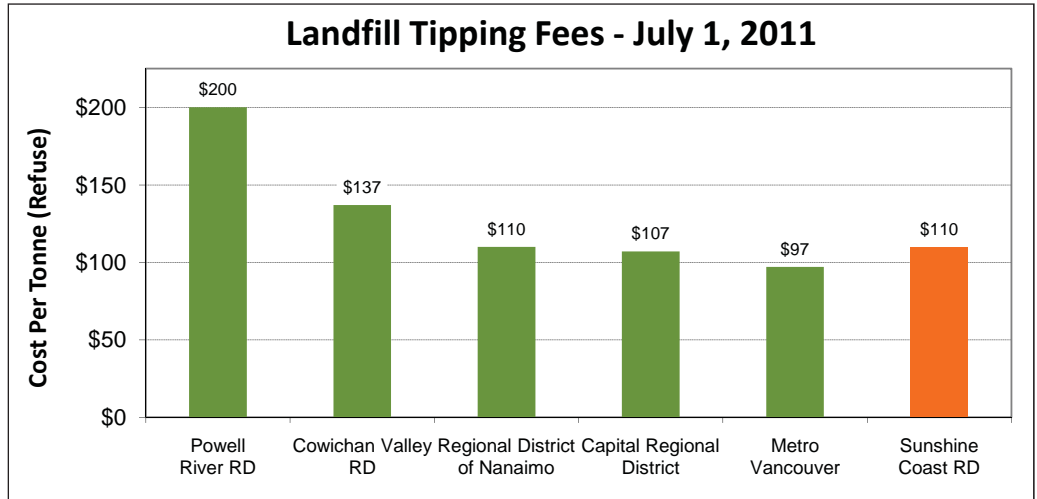
Effective May 1, tipping fees at the Sechelt and Pender Harbour landfills will increase by \$15 per tonne for non-recyclable materials and garbage.

The new tipping fee will be \$125 per tonne of which \$5 will be in the form of an "eco-fee" used to fund zero waste initiatives on the Sunshine Coast.

A \$5 minimum charge will still apply for any load (\$10 for non-separated loads).

The SCRd website explains the tipping fee increases are required to build landfill capital and closure reserves (currently underfunded) and to offset anticipated increases in landfill operating costs (e.g. contract costs).

Tipping fees here compare favourably with nearby areas (see table).



SCRd table

This table seems to show Sunshine Coast tipping fees are not out of line with other regional districts nearby.

However, many areas in BC pay less to dump their garbage.

Squamish residents pay \$80/tonne (likely to soon rise to \$97/tonne) while Alberni Valley residents pay \$95/tonne.

In the BC Interior, tipping fees are even cheaper.

The City of Kamloops charges \$60/tonne, the Peace River RD charges \$40/tonne and the Okanagan/Similkameen RD charges \$55/tonne.

Census numbers show growth on the Coast is off BC average

We grew, but not by much.

The first glimpse of data from the 2011 census was released last month showing the Sunshine Coast suffered below average growth compared to the rest of BC.

The population of the Sunshine Coast is up 3.1 per cent since the last census in 2006.

That's below the national average of 5.9 per cent and well below BC's seven per cent growth.

The population of the Sunshine Coast now sits at 28,619 people living in 16,298 dwellings.

Area A's growth was off the Sunshine Coast average with 2.1 per cent growth and topping out at 2,768 residents.

The District of Sechelt grew by 9.9 per cent to 9,291 people and the Town of Gibsons grew by 6.1 per cent

to 4,437.

And while Area B (Halfmoon Bay) grew by 4.6 per cent to 2,675 residents, some of the other rural areas didn't fare so well.

Area D (Roberts Creek) population dropped to 3,244 or -1.9 per cent while Area F (West Howe Sound) dropped by 9.8 per cent to 2,015.

Statistics Canada is staggering the release of the 2011 census into four parts.

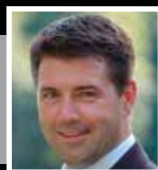
The "Population and Dwelling Count" data was released on Feb. 8 and will be followed by "Age and Sex" in May, "Families, Households and Marital Status" in September and "Language" later in October.

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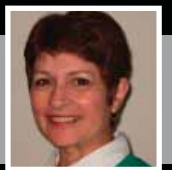
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Pender foreshore private moorage lease issue: On again, off again

Waterfront residents in Pender Harbour looking to build a dock on their property may have to wait a little longer.

After stating it would once again accept foreshore lease applications in Pender Harbour last September, the provincial ministry responsible for administering the application process has called for a temporary halt.

On Jan. 17, 2012, the Ministry of Forests, Lands and Natural Resources established a "designated use reserve" totalling 2,573 hectares in Pender Harbour.

In a letter to the SCRD detailing the decision, the ministry explained that the designation is temporary and will expire on March 31.

The letter also stated that its purpose was "to facilitate the Ministry of Aboriginal Relations and Reconciliation negotiations on a number of issues with the Sechelt Nation.

"FLNR will review the progress that has been made with the Sechelt Nation as of March 31, 2012 and determine a future course of action for considering new and replacement private moorage applications in Pender Harbour."



Private moorage applications within this 2,573 hectare 'designated use reserve' are stalled until at least March 31 when the Ministry of Forests, Lands and Natural Resource Operations will review progress made with the Sechelt Indian Band.

At the centre of the stalled process are negotiations between the Sechelt Indian Band and the province (MARR).

The Sechelt Indian Band entered the treaty process in July of 1994 and are currently in the fifth stage of the six-stage process with the province.

Though that could seem as if closure is imminent, stage five is titled "Negotiations to finalize a treaty."

While earlier stages involve preliminary matters like the "Statement of Intent to Negotiate" (stage one) or a "Readiness to Negotiate" (stage two), stage five involves much more com-

plicated issues.

"Technical and legal issues are resolved to produce a final agreement that embodies the principles outlined in the agreement in principle and formalizes the new relationship among the parties.

"The treaty formalizes the new relationship among the parties and embodies the agreements reached in the Agreement in Principle."

SIB Chief Garry Feschuk didn't return calls from the Harbour Spiel inquiring about the status of these negotiations by press time.



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Proposal for new Pender bus service in the works

The Area A bus may be coming back.

On Feb. 23 the SCRD board passed a recommendation to move ahead with a feasibility study for a new bus service in Area A.

Two days of staff time were allocated to estimate the cost of the proposed service which will likely cover a much smaller area than the previous service connecting all of the communities in Area A with Sechelt.

Area A director Frank Mauro says he's not sure when this service might come into effect.

Mauro said that, without a route in place, it was too soon to commit the service to the round three budget process currently under way.

"Unless I can find some grant

funding allocation, I'm not prepared this tight year to increase the taxes," he said.

The issue of what route the service should take still looms large with the planning.

Low ridership coupled with an extensive service area killed the last service and Mauro says he wants to be cautious this time around.

"It's important to get community participation to decide what the route should be," he said.

"My concept was an intra-Pender Harbour bus route but I want to get participation from the community to make sure we have it planned right."

Though a route has yet to be determined, preliminary cost discussions have centred on a return run between

Madeira Park and Francis Peninsula.

The cost estimates for such a route have been based on a schedule that would see the service provide hourly return trips, eight hours per day and three days per week.

It is hoped a shorter route with more frequent trips would boost the hourly ridership.

The staff report that accompanied the recommendation estimated the cost of the service to be \$75,000 annually with fare revenues contributing \$3,700.

This estimate reflects a fare cost of \$1.50 and an average ridership of three per hour.

The previous service to Sechelt averaged about two riders per hour.

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Ruby Lake Lagoon Society seeks stewardship of Tyner Park

The Sunshine Coast Regional District has partnered with the Ruby Lake Lagoon Society to pursue the handoff of responsibility for Madeira Park's Tyner Park.

A memorandum of understanding between the SCRD and the RLLS will allow work to begin while a formal stewardship agreement is drafted.

The MOU outlines the next steps involved in the process which will see the society "develop a management plan for the property that will support a diversity of local flora and fauna."

In January, the RLLS contacted the SCRD with a proposal to create a "biodiversity park" and to assume stewardship and management responsibility for the regional park.

Dr. Michael Jackson, chair of the Ruby Lake Lagoon Society, says the necessary funding and insurance are in place to begin improvement work as soon as they get the green light.

Work undertaken will focus on projects that will enhance the biodiversity and wildlife habitat on the



Brian Lee photo

Tyner Park was once the home of Jim and Vi Tyner who lived in a cabin on the shore of Lily Lake. Vi Tyner, especially, was a lover of wildlife, even opening their home to various creatures including a number of 'pet' raccoons.

property including such projects as installing nesting boxes, removing invasive species and providing interpretive signage.

Tyner Park is a 5.3-acre undeveloped regional park on the south end of Lily Lake in Madeira Park.

The property was owned by the

late Vi and Jim Tyner who purchased it in 1946 and lived there for many years.

In 2003, they bequeathed their 5.3-acre parcel to the "residents of the Sunshine Coast for their use and enjoyment in perpetuity as parkland."

PHOTOJOURNAL



Brian Lee photo

Summer just won't be the same at the Garden Bay Lake 'T-dock' this year. A windstorm broke off one (l) of two stalks of a fruit tree that offered shady relief for moms and dads watching their kids swim. Evidence suggests some cretinous members of a local gang of *Castor canadensis* finished off what was left of it.

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Brian Lee photo

The Pender Harbour Seals swim club hosted a swim-a-thon on Feb. 23 at the P. H. Aquatic Centre. The events was planned as part of February's 'Heart Month' with funds raised going to the Canadian Heart and Stroke Foundation. Thirteen swimmers (including three PHAFC staff) took part, swimming a total of 868 lengths and raising over \$970. Derek Ewen notched the most laps in the hour, swimming 107 lengths (2,140m).

TOTAL HEALTH FOR LIFE

March events at the Pool!

DIVE INTO SPRING BREAK!

From March 17 to 25, pick up a frequent floater card and earn two free swims, valid during Spring Break. From March 19 to 23 there will be an extra swim time, from 12:30 p.m. to 2:30 p.m. Join us for pool games and activities such as synchronized swimming, swim sport, lifeguard club and more.

ZUMBA

Join instructor Silke Linnman for a Latin inspired, fun, free spirited total body workout class, on Tuesdays from 6:30 p.m. to 7:30 p.m. there's no class on March 20, new block begins March 27.

COMING IN APRIL: DANCE FIT!

Instructor Amy Perry will lead participants through routines combining a fusion of dance moves and aerobic

patterns. A fun way to get a great workout. Register now to ensure a space: Activity #4404.284 Classes are on Thursdays from April 5 to 26, 6:30 p.m. to 7:30 p.m. The fee is \$32 for 4 weeks. While you are participating in the class, your kids can swim for a soaker pass admission, \$2. Age ability rule applies.

SPRING 2012 REGISTRATION BEGINS MARCH 5.

Both the Sunshine Coast Regional District Recreation guide and the Pender Community Spring 2012 Guide have all the pool information for swim lessons, special events, fitness and health and wellness classes. There is something for everyone at the Pender Harbour Aquatic and Fitness Centre.



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The Good Lovelies bring some 'sass' to the School of Music

Funny and upbeat, with just a pinch of sass, the Good Lovelies' textbook three-part harmonies, constant instrument swapping and witty onstage banter have enlivened the folk music landscape since they joined forces in 2006 for their first show at Toronto's funky Gladstone Hotel.

How the Good Lovelies (Caroline Brooks, Kerri Ough and Sue Passmore) got together is a bit of a mystery: Sue remembers meeting her band mates during a limbo competition, Caroline thinks they met at a chess tournament, but Kerri is convinced they first crossed paths during a bar fight.

Whatever the story may be, the ladies immediately realized they had something special, so they hit the road on a mission to charm Canadian audiences coast to coast.

Their tireless rain or shine outlook and undeniable mutual respect have helped the trio weather years of constant touring.

With jaunts to Australia, the U.K. and the U.S. in their 2011 schedule, the Good Lovelies' road-tested tenacity took them further afield than ever before.

Lighthearted songwriting and irresistibly buoyant dispositions have made them the darlings of the summer festival circuit, including spots at the storied Mariposa and Hillside Festi-

vals and the Montreal Jazz Festival.

They have toured with Stuart McLean and the Vinyl Cafe and have appeared onstage and in studio with Broken Social Scene, Kathleen Edwards and Jill Barber.

In 2009, the Good Lovelies won New Emerging Artist at the Canadian Folk Music Awards and they followed it up in 2010 with a Juno for Roots/Traditional Album of the Year.

According to the Globe and Mail's Brad Wheeler, The Good Lovelies "make three-part harmonies divinely — all sun, serotonin and

retro-radio."

Their take on folk has been compared to a sonic sunshower, which separates them from so many of the too-hip-to-be-happy groups currently writing and performing.

The Good Lovelies will be stopping in Pender Harbour as part of the Pender Harbour Music Society's concert series with a performance on March 4 at the Pender Harbour School of Music.

Come bask in sonic joy.

For more information visit www.goodlovelies.com.



goodlovelies.com photo



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*If there is any life when death is over,
These tawny beaches will know much of me,
I shall come back, as constant
and as changeful
As the unchanging, many-coloured sea.*

~ Sara Teasdale
On the Dunes

Thinking of Garf brings back to me so many wonderful memories of him.

He was larger than life in so many ways.

I worked with him on Nelson Island a couple of times and I've never seen anyone work harder or with such determination as Garf.

He really enjoyed using his great strength to do things and could not stand to waste a minute to accomplish whatever he undertook.

And he was not afraid to tackle anything, because he knew he could figure out a way to do whatever job came his way.

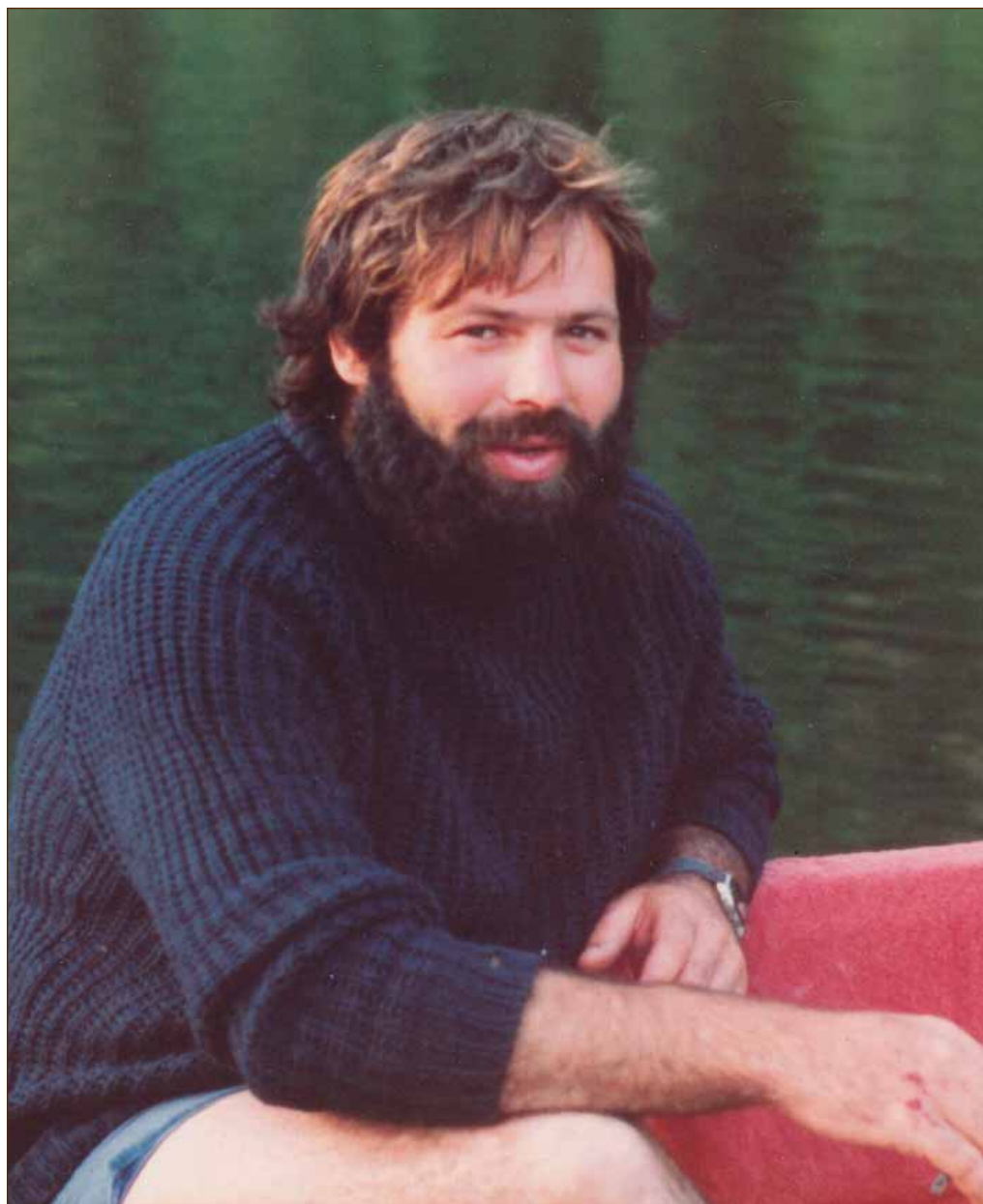
He was supremely confident of his resourcefulness with the result that he rarely — if ever — failed at anything he attempted.

He certainly helped me many times when I would have been in trouble without him.

Looking at his life in the last couple of months makes me realize that his guardian angel was looking after him.

The timing of events leading up to his departure are miraculous, and I'm convinced filled his life with joy.

First the trip down to Costa Rica, then a gorgeous weekend on Nelson Island and finally working in the woods with a friend cutting wood — something he always enjoyed and was impressively good at.



To cross over while working at a task that was close to his heart was the ideal way to go — suddenly without lingering pain and no doubt enjoying what he was doing to the last minute.

I can't imagine a more appropriate ending.

In my opinion, it's not really the end, but a beginning of a new phase of existence and he could be smiling down at you right now.

He was a fabulous, supportive

husband and father, with a wonderful sense of humour and I'm sure that everyone who knew him will miss him a lot.

Stewart Rae
Garf's father-in-law

There will be no service as Garf would have hated that.

Please honour your local health centre or the Canadian Heart and Stroke Foundation.

SCRD moves into round three of the 2012 budget process



*By Frank Mauro,
Area A Director*

BUDGET

We have just completed round two of the budget process.

This round was less time-consuming and stayed on schedule with no additional meeting days required to complete each of the three days' business.

So far increases in the base budgets have been held to the 1.5-per-cent maximum guideline with most of the major cost functions having been dealt with.

Round three, the final round of the budget process, is scheduled for March 5-7.

TYNER PARK

I have been pleased to support the Ruby Lake Lagoon Society and facilitate their discussions with the SCRD to assume stewardship of Tyner Park.

For those who don't know, Tyner Park is between Lily Lake and the Health Clinic.

The group's intent is to create a biodiversity park by removing invasive species and encouraging native species.

Walking trails and signage will be a great asset to educate the public, particularly the schoolchildren, on the types of plants that are native to the coastal ecosystem.

This use of the park is certainly consistent with what I have heard was the vision of the Tyners, who donated the property.

The Ruby Lake Lagoon Society is a non-profit group that conducts many environmental stewardship projects on the Sunshine Coast, most notably the Iris Griffith Centre near Ruby Lake.

The society is certainly the best group to have stewardship of an area such as Tyner Park.

WALKING TRAILS

The trails in Tyner Park will also integrate with previously proposed plans for walking trails and paths in the Lily Lake area and connecting with Madeira Park town centre.

There is a group being formed to champion walking paths/trails that connect the community.

The group will be requesting broad community input on this and other projects soon.

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

Infrastructure Services Committee

March 1 at 1:30 p.m.

Special Corporate and Administrative Services Committee - Round 3 Budget Review

March 5, 6, 7
at 9:30 a.m.

Community Services Committee

March 8 at 1:30 p.m.

Regular Board

March 8 at 7:30 p.m.

Planning and Development Services Committee

March 15 at 9:30 a.m.

Corporate and Administrative Services Committee

March 22 at 1:30 p.m.

Regular Board

March 22 at 7:30 p.m.

Our meetings are held at **1975 Field Road** in Wilson Creek at the SCRD **Board Room**. Agendas for these meetings are available at www.scrd.ca/Agendas-2012.



VOLUNTEERS NEEDED FOR SOLID WASTE MANAGEMENT PLAN MONITORING ADVISORY COMMITTEE

The Sunshine Coast Regional District's Solid Waste Management Plan Monitoring Advisory Committee is looking for volunteers with an interest, and preferably experience, in the sustainable management of waste.

If you would like to help monitor and improve the management of solid waste in your community, please consider joining the Committee by contacting Dion Whyte, Manager of Sustainable Services, by phone 604-885-6819; email at dion.whyte@scrd.ca with a subject line "PMAC Membership"; or by mail to 1975 Field Road, Sechelt, BC V0N 3A1.

For information on who we are, and what we do, please visit www.scrd.ca, call 604-885-6800, or email info@scrd.ca. To contact Area A Director, Frank Mauro, please email frank.mauro@scrd.ca.



They require all our support to ensure that the trails and paths constructed meet the community's needs.

During the public consultation for the Parks and Recreation Master Plan process held at the Community Hall last November, walking trails of all types were deemed to be a high priority by those in attendance.

PRIVATE MOORAGE

In a letter dated Jan. 26, the province announced that applications for private moorage will not be accepted in the Pender Harbour area.

The letter goes on to state that the decision will be reviewed on March 31 to decide the future course of action regarding private moorage.

FCM GRANT AND LOAN

On Feb. 23, the Federation of Canadian Municipalities and MP John Weston announced FCM's Green Municipal Fund award to the SCRD for infrastructure and programs to reduce water use and improve water quality.

The award, consisting of a \$1 million grant and a \$1 million loan, will be used for water quality improvement measures, mains extension, package treatment facilities, and one or more new water treatment plants that will serve the south and north Pender Harbour and Egmont water service areas.

These measures will raise water quality to minimum Canadian drinking water quality guideline levels across the system.

Water efficiency measures will include universal metering and user-pay pricing, system upgrades and household fixture replacement programs.

These measures are expected to reduce water consumption by up to 30 per cent.
March 2012

OPEN DISCUSSION

Continuing on with what I started last month, I will be available between 8 a.m. and 10 a.m. on Saturday, March 3 at Java Docks in Madeira Park to answer questions and to listen to your concerns.

Time for Spring Tune-up....

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Wendie Milner: 604-883-9361

Teeth: Dollars and Sense

Recession is a nasty word whether we are talking about our income or our teeth.

Did you know that dentists see recession on a daily basis? It's the kind that causes your gums to recede and expose the roots of your teeth, causing pain in your mouth and eventually in your wallet.

As with any recession the sooner it is recognized and treated the more likely that invasive and expensive treatment can be averted.

For example, did you know that tooth decay is not always painful right away? By the time you notice a small brown spot on the surface of a tooth, the bacteria causing decay may already have eaten their way through the hard outer shell of enamel and into the softer dentin that surrounds the pulp chamber.

At this stage the tooth may be hot or cold sensitive. This softer inner layer protects the nerve but once the decay reaches the pulp chamber the tooth will be very painful because bacteria are attacking the nerve.

If ignored, the tooth will die and the pain may subside, however, untreated

cavities can lead to a severe dental abscess due to bacteria entering the pulp chamber and working their way to the root tip, where they infects the surrounding bone. The tooth now needs a root canal and a crown to restore it, or an extraction to remove it.

So skipping your check-up and hygiene appointment may seem to be saving you money at the moment but in the long run it could be a very expensive decision.

Be pro-active in handling recession. Don't wait for a pain in your mouth to prompt a visit to your dentist.

Modern dentistry has all the tools needed to identify decay at an early stage. A regular dental check-up and professional cleaning is money well spent — potentially saving you hundreds of dollars — by identifying small problems and treating them before they can progress to the point of pain and expense.

Early prevention of dental problems is always our first choice. If you would like to know more about preventive options available to you please talk to our friendly dentists and staff.



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You can know a man by the boats he's built: Egmont's John West

By Heather Smith

On Jan. 7, 2012, local pioneer John West passed away at the age of 98. Heather Smith is his daughter.

The very first “boat” John Ward West built was a dugout canoe.

He lived on Nelson Island with his father, also named John, who settled there in the late 1890's.

West Lake, which took its name from my grandfather, is a fairly large lake and a joy to explore in a canoe.

Around 1933, my grandfather was building a canoe so Pop chose to build one at the same time, though a little smaller.

They each used a downed cedar tree and worked together, with Pop copying his father's work, learning as he went.

He was only 20 at the time and but already had worked in a sash and door factory in Vancouver for a few years so was familiar with woodworking tools.

He used an adze to remove the wood from the centre of the log.

He said some people burned the wood out.

He had tried that method but preferred to “hew” it.

The adze (like an axe laid flat) was a dangerous tool around the ankles and he had to be very careful using it.



Heather Smith photo collection

John West trolling for salmon on the *Skeena Chief* in 1940 near Egmont.

He used a drawknife to smooth the rough inside edges.

A drawknife is a flat blade with a handle at each end, used to shave wood.

He needed to sharpen the blade constantly in order to shave the surface smooth.

The canoe was about eight feet long and the hull about three inches thick when finished.

It had a flat stern with a pointed bow and flat bottom.

He split a block of cedar to form the stern, then put a cedar board to sit on in the centre.

He also carved a double-ended paddle (the same design kayakers use)

from a cedar log.

He used his canoe to hunt and fish the shores of West Lake.

It was a rustic craft and leaked slightly but it stayed upright and was the only one he owned.

Pop once told me his record for paddling his canoe from one end of the lake to the other was 20 minutes.

Eventually the canoe blew away in a windstorm but he didn't bother looking for it as it would have taken a whole day to check every bay and there was a good chance it could have sunk.

So Pop moved on to his next boat.

His father bought an “Andy Lin-

Good Lovelies



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Sara

Buechner

Sunday, March 25

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Chamber Music Festival Committee

coln” clinker-built boat for \$25 from the Senkler family, who lived on West lake.

It was in good condition and fairly new when his father bought it, but it needed quite a bit of work by the time Pop bought it from him for five dollars.

But, after fixing it up and giving it a fresh coat of paint, he was able to sell it for \$25.

His third boat was a 14-foot skiff he named *Midget*.

He built *Midget* out of regular boat lumber he purchased from Vancouver.

Meanwhile, he started working for Mr. and Mrs. Macomber who had a home on Hardy Island.

They had a 110-foot pleasure yacht named *Persippia*.

Pop worked in their home, building shelves and putting cedar beams on the ceiling.

He built a 22-foot V-bottom boat and, as part of his payment, Mr. Macomber bought him a five-horsepower Easthope engine complete with shaft, wheel and gas tank.

This he named *Pan* after his sister, Pansy West.

He and his brother Robin fished for bluebacks in the *Pan* around Harwood, Savary and Texada Islands.

They didn’t do very well and decided to go back to logging.

THE SKEENA CHIEF

His next boat was the *Skeena Chief*, a 39-foot “retired” work boat.

It didn’t have an engine, just a shaft and wheel.

He and Robin had logged their father’s property and earned \$200 each.

Pop traded the *Pan* and paid \$100 to George South for the *Skeena*

Chief.

The boat was on skids on the beach in Codville’s bay on Egmont’s north shore.

It was built in a Japanese shipyard in Vancouver but was a British registered ship.

It had a poorly designed hull that tended to make it roll in big seas with a rattling shaft.

The boat had just been re-caulked before Pop bought it but it still leaked.

It had a cast iron wood stove for cooking and warmth and was the “biggest boat in Egmont.

He didn’t have enough money left to buy an engine so Robin bought a car engine for \$35. Pop paid him back.

Word quickly got around that he had bought a white elephant.

The *Skeena Chief* was rigged for trolling.

“It really caught fish,” Pop said.

“I showed them all.”

He fished out of Bull Harbour in 1940, the season before he married my mother, Mary Griffith.

He saw other trollers with main poles and bow poles farther apart than the *Skeena Chief*’s, so that winter he moved the main poles and the mast back for greater distance between the poles and it fished even better.

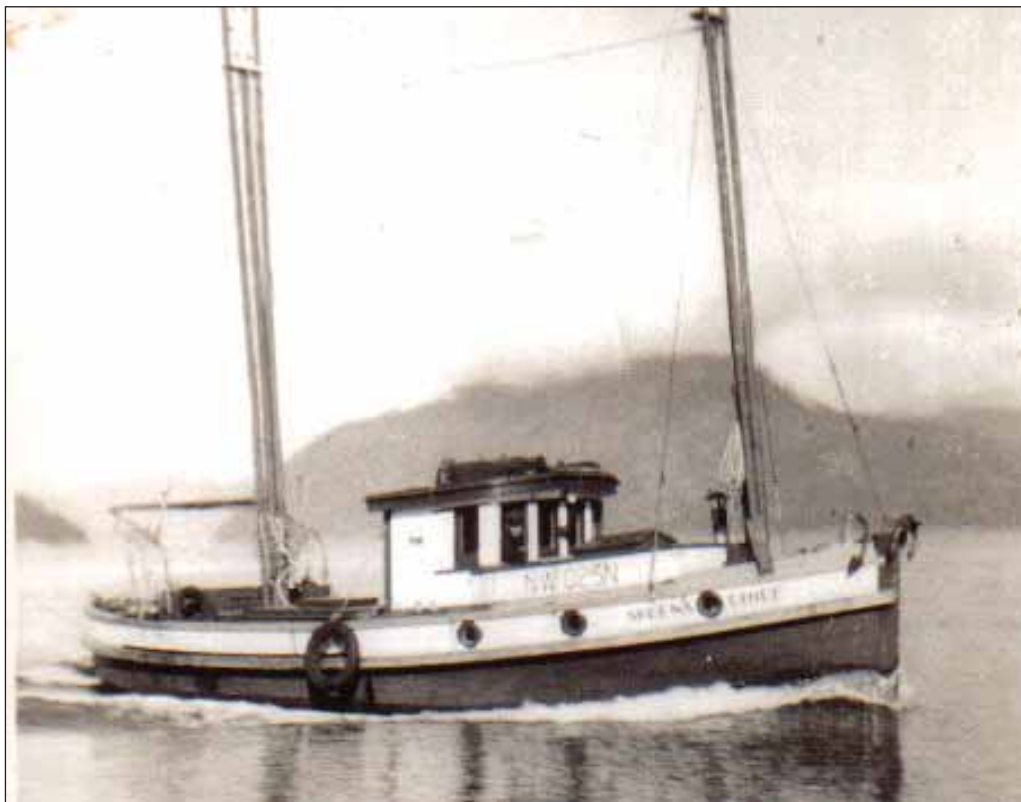
He also remodelled the cabin as he was a tall man and needed more head room to stand.

BUILDING THE WEST HOME

Mom and Pop bought 20 acres of Egmont’s waterfront at the end of Maple Road.

At the time, Maple Road didn’t

(Continued next page)



Heather Smith photo collection

John West trolling for salmon on the *Skeena Chief* in 1940 near Egmont.

John West (cont.)

(Continued p. 15)

exist so it was water access only and no electricity.

The property had an old house and shed but they chose to live aboard the *Skeena Chief* until a new house could be built.

The original owner, Peter Saucin, was killed while using a homemade wood lathe powered by a car engine.

It turned very fast — too fast.

Either the chisel he was using or the wood he was working on broke and hit him in the head.

The property and all his tools went up for auction by a government agent.

Most of the tools were bought up by Egmont residents but the property didn't sell.

Pop wasn't ready to purchase at that time so bought it from the government for \$450 when they put it up for a tax sale.

He got a permit to burn the old

house and used the shed until he had time to pull it down later, but saved the old shakes on the roof for a new shed.

The new shed was built from cedar cut from the property and was large enough to build a boat.

The property had a nicely sloped beach — a natural area to put in a marine ways.

Pop hauled out all the boats in and around Egmont when they required painting or repairs and this provided a much needed service as well as a small off-season income.

He and Mom soon started building a home on the point.

They chose a Cape Cod style and the plans are still framed and hanging in the house now.

They had the lumber cut in Vancouver and at Spicer's mill in Bargain Harbour and transported it by boat to Egmont.

They took the *Skeena Chief* to

Thormanby Island and transported gunny sacks of sand back to the boat by dinghy.

Once back home, they hired a local bricklayer who used it to build the chimney and fireplace.

The house was only at the tarpaper stage when he decided to build a sawmill.

Pop built the mill, again using cedar post construction with shakes for the roof.

He rigged up the mill equipment, then cut all the siding for the house.

Once it was painted white, it looked fabulous — he even cut a quarter moon in each of the green shutters.

He went on to cut lumber for many other homes in Egmont over the next few years under the business name "Egmont Marine Ways and Sawmill."

Some of the customers helped him cut lumber in return, some paid cash.

Once the government put restrictions on the logs he could cut, he cut only for himself.

THE MARYANN W

The *Maryann W* would be Pop's last commercial troller.

He realized he needed a bigger, more seaworthy boat to fish the West Coast of Vancouver Island if he was to earn enough to support a growing family.

So he asked a friend to drive him to Seattle to purchase plans for a 43-foot Ed Monk Senior design — or what he called "a classic West Coast troller."

He began cutting lumber for the boat in early 1950.

He bought two 44-foot fir logs, one to be cut for the keel and the other



Heather Smith photo collection

The West's Egmont home as it looked in the spring of 1947.



Heather Smith photo collection

The *Maryann W* after fuelling up in Coal Harbour in the 1950s.

for the keelson.

Particularly for wooden boats, the keelson lies parallel with the keel but above the transverse members like timbers or the frame.

It is fastened to the keel partly to add additional longitudinal stiffness but mainly to bind the keel to the transverse members (frames and floors).

It was difficult to cut the keel to the correct dimensions.

He slabbed the log first but his carriage was only 20-feet long so he had to stop and reset over and over to cut the four sides of the entire length.

The “spring of the log” made it difficult to be exact from one end of the timber to the other but he ended up with a 6 x 10-inch by 40 feet long keel with only half-inch discrepancy.

The keelson was about the same length but wider to give the boat “backbone.”

In December 1950, he hired Alec

North, an experienced boatbuilder from Lund, to help frame the boat.

In one month, they laid the keel and the keelson, steamed and bent the ribs while fastening them in with two planks on the bottom and two on the top to show the shape of the hull.

Pop said he cut many pieces of 1/4-inch thick lumber to make patterns, then spiled out the patterns for the ribs and planking.

(Spiling is the means by which a builder determines and measures the shape of any curved piece that must

be fitted to a curved surface.)

Apparently they had plenty of advice from friends and neighbours who were very interested to see a boat of this size being built.

Alec North completed his part of the job before Pop carried on with the finishing, working through the winter, spring and into the summer of 1951.

The boat was ready to launch by the end of July — engine and all.

By Aug. 1, he was fishing off the West Coast of Vancouver Island in the *Maryann W*.

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• Christ the Redeemer Church	883-1355
• Coast Guard Auxiliary, Unit 61	883-2572
• Community Club, Egmont	883-9206
• Community Club, Pender Harbour	741-5840
• Community Policing	883-2026
• Community School Society	883-2826
• Egmont & District Volunteer Fire Department	883-2555
• GRIPS (Recycling Society)	883-1165
• Garden Bay Sailing Club	883-2689
• Guides, Brownies, etc.	883-2819
• Harbour Artists	883-2807
• Harbourside Friendships (Thur. 10:30 -1 p.m.)	883-9766
• Health Centre Society	883-2764
• Health Centre Auxiliary.....	883-0522
• InStitches (Last Thursday, 11 a.m., PHHC).....	883-0748
• Lions Club, Egmont.....	883-9463
• Lions Club, Pender Harbour (1st & 3rd Tues.)	883-1361
• P. H. Aquatic Centre Society	885-6866
• P. H. Cancer Support Group.....	883-2393
• P. H. Garden Club	883-9415
• P. H. Golf Club.....	883-9541
• P. H. Hiking Club (8:30 am, Mon. & Wed.)	883-2930
• P. H. Living Heritage Society	883-0744
• P. H. Music Society (bookings).....	883-9749
• P. H. Paddling Society	883-3678
• P. H. Pipe Band	883-0053
• P. H. Power & Sail Squadron (2nd Wed. 7:30 p.m.).....	883-9313
• P. H. Volunteer Fire Dept (Wed. evening)	883-9270
• Pender Harbour Choir (7:00 pm Tues)	883-9749
• Piecemakers (quilters, 1st & 3rd Wed. 10 a.m.).....	883-9762
• Reading Centre Society	883-2983
• Rotary Club (noon Fri. Garden Bay Pub)	883-2544
• Royal Canadian Legion No. 112.....	883-2235
• Ruby Lake Lagoon Society	883-9201
• Skookumchuck Heritage Society.....	883-9994
• St. Mary's Hospital Auxiliary (2nd Wed., 1:30 p.m.)	883-2563
• Seniors' Housing Society (3rd Thur.).....	883-0704
• Serendipity Preschool	883-2316
• Sunshine Coast SHROOM.....	883-3678
• TOPS (Take Off Pounds Sensibly).....	883-3639
• Wildlife Society (3rd Tues. PHSS).....	883-9853
• Women's Cancer Support	883-9708
• Women's Connection (2nd & 4th Tue.)	883-9313
• Women's Outreach Services.....	741-5246

HARBOUR SPIEL SUBMISSION GUIDELINES

The Harbour Spiel encourages all local non-profit groups, societies and support groups to submit notices (via an e-mail only) for publication.

- Submissions should be clear, concise and without excessive formatting (capitals, spacing etc.).
- If including photos, the digital image file must be as it came out of the camera (i.e. not reduced in size, copied from a website, cropped, or otherwise digitally manipulated).
- The Harbour Spiel regrets that submissions may not appear due to editorial considerations and reserves the right to edit submissions prior to publication.

LOCAL ORGANIZATIONS

ST. MARY'S HOSPITAL AUXILIARY (P. H. BRANCH)

The P. H. branch of St. Mary's Hospital/Health Care Auxiliary is hosting a 75th anniversary tea on June 16 at the Pender Harbour Community Hall. We are looking for any former staff of the former St. Mary's hospital in Garden Bay from 1930 to 1964. If you or someone you know was a staff member please contact Patti Gaudet at (604) 883-9290 or pgaudet@dccnet.com.

P. H. WOMEN'S CONNECTION

The P. H. and District Women's Connection have a presentation "Beautiful Day Spa," on March 13. Joelly Louise, a licensed esthetician/spa technician will talk about the fine art of esthetics. On March 27, Baili Clarke will give a presentation titled "Naturopathic Medicine for Optimal Health." Both gatherings are at the P. H. School of Music in Madeira Park. Doors open at 9:30 a.m. with the meeting going from 10 a.m. until noon. Members, non-members and drop-ins are always welcome.

P. H. FALL FAIRE SOCIETY

The Pender Harbour Fall Faire Society is having its annual general meeting at 11:30 a.m. on Friday, March 30. at the P. H. Legion. A handful of dedicated volunteers host this multi-faceted event on the first Saturday of October (Oct. 6 this year) but more volunteer involvement is needed. If you can contribute any amount of your time, it would be greatly appreciated. Or if you would just like to come out to learn more about this event, please attend our AGM.

HARBOURSIDE FRIENDSHIP GROUP

Harbourside Friendship group meets every Thursday at the P. H. School of Music, starting at 10:30 a.m. with coffee and social followed by an activity or presentation and a hot lunch is served at noon. For more information call Cathy (604) 883-9766.

This month:

March 1: Hawaiian Theme (Kathy Bergman, RN, will attend for blood sugar/blood pressure checks).

March 8: "Music makes the world go 'round" with Penny Lang.

March 15: St. Patrick's Day — fun with all things green and prizes for best green costume.

March 22: P. H. Aquatic Centre's "Move Strong, Move Fit for Seniors."

March 29: Paula Howley presents her award-winning Toastmaster speech.

Understanding frost delays



By Jan Watson

There's not a lot to report at this time as I am writing this earlier than usual because I will be tied up elsewhere for a while.

There have been some lovely sunny days which bring out a few more people and everyone is anticipating spring.

The new season is fast approaching and it's time to polish up the clubs and get out for some practice.

The driving range is always open and the course is in great shape.

See the Pender Harbour Golf Course website www.penderharbour-golfclub.com for daily reports on course conditions and other information.

UNDERSTANDING FROST DELAYS

(Source: *The Golf Course Superintendents Association of America*)

In many regions of the country, golfers occasionally face frost delays in the spring, thus pushing back starting tee times.

When frost is present golf course superintendents delay play until the frost has melted.

This is done to prevent damage that affects the quality of the playing surface and could potentially be very



expensive to repair.

Frost is basically frozen dew that has crystallized on the grass, making it hard and brittle. A grass blade is actually 90 percent water, therefore it also freezes.

Walking on frost-covered greens causes the plant to break and cell walls to rupture, thereby losing its ability to function normally

When damaged, the putting surface weakens and becomes more susceptible to disease and weeds

One foursome can leave several hundred footprints on each green, causing extensive damage

A short delay while the frost melts can preserve the quality of the greens and prevent needless repairs.

STARTING DATES FOR SEASON

Ladies Day: March 15

Mens Day: March 20

FROM THE 19TH HOLE

The Perfect Shot

A golfer stands over his tee shot for what seems an eternity to his partner.

He looks up, looks down, measures the distance and figures the wind direction and speed.

The longer he takes, the more his partner fidgets.

Finally his exasperated partner says, "What's taking so long? Hit the blasted ball."

The guy answers,

"My wife is up there watching me from the clubhouse. I want to make this a perfect shot."

"Forget it, man," the partner says. "You'll never hit her from here."



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HARBOUR SEALS



Free! APPROVALS or DISAPPROVALS!

Send to: editor@harbourspiel.com.

Include your full name and a telephone number for confirmation. (Please keep them short.)

I would like to thank, from the bottom of my heart: the **Madeira Park Fire Department, ambulance attendants, auxiliary Coast Guard, the old and new friends** I met, for helping to save my life and for all the love and support after my accident.

Henry "Who fell from the rock"
Jaworski

A Seal of Approval to **Tom of Tom's Signs** for the great sign he made for the front of the Bargain Barn. (He only charged for materials.)
Sharon Halford
Bargain Barn

A big Harbour Seal from Rotary to all **those who fill the "Pennys for Polio" jars** with their spare change, to the tune of \$100 per month. That's 200 vaccinations to help eradicate polio, the child-crippling disease.

Jon Paine
Rotary Club of Pender Harbour

Harbour Seals of Approval to **paramedics Tonya and Jenny** for much appreciated medical help and kindness when I fell down and couldn't get up. Also to the **Pender Harbour Fire and Rescue** and to **home care nurse Kathy** for getting me back on the road to recovery.

Bev Malcolm

A Harbour Seal of Approval and thank you to **Harbour Publishing** for donating books for prizes for our literacy week draws. Congratulations to winners Marion, Clair and Jim.

Kim Watts and PHAFC staff

A real Seal of Disapproval to **those littering Garden Bay, Irvines Landing and Lee Bay Roads** with their Budweiser and Labatt's Blue, orange and banana peels and even plastic sandwich holders.

Your neighbours are the ones picking up your garbage.

Glen Bonderud

Heartfelt Seals to our great friend **Darcie Murray** for orchestrating the response for Garf, to **Mike Bathgate and Bill Gilkes** for coming up the mountain — Dave was sure glad to see you, to **Don Murray and the attending emergency teams**.

What a great community we live in — thank you so much.

Dave Callingham,
Diana and the girls

A Harbour Seal of Disapproval to **the man in his '30s in the white Chevy van** who parked far too close to our passenger side in the Madeira Park Shopping Centre on Feb. 10.

I'm 84, need a cane to walk and couldn't get out. After asking the gentleman politely if he could move, he ignored us, squeezed out himself and walked away. It wasn't very nice.

Bill Wilson



Lee family photo collection

“Clara Lee (second from left) and Helen Mackay (position not listed) working in a cannery 1937.”

The photo was possibly taken at the Boswell Inlet cannery near Smith Inlet.

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Pussy pica



By John Wade

**Hi John,
I have a three-
year old Siamese Cat
who is eating his way
through my house
and closet.**

**As a kitten, he chewed shoe
laces and all the strings on the
blinds in the house.**

**He has now graduated to flan-
nel sheets, cotton sheets, towels,
clothing, anything and everything
he can get his teeth into.**

**He not only chews all these ma-
terials, he eats, swallows and digests
them.**

**When I have visitors, if I do not
supply them with bags to put their
shoes into, when they leave their
shoelaces are chewed and eaten by
this little fellow.**

**I am at my wit's end. He may
live to be 20 and just the thought
of another year of this behaviour is
overwhelming.**

~ D.R.

Hi D.R.,

Pica is a behaviour aberration
found in humans and animals.

Essentially, it means the eating of
the inedible.

The majority of cats that display
this behavior are Siamese and related

Asian breeds.

There are lots of theories as to
the why but nothing definitive.

The better breeders figure if noth-
ing else, it has a genetic component
and are diligently trying to breed it out
of the breeds.

If your breeder hasn't been
checking in regularly to see if her

blood lines have this or other issues
you didn't get one of the better ones.

One theory as to why this might
happen is related to weaning.

Left to their own devices, orien-
tal breeds tend to have a longer nurs-
ing period than other cat breeds.

If the breeder isn't aware of this
and weans between six and seven



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Susanna Jorgensen
Dave Milligan

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weeks of age (as is done with other breeds) it's possible that suckling in itself plays a role in a kitten mental development and a problem develops for the Orientals later in life.

This behaviour has also been found in other breeds that, coincidentally, were also prematurely weaned.

Some cats outgrow it.

I've heard of many approaches for discouraging this behaviour.

Spraying water at the cat, making the fabric of the day taste bad etc.

I think if these worked it was because the cat was just being mischievous, not truly suffering from pica.

When it is truly pica or wool sucking (as it is often called) treatment is rarely that simple.

If I were you I'd be looking at a two-pronged approach.

First, stimulation. Get that cat's brain and body in gear every day.

There are tons of cat toys that you can use to interact directly with your cat. There are others that will entertain the cat on its own.

Do so often, make that kitty clothes hound tired.

Set up a scratching post in the high traffic areas of the house.

I'd also visit the veterinarian and investigate pharmacological intervention.

Your vet will likely be familiar with this condition and know some of the drugs.

But just in case, do a little research of your own or write me for more details so you can go in armed with enough data to give the process a kick start.

Don't expect results overnight either.

Chart your progress over a 12-week period as these sorts of drugs

often take that long to kick in.

A lot of pet owners are resistant to providing drugs to their pets for behaviour problem.

I'm not even a big fan as I see far too many pets on behaviour modification drugs unnecessarily.

But if it is necessary, I would no more deny my pet relief for this sort

of potentially life-threatening problem then I would antibiotics for an infection of some sort.

Pawsitively yours,
John Wade

e-mail John at: johnwade@johnwade.ca or visit his website at www.johnwade.ca

IN MEMORY OF APRIL

(Jan. 1997 to Feb. 2012)

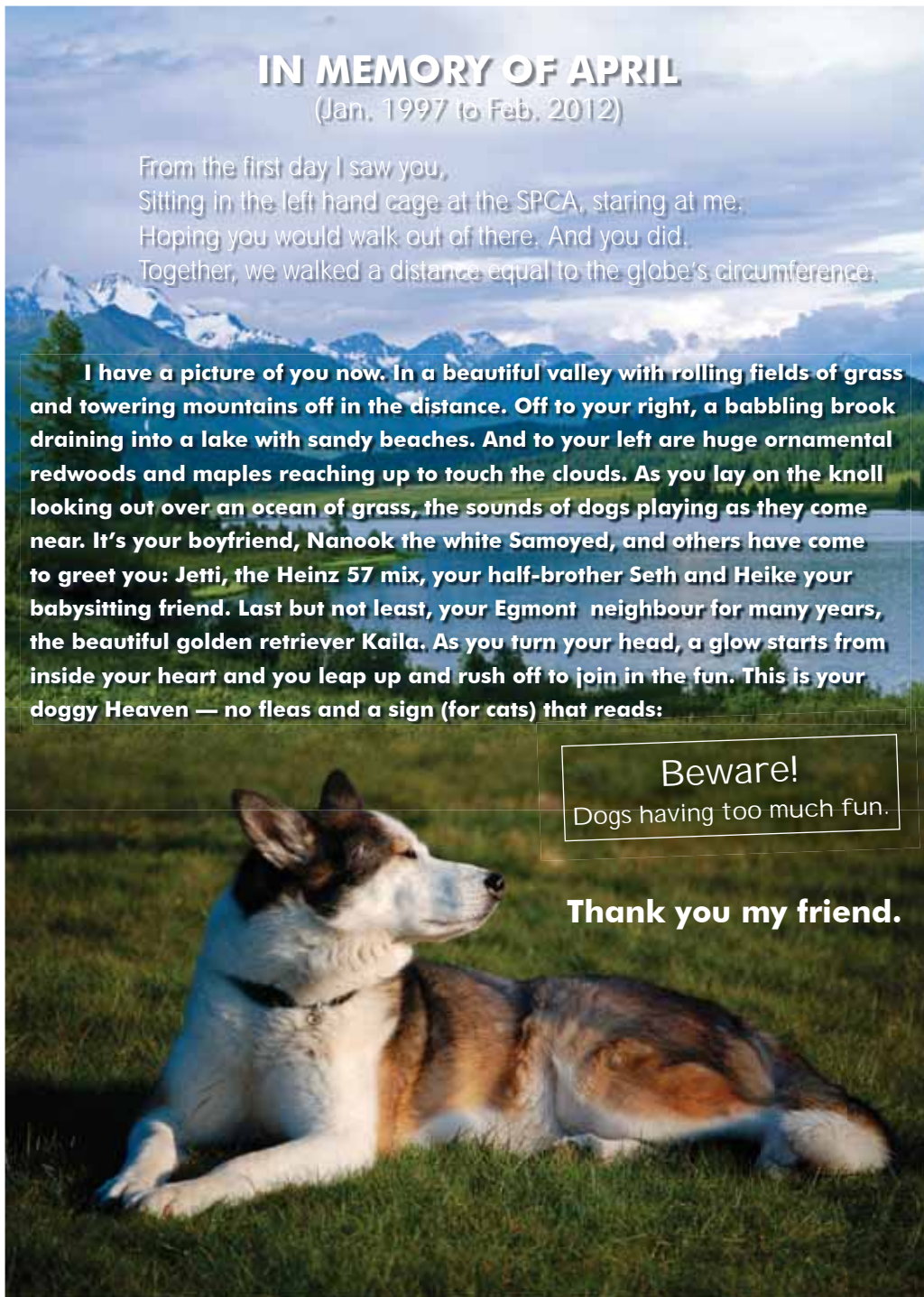
From the first day I saw you,
Sitting in the left hand cage at the SPCA, staring at me.
Hoping you would walk out of there. And you did.
Together, we walked a distance equal to the globe's circumference.

I have a picture of you now. In a beautiful valley with rolling fields of grass and towering mountains off in the distance. Off to your right, a babbling brook draining into a lake with sandy beaches. And to your left are huge ornamental redwoods and maples reaching up to touch the clouds. As you lay on the knoll looking out over an ocean of grass, the sounds of dogs playing as they come near. It's your boyfriend, Nanook the white Samoyed, and others have come to greet you: Jetti, the Heinz 57 mix, your half-brother Seth and Heike your babysitting friend. Last but not least, your Egmont neighbour for many years, the beautiful golden retriever Kaila. As you turn your head, a glow starts from inside your heart and you leap up and rush off to join in the fun. This is your doggy Heaven — no fleas and a sign (for cats) that reads:

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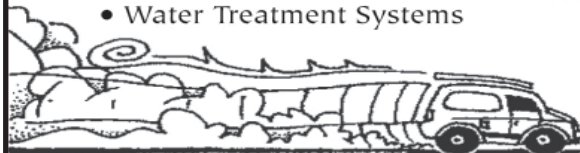
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Simple steps to 'selling your friggin' house'



By Alan Stewart

Frustration is often the end result of folks trying to sell their home in a down market.

A lack of showings and, even more importantly, a lack of offers can drive sellers to the brink... especially if they are on a timeline.

I had a past client approach me the other day asking,

"Hey Al! How am I ever going to sell my friggin' house?"

The expletive was a clear indication that his emotional attachment to the place was at an all-time low.

"Well, how bad do you want to go?" I asked.

"Bad," he responded.

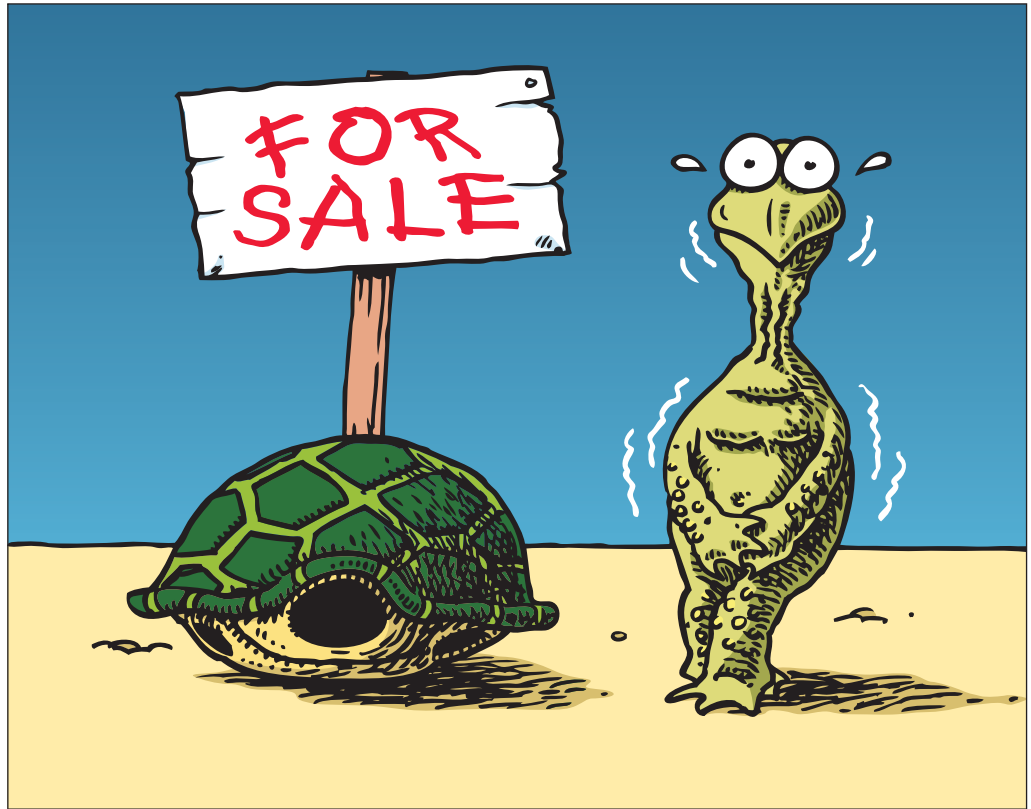
"I'm starting my new job in less than four weeks and if I don't get my place sold I'm going to have to leave the family here, rent a place in town, and commute back and forth on the weekends."

He was obviously distressed with the idea of the added cost and frustration of an already challenging process.

"Have you had a conversation about it with your Realtor?"

"Not yet. I don't want them to think I'm desperate. I need to get as much as I can for the place, especially when I look at real estate prices in Vancouver."

"I think we better get a coffee," I said.



stock image

The real estate market "is what it is" and, unfortunately, there isn't a whole lot we can do about it.

However, you can affect the perception of value that buyers attach to your home, thereby improving the chances of it selling sooner and for more money.

First, have a frank and open conversation with your Realtor about your situation.

I've used the analogy of fishing in the past.

If you put a big hook on the end of your line, there is a chance you'll land the big one and maybe sell your

home for more than it's market value.

But be warned, that big hook will discourage smaller fish from nibbling.

In this market, you need all the nibbles you can get so, if you're motivated to sell, price your home in a way that will attract as much attention as possible.

According to the Real Estate Board of Greater Vancouver, the percentage of original listing prices received at final sale in Pender Harbour continues to fall.

While in 2006, home sellers were fetching 95 to 98 per cent of their original asking price, sellers today are



The Harbour Spiel regrets omitting one of the sponsors in last month's recognition for the Rotary Club of Pender Harbour's 2012 Hop Scotch fundraiser event:

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more likely to receive less than 90 per cent of their original asking price.

The lesson: price it right in the first place to avoid the pain of a lengthy sale process and the frustration of lowball offers.

As part of your pricing decision, factor in all the cost of *not* getting your house sold.

If you're making a move, factor in the market you are moving to.

With housing prices continuing to rise in certain areas of Vancouver, the cost of waiting can be significant.

The average sale price in North Vancouver in January 2012 rose more than \$40,000 over January of 2011.

The average price of a West Vancouver home has increased by over \$300,000 during the same time.

Would you have been able to sell your home a year ago and moved on with your life if you had dropped the

asking price by a similar amount?

Likely.

The second most important thing to do, in my opinion, is to have your house present itself in its best possible light.

Even though the weather makes it a challenge to make your yard look springtime fresh, it's imperative that peeling paint is corrected, the old rotten dog house is removed and the stepping stones to the house are clean and not submerged beneath a half-inch of inky black soil.

Last year there were 43 home sales on the MLS in Pender Harbour and, over the course of the year, 155 homes were listed for sale (not including those that were on the market from 2010).

Based on those numbers and the expectation of a similar market this year compared to last, home sellers in

Pender Harbour/Egmont have about a 30-per-cent chance of selling.

While these are pretty good odds if you're playing the lottery, I wouldn't feel so comfortable risking my most valuable possession — or playing Russian roulette.

So, if you're truly motivated to sell, price your house appropriately.

A wise man once told me that to sell in a declining market you have to get your price just *below* today's market level.

"It's like catching a fly-ball. You wouldn't expect to catch the ball by swiping at it on the way by," he said.

"You position yourself below it to give yourself the best chance at making the catch."

Please send any suggestions for future columns to alanstewart@prudentialsussex.com



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 Mar. 3 ~ **Ernie Carswell, Lana Ross, Terry Bosner and Jim Reid.**
 Mar. 4 ~ **Brian Lee.**
 Mar. 5 ~ **Mackenzie Stewart, Kirk Mackie, Brigit Garrett, Sylvia Heiliger, Alicia McDonald and Valerie Reid.**
 Mar. 6 ~ **Ron Minch.**
 Mar. 7 ~ **Mitch Higgins and Cassidy Craig-Watters.**
 Mar. 8 ~ **Jeremy Morin and Trevor Tiefenbach.**
 Mar. 9 ~ **Mary Cain, Bobbie Wendland, Eldor Dougan and Denise Cymbalist.**
 Mar. 10 ~ **Stuart McLean.**
 Mar. 11 ~ **Tannis Campbell and Gayle Adams.**
 Mar. 12 ~ **Alicia Cummins, Sunny Charboneau and Gord Wenman.**
 Mar. 13 ~ **Ian McDonald and Paul McDonald.**
 Mar. 14 ~ **Peter Hunsche and Heather Smith.**
 Mar. 15 ~ **Bev Higgins, Arlen Howitt, Carissa Gilkes and Justin McKimm.**
 Mar. 16 ~ **Steve Hanna and Brad Zayshley.**
 Mar. 17 ~ **Bill Bradshaw, Jim Weir, Michelle**

Cymbalist and Chris Cavielier.
 Mar. 18 ~ **Mike Reid, John Struthers, Tayler Metcalfe, Blair Landry, Janie Arduini and Michelle Bernier.**
 Mar. 19 ~ **Megan Knock.**
 Mar. 20 ~ **Larry Curtiss, Patrick White, Kim Smail and Tammy Collins.**
 Mar. 21 ~ **Melissah Charboneau and David Massullo.**
 Mar. 22 ~ **Eric Graham, Margaret Hartley, Ross Palmer and Dennis Cotter.**
 Mar. 23 ~ **Mary Ann Haase and Barb Cowan.**
 Mar. 24 ~ **Jane Reid, Heather Fearne, and Doris Pride.**
 Mar. 25 ~ **Hailley Schroeder, Lexine Scoular, John Seabrook and Shirley Norish.**
 Mar. 26 ~ **Motoko Baum and Halle Bosch.**
 Mar. 27 ~ **Maureen Lee, Donna Edwardson, Cole Edwardson, Doris White and Rick Wagner Jr.**
 Mar. 28 ~ **Tom Barker, Joka Roosen and Jill Bennett.**
 Mar. 29 ~ **Melanie LeBlanc, Rod Webb and Terry Jacks.**
 Mar. 30 ~ **Del Deguire.**
 Mar. 31 ~ **Merv Charboneau.**

MARCH WEATHER

TEMPERATURE

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

PRECIPITATION

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 lowest March daily snowfall recorded is 8.9 cm (March 2, 1962).

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BC'S LARGEST CITIES (2011 CENSUS)

In 2011, 87.6% of the population of British Columbia lived inside a census metropolitan area (CMA) or census agglomeration (CA).

CITY	2011 POP.	% CHANGE (from 2006)
1. Vancouver (CMA)	2,313,328	9.3%
2. Victoria (CMA)	344,615	4.4%
3. Kelowna (CMA)	179,839	10.8%
4. Abbotsford/Mission (CMA)	170,191	7%
5. Kamloops (CA)	98,754	6.4%
6. Nanaimo (CA)	98,021	6.1%
7. Chilliwack (CA)	92,308	11.9%
8. Prince George (CA)	84,232	1.2%
9. Vernon (CA)	58,584	5.7%
10. Courtenay (CA)	55,213	7.5%
11. Duncan (CA)	43,252	4.5%
12. Penticton (CA)	42,361	2.6%
13. Campbell River (CA)	36,096	4.0%
14. Parksville (CA)	27,822	4.9%
15. Fort St. John (CA)	26,380	4.9%

~ Statistics Canada 2011 Census (Released Feb. 8, 2012).

MARCH ASTROLOGY

PISCES: FEB. 19 - MAR. 19

Pisceans have a boundless imagination and a natural aptitude for acting. They are sympathetic, highly tolerant and incurable romantics. Pisceans are often religious or mystical. Of all the astrological signs, Pisces are the best.

ARIES: MARCH 20 - APRIL 20

The sign of the ram gives Arians loyalty, generosity, high energy and courage. They love adventure and often fiercely defend the underdog. You will experience a positive flow of warmth and friendliness between yourself and others, and you are stimulated and energized by your casual interactions with the opposite sex. Giddy up.

Skookumchuck
viewing
times
~ March ~

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

March 1	8:37 am +M, 4:06 pm -L
March 2	10:15 am +S, 5:19 pm -L
March 3	11:57 am +S
March 4	8:05 am -M, 1:10 pm +M
March 5	8:53 am -M, 2:01 pm +M
March 6	9:36 am -M, 2:48 pm +L
March 7	10:14 am -L, 3:36 pm +L
March 8	10:50 am -L, 4:35 pm +XL
March 9	11:24 am -L, 5:27 pm +XL
March 10	11:59 am +XL
March 11	1:35 pm -XL
March 12	7:17 am +L, 2:16 pm -XL
March 13	8:04 am +L, 3:02 pm -XL
March 14	9:01 am +M, 4:02 pm -XL
March 15	10:15 am +M, 5:06 pm -XL
March 16	11:45 am +M, 6:15 pm -L
March 17	1:03 pm +M, 7:28 pm -L
March 18	9:24 am -M, 2:07 pm +M
March 19	10:12 am -L, 3:11 pm +L
March 20	10:53 am -L, 4:03 pm +L
March 21	11:28 am -L, 4:52 pm +L
March 22	11:58 am -L, 5:38 pm +XL
March 23	12:21 pm -L, 6:23 pm +XL
March 24	12:35 pm -L, 7:07 pm +XL
March 25	12:51 pm -L
March 26	1:02 pm -L
March 27	6:55 am +M, 1:09 pm -L
March 28	7:33 am +M, 1:41 pm -L
March 29	8:17 am +M, 2:44 pm -L
March 30	9:15 am +S, 4:16 pm -L
March 31	10:59 am +S, 5:34 pm -L

These are estimates only and not intended for navigation.

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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 pro-

vided 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.

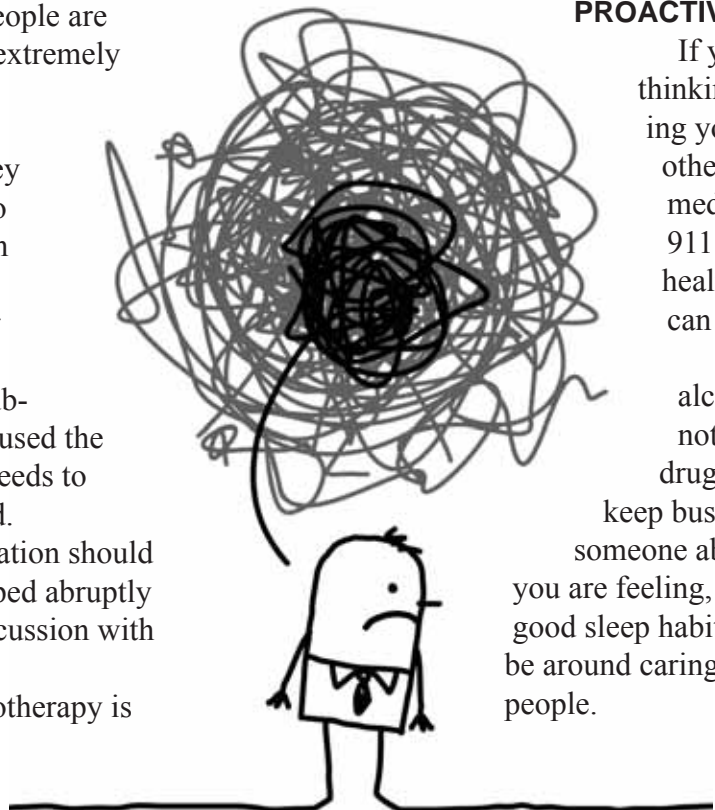
However, many people need to take the medicine for four to nine months or longer to fully feel better.

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.



WELCOME DR. TERRY DICKSON

The Pender Harbour Health Centre welcomes Dr. Terry Dickson, DC, BSc., chiropractor and provider of Active Release Technique (ART). An excellent addition to the Health Centre specialists, Dr. Dickson will be available on the second and fourth weekends (Saturday and Monday) of the month from 1 to 5 p.m. To book appointments, please call (604) 883-2764.

Coast volunteers hard at work building Habitat for Humanity

Submitted

Habitat For Humanity was already known worldwide for its vision of “a world where everyone has a safe and decent place to live” before it was introduced to the Sunshine Coast in 2004.

A presentation was made to a group of men who met regularly to share breakfast and ideas about how to make a positive contribution to the community.

Habitat For Humanity’s program for building decent, affordable houses and promoting home ownership was the perfect fit for these bacon-fuelled volunteers.

In 2005 the group became an official affiliate of Habitat For Humanity Canada, a board of volunteer directors was elected and the local program set in motion.

The current board has four directors from the Pender Harbour area.

It is interesting to note that, though this affiliate is one of the smallest (in population) in Canada, it tops the charts in productivity and community involvement.

Since 2005, three families have become homeowners, with two more families working toward reaching that status this year.

FAMILY SELECTION

First and foremost, Habitat does



photo submitted

On the south side of the highway in Wilson Creek, the first duplex in Habitat for Humanity’s Sunshine Coast Village project should be ready by May 2012.

not give away houses.

Houses are sold at market value based on three criteria:

1. Need for affordable housing.
2. Ability to pay an interest-free mortgage held by Habitat For Humanity Sunshine Coast with payments based on 25 per cent of a family’s total annual income.
3. Willingness to partner with Habitat by contributing 500 hours of “sweat equity” as a down payment.

In simple terms, a family may qualify if their income is at or below

the poverty line for this area or if they are living in unhealthy or stressful living conditions while paying more than 25 per cent of their annual income for rent.

Families are selected through a blind, regulated qualification process and all applications are given consideration.

BUILDING SITES

Basically, homes are built wherever land is made available by donation or affordability.

A build on donated property in the Pender Harbour area is definitely on the Habitat’s bucket list.

Since each local Habitat affiliate is “on its own” financially, donation of a suitable building site speeds up the building process considerably.

The first home was built on North Road in Gibsons, on a lot financed in part by the Town of Gibsons

*Pender Harbour Seniors Housing Society
Outreach Healthy Meal Program*



Have you heard about Harbourside Friendships?
Contact the P. H. Health Centre for more information: 883-2764

Call Linda Curtiss (604) 883-2819 or Anky Drost (604) 883-0033.

ORGANIZATIONS

(\$30,000) and by a Gibsons community group (\$45,000).

The site was dedicated and occupied in August of 2005.

Property for the second build, a duplex on Reef Road, Sechelt, was purchased by HFHSC at a time when land prices were reasonable.

A family took occupation of that home on April 4, 2009.

Land for the Sunshine Coast Village project in Wilson Creek was purchased by taking out a mortgage with the Sunshine Coast Credit Union and former owners of the property.

The dedication and occupancy of the first Village duplex planned is for this May.

FUNDING

There are four main sources of funding:

1. Recycling.

Since 2004, teams in Gibsons and Sechelt have gathered, sorted and delivered cans and bottles donated by Habitat supporters to recycling outlets, contributing close to \$85,000 per year to the building program.

In 2009, Pender Harbour was added to the project by the co-operation of the P. H. Landfill where wine bottles are set aside for Habitat.

2. ReStore.

The HFHSC Restore has been in

operation since 2007, but came into its own with a move in 2009 to the present location on Hwy 101 next door to McDonalds.

The store receives overwhelming local customer support, with everything from nails to kitchen cabinets coming in and going out daily.

National companies such as All Weather Windows and Home Depot also supply product, as does our locally owned RONA.

A staff of three and 50 volunteers make this store friendly, attractive and clean — the best in Canada by all reports.

If you haven't shopped there yet, give it a visit — some of your neighbours volunteer there and every cent of profit from ReStore sales (\$96,000 for 2011) goes toward building homes.

3. Fun and fund raising go together.

Events such as Hammer and Swing, Habitat Hoedown and Habitat Harvest have become popular annual fundraisers.

Other events are planned when opportunities arise. Ian Sayers' Production "Here Comes the Bride: Bridal Fashion of the 20th Century" will come to the Sechelt Senior's Centre on May 26.

4. Grants, sponsorships, cash donations and gifts-in-kind.

To be completely forthright, this is a category where much more help is needed.

The costs of complying with infrastructure regulations like septic systems, underground electrical, drainage and road construction, far exceed the cost of building the seven duplex houses, where local trades and volunteers work to keep the homes affordable.

There is nothing warm and fuzzy about infrastructure but it is necessary to the comfort and safety of the 14 families who will call the Sunshine Coast Village home.

Habitat For Humanity is a registered Canadian charity and tax receipts are issued.

For more information, please visit the Habitat For Humanity website: www.habitatsc.ca.



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PENDER HARBOUR LEGION March



SAT. MARCH 17:
CELEBRATE ST. PATRICK with all things Irish including dinner and karaoke by Vocal Motion. Doors open at 5:30 pm, dinner at 6:30 pm. Tickets \$20 (available at Legion). WEAR GREEN, PRIZES MAY HAPPEN.

COMING APRIL 14:
KENNY SHAW & BRIAN TEMPLE.
Hilarious 1950-60's comedy and music.
Don't miss them this time!

The continuing story of Wei Hsu, the first non-native resident of



Vague recollections have persisted for many years that the first non-native person to live in Pender Harbour was a Chinese man who operated a fish saltery in Irvines Landing.

Before Charlie Irvine landed here and lent his name to the stretch of beach at the western entrance to Pender Harbour, a family named Hsu had settled there years before in 1873.

The historic events depicted here are loosely based on the author's own imagination and should not be interpreted as fact — unless it suits the reader to do so.

By Anne Crocker

Part XX: (Continued from February 2012)

After two days of exploring the soggy shores of Burrard Inlet while waiting to hear from their prospective client, Wei Hsu and Qwuní quickly were becoming homesick.

The Hastings Mill and its north shore neighbour, Moodyville, were obnoxiously loud during the day but even after the mills closed for the day, raucous pockets of men could be heard all over the inlet.

More often than not, the liquor-fuelled mania announced itself to their camp most intensely from the Gastown saloons across Coal Harbour.

Liquor was forbidden near either of the mills, so men of all races arrived each evening by boat or by foot to fill themselves with drink.

They would inevitably leave yelling and fighting all the way back to their homes again later in the evening.

After two nights of listening to the ruckus, Qwuní's curiosity got the best of him.

Wei Hsu had witnessed this type of spectacle before. He had learned long ago that liquor and the men that drink it didn't agree with him and he avoided watering holes like those on Gastown's waterfront.

Qwuní had tasted whiskey only once as a teenager, and though he hated the taste, he was fascinated by the effect it seemed to have on the men who arrived each evening to Gassy Jack Deighton's Hotel, the most popular of the four saloons.

After some persuasion, Hsu agreed to accompany his friend over to Gastown for an evening

visit.

He counted on the relative safety promised by the fact that it was the middle of the work week and should be somewhat subdued.

For a good hour the two men took in Gastown's evening spectacle from a safe distance.

Most of the saloons had windows and were lit on the inside giving Qwuní his first glimpse of men's behaviour inside a saloon.

It seemed there must have been cause for some huge celebration as the men seemed extremely happy and overly friendly.

Often this comradery was broken by a couple of men being tossed out the doors into the street, the result of some argument that often carried over in battles with fists.

And while many Chinese and Indians could be seen in the town during the day, few could be found on the street by the evening and none in the saloons themselves.

The two men took this to be a signal it was much safer for them to remain outside.

After an hour of visiting the various establishments that seemed to take in respectable men and poured out filthy beasts, Qwuní had seen enough.

The two started back to the wharf where they'd moored Qwuní's dugout.

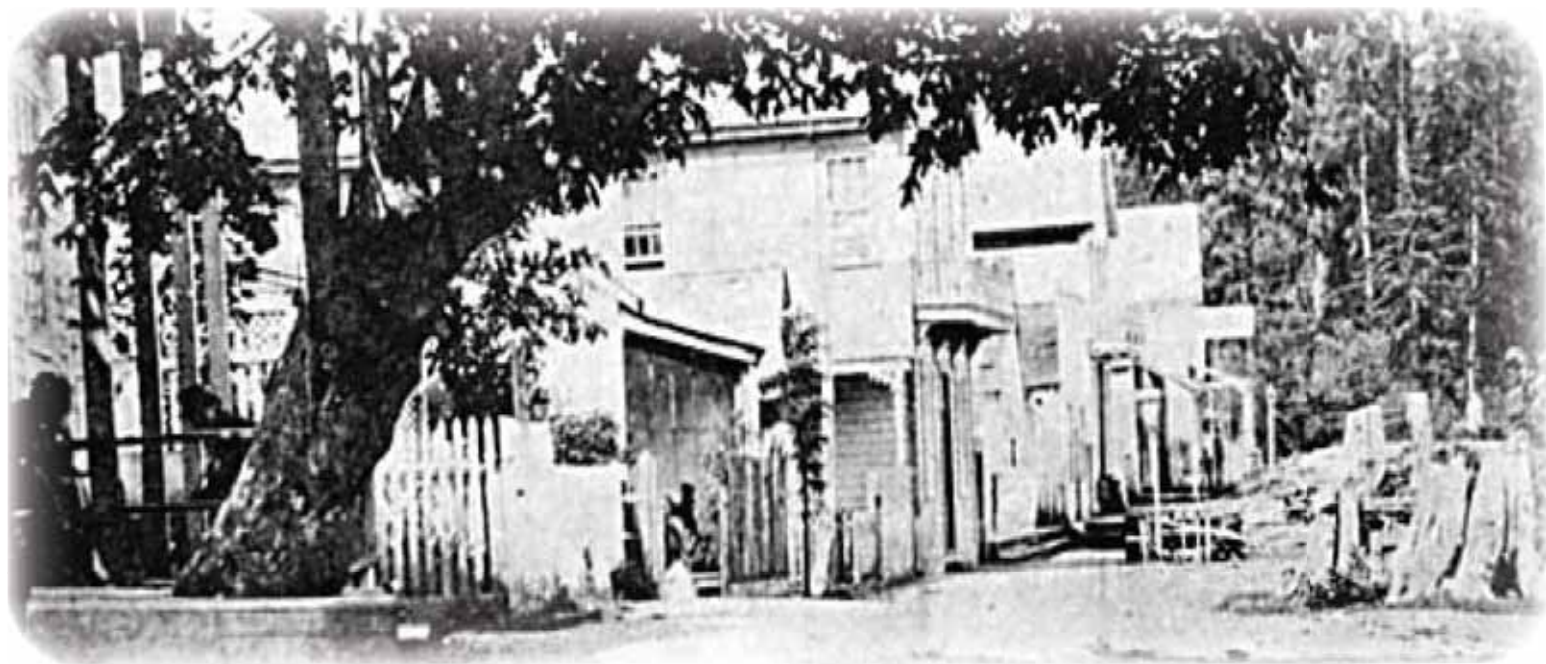
At the entrance to the slippery beach path that lead to the wharf in front of the general store, they were confronted by two obviously drunk men sharing a bottle.

"Kla-how-ya," Hsu offered as he slipped by.

He would later tell his family that was the last thing he remembered.

When Hsu woke up, it was daylight.

Pender Harbour



Vancouver Archives Dist P11.1

Gastown circa 1880

He'd slept on a bench in what looked to be a makeshift jail cell.

Crude steel bars bisected half the room of what looked to be a small cabin with some small windows at the front allowing in scant light.

Qwuní lay sleeping on a bench nearby and though Hsu's head was caked with dried blood and felt like it would burst, his friend looked like he was even worse off.

Qwuní's face was swollen with a bloody cut above his eye. His hands were wrapped in cloth bandages and he was coated in mud.

As Hsu got to his feet, he noticed that he too was caked in mud. Pushing on the door to their cell, he was surprised when it opened.

As it did, a man wearing a uniform entered through what looked to be the only door of the shack.

"Kla-how-ya," he smiled.

The greeting woke Qwuní who struggled to roll up on his side and face the other two.

Sensing Hsu's absolute confusion, the stranger in uniform introduced himself as Constable Jonathan Miller.

Hsu had no recollection of the events but was told he was hit in the head from behind with a bottle and knocked out cold.

Qwuní was left alone to fight off the two men.

Constable Miller went on to explain that the two men had Qwuní on the ground and were kicking him repeatedly in the face and chest.

If it wasn't for a passerby stepping in, the two might have killed him.

The two men ran off and the man, named Charles, brought the victims to the jail thinking it would be the safest place for them to recover from their injuries.

Throughout the whole story, Qwuní wouldn't — or couldn't — say a word.

The constable looked over Hsu and Qwuní's injuries and couldn't find anything that required further medical attention.

Hsu thanked the constable and, as the two were preparing to leave, the door opened and a bearded man Hsu recognized immediately stood in the entrance, smoking a pipe and smiling.

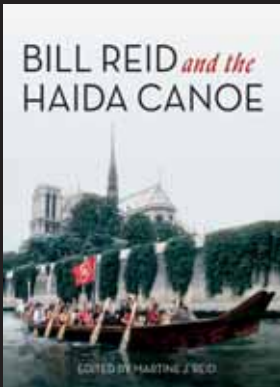
"Charles, come in," said the constable.

(Continued next month)

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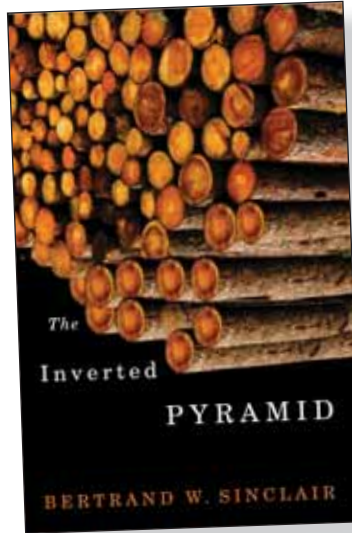
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BOOKS

Special book excerpt: Bertrand Sinclair's



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

Here, 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 published by Vancouver's Ronsdale Press.

The back cover copy 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."

By Bertrand Sinclair

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

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 Eulataws 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

The Inverted Pyramid

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.

BC Bestsellers:

(For the week of Feb. 12, 2012)

1. *Whitewater Cooks with Friends* by Shelley Adams
2. *Something Fierce* by Carmen Aguirre
3. *The Chuck Davis History of Metropolitan Vancouver* by Chuck Davis
4. *Eating Dirt* by Charlotte Gill
5. *The Sacred Headwaters* by Wade Davis
6. *Here's Mike* by Mike McCardell
7. *Fred Herzog* by Claudia Gochmann et al.
8. *The Ice Pilots* by Michael Vlessides
9. *Raincoast Chronicles 21* by Rick James
10. *Beyond the Home Ranch* by Diana Phillips

~ Assn. of Book Publishers of BC

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Lampooning Canada's loony legalities



By Shane McCune

"The law," said an exasperated Mr. Bumble, "is a ass — a idiot."

In the 174 years since Charles Dickens penned that immortal and ungrammatical line in *Oliver Twist*, many idiotic laws have come and gone. Others never existed.

For example, did you know that it's against the law to kill a Sasquatch in BC?

Do an Internet search on "strange laws" and "British Columbia" and you will find hundreds of thousands of references to the ban on Sasquatch slaughter.

Maybe it's due to the comical character in the Kojane commercials, or maybe we just like the idea of our own version of the Himalayan yeti, but whatever the reason, British Columbians are very fond of the Sasquatch. Besides, it's an endangered species, so rare that almost nobody sober has seen one. So I suppose it's understandable that we'd have a law protecting the big guy.

Except we don't.

Wondering why I could find references to this law everywhere but the government's directory of statutes and regulations, I called B.C. Courthouse Libraries in Vancouver and braced myself for scorn or pity.

But a cheerful researcher named Tracy McLean fielded my query with aplomb. Turns out I wasn't the first to pose the question, and she gently assured me that there's no law banning Sasquatch-hunting in BC.

It's in Washington State.

Skamania County, Wash., has an ordinance passed in 1969 and revised in 1984 that prohibits killing a creature variously described as Sasquatch, Bigfoot, Yeti or Giant Hairy Ape. Damn Yankees beat us to it.

Oh well, we have plenty of loony laws of our own:

- From 1947 to 1986, it was illegal to sell stoves on a Wednesday in Vancouver.

- Kelowna used to allow nude bathing in any public waters, but only from 9 p.m. to 6 a.m.

- In Port Coquitlam, it's agin the law to keep more than four pet rats or to allow your cattle to roam the streets. Seems prudent.

- Way back when, a newly incorporated Esquimalt, apparently jealous of Victoria's reputation for insufferably straitlaced behaviour, prohibited the throwing of snowballs within city limits.

- A more recent Oak Bay bylaw requires residents to

shush their noisy parrots.

Those gems come from Lone Pine Publishing's *Weird British Columbia Laws* by Mark Thorburn. (Lone Pine is based in Alberta, but founders Grant and Kathie Kennedy live just down the highway in Sechelt.)

Touring the U.S. in a rental car? Don't even think about popping north of the 49th for a day trip, because driving a rental car over the border does not "meet the conditions for the temporary importation (of) non-Canadian vehicles into Canada."

Some zealous border guard actually enforced that rule in 2010. When the unfortunate tourist asked the federal government for an explanation, nobody could offer one.

Ms. McLean at Courthouse Libraries noted that the Criminal Code of Canada still has a section dating from the 1940s prohibiting the publication or sale of a "crime comic."

The same section bans "advertisement of . . . any means, instructions, medicine, drug or article intended or represented as a method for restoring sexual virility or curing venereal diseases or diseases of the generative organs."

"Officer! I just saw a TV ad with a man dancing down the street, and I'm pretty sure his virility was restored. Do something!"

Speaking of grinning fools, in 2005 BC banned "happy hour," along with any other "sales strategy that is likely to promote or encourage intoxication."

At least in a BC pub you may stand while you quaff an ale, carry your pint to join pals at another table, eat a meal more substantial than a hot dog or a pickled egg, or sing "Happy Birthday" to someone. All were prohibited when I was introduced to BC public houses in the early 1970s.

Which brings us to Canada's other — and longer — prohibition, a senseless ban on an innocent product that millions have used daily for decades with no perceptible harm done.

I refer, of course, to margarine.

One of my early childhood chores involved plopping a stick of margarine, as hard and white as a snow-covered tombstone, into a bowl, then breaking open the little puck of food dye that came with it and stirring until the contents looked more like butter, or at least less like lard.

This ritual was necessary because it was against the law to sell margarine that resembled butter.

AND ANOTHER THING...

The dye didn't fool me, then or now. Margarine may be an acceptable substitute when you run out of axle grease, but in any application involving food butter is better.

Nevertheless, the invention of margarine in 1869 terrified dairy farmers, who have always had a lot of political clout in Canada. At their urging, Parliament declared production of margarine a criminal offence in Canada from 1886 until 1949, on the grounds that it was supposedly "injurious to health."

In 1949 the federal government finally admitted this was false, and the Supreme Court of Canada struck down the ban on the grounds that it was no longer a valid criminal law. The Canadian Federation of Agriculture appealed that decision to the Privy Council of the U.K., which in those days outranked our Supreme Court, but lost again in 1951.

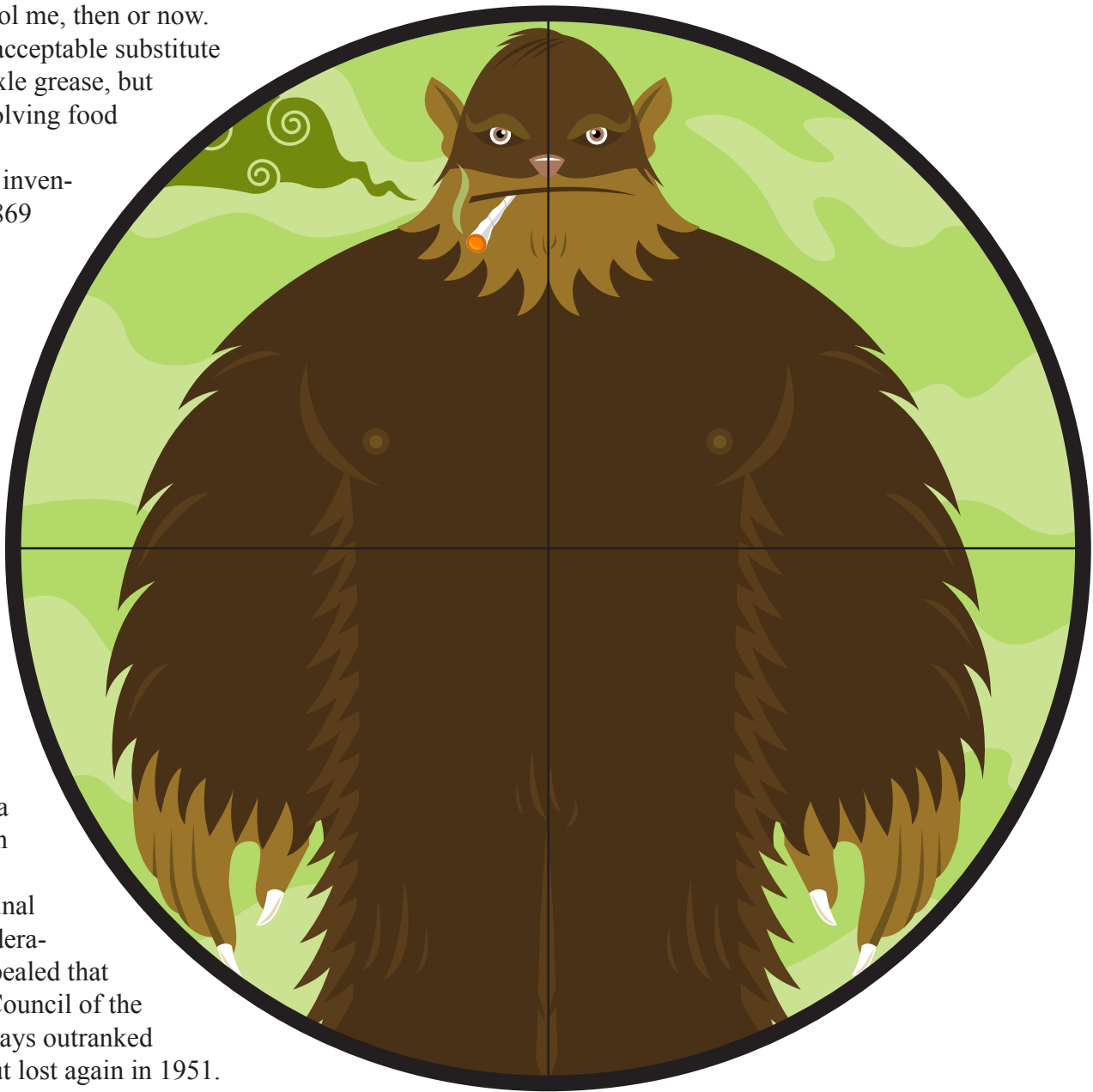
However, importing margarine remained illegal under federal trade law.

Until fairly recently most provinces required restaurants to warn the public if they served margarine. As Ontario's Oleomargarine Act (repealed in 1997) put it:

Every keeper of a public eating place where oleomargarine is served as such shall,

(a) where a menu is used, cause to be displayed thereon in a conspicuous manner the words "Oleomargarine is served here" or the words "margarine servie ici";

(b) where a menu is not used, cause to have displayed in a conspicuous manner in each room or place where food is served a sign or placard bearing the words "Oleomargarine is served here" or the words "margarine servie ici"



in letters large enough to be distinctly seen from all parts of each room or place.

A similar law remains in effect in Nova Scotia.

In Quebec, the sale of pre-coloured margarine remained illegal until 2008. And to this day, provinces regulate the colouring of margarine, down to the percentages of red or yellow dye permitted.

In summary, then: After a hard day of walking your leashed Herefords in Coquitlam, you can relax at your favourite watering hole with a regularly priced brewski and a Sasquatch burger.

But that better be butter on the bun.

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

- Sun. March 4.....P. H. Music Society presents The Good Lovelies - P. H. School of Music, 2 p.m.
Sun. March 4.....Sunday Jam with Larrie Cook - Garden Bay Pub, 2 p.m.
Mon. March 5.....Spring registration at the P. H. Aquatic and Fitness Centre begins
Sun. March 11.....Sunday Jam with Joe Stanton - Garden Bay Pub, 2 p.m.
Mon. March 12.....P. H. Food Bank pickup - P. H. Community Church, noon
Fri. March 16.....School of Music Coffee House - P. H. School of Music, 7:30 p.m.
Sat. March 17.....S. C. Botanical Garden Society presents "Vegetables for Our Climate" - SCBG, 11 a.m.
Sat. March 17.....P. H. Legion presents Celebrate St. Patrick - P. H. Legion, 5:30 p.m.
Sun. March 18.....Sunday Jam with Gaetan - Garden Bay Pub, 2 p.m.
Mon. March 19.....Spring Break (March 19 to 23) - local schools
Mon. March 19.....P. H. Living Heritage Society AGM - P. H. School of Music, 4 to 6 p.m.
Tues. March 20.....P. H. Wildlife Society presents photographer Tom Sheldon - P. H. Community Church, 7:30 p.m.
Sun. March 25.....P. H. Music Society presents Sara Davis Buechner - P. H. School of Music, 2 p.m.
Sun. March 25.....Sunday Jam with Peter B3 - Garden Bay Pub, 2 p.m.
Mon. March 26.....P. H. Food Bank pick up - P. H. Community Church, noon
Fri. March 30.....P. H. Fall Faire Society AGM - P. H. Legion, 11:30 a.m.

FERRY DEPARTURES

~ Effective to March 31, 2012 ~

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.
- 9:20 a.m.
- 11:20 a.m.
- 1:20 p.m.
- 3:30 p.m.
- 5:30 p.m.
- 7:25 p.m.
- 9:15 p.m.

Langdale

- 6:20 a.m.
- 8:20 a.m.
- 10:20 a.m.
- 12:20 p.m.
- 2:30 p.m.
- 4:30 p.m.
- 6:30 p.m.
- 8:20 p.m.

*Earl's Cove

- 6:30 a.m.
- 8:25 a.m.
- 10:25 a.m.
- 12:20 p.m.
- 4:25 p.m.
- 6:25 p.m.
- 8:20 p.m.
- 9:35 p.m.
- 10:05 p.m.

*Saltery Bay

- 5:35 a.m.
- 7:25 a.m.
- 9:25 a.m.
- 11:20 a.m.
- 3:20 p.m.
- 5:25 p.m.
- 7:20 p.m.
- 9:15 p.m.

*Effective Sept. 6 to March 31, 2012 EXCEPT for:

Oct. 7 & 10, Dec. 24, 26 & 27.

See alternate schedule at www.bcferries.com

▶ Daily except Dec. 25 and Jan. 1

♣ Daily except Sun and Dec. 25 and Jan. 1

"I find the harder I work, the more luck I have."

– Thomas Jefferson

Your future home in Pender Harbour!



16211 Sunshine Coast Hwy \$2,475,000

Ruby Lake Estate, 4+ Acres with Artisan "Lodge Style" Log Home; detached 4-Bay Workshop with Deluxe 2 bedroom Carriage House. Outdoor spa + Infinity pool roughed in. Landscape terraced to lakeshore and dock.



4067 Francis Peninsula Rd \$779,000

Waterfront timber frame Home exudes "West Coast Charm" plus there's a 48+ Ft. boathouse & detached workshop. Private 1+/- Acre; easy care landscape & room to Park RV!



Sechelt Inlet \$649,000

Mini 2.8 Ac. Estate with two bedroom cottage plus beachhouse/guest cottage, private cove/beach & 58 Ft. deep water dock.



Nelson Island \$459,000

Wesquarry Retreats ~ Charming, fully finished & outfitted cottage with spacious leisure deck + mooring dock in protected bay.



Sechelt Inlet \$359,000

Waterfront Recreation Destination... Two legal lots serviced with power & tel., two cottages, a dock, utility bldg - Package offered at Bargain Price.



4716 Hotel Lake Crescent \$359,000

Cape Cod design is ideal for a family purchase, recreation or retirement use. Just steps away from accessing a trail to Hotel Lake for swimming & trout fishing.



Daniel Road Acreage \$354,000

SL 5 offers 9+ Acres with Ocean Views, cleared roadways & potential building sites throughout, with plenty of trees left for privacy!



4508 Rondeview Road \$329,000

1600 sq.ft. Rancher with garage + detached 24'X24' workshop. 3 bedrooms, 3 baths & Home Office/Hobby room with built-ins.



16562 Timberline Rd, Earls Cove \$289,000

Nearby access to salt water beach, recreation trails, boating & fishing lakes... Ocean View Home with updated Kitchen, Bath, H/W floors & newer roof.



Waterfront 1.22 Acres \$224,900

View Building Site above Road with 83'W/F portion fronting Pender Harbour, on Francis Peninsula (just west of Hassan Rd). Future moorage potential & rocky beach.



Pender Harbour Landing Estates Ocean View Pricing from \$187,500

Living at the Ocean's Edge, where Eagles Soar & Spirits Lift ~ Full Site Servicing in place. Call us for Introductory Site Tours & More Information.



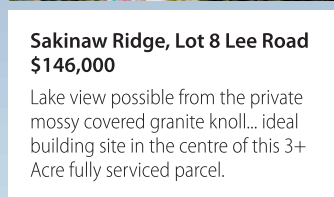
Cecil Hill Road Development Pricing from \$96,000 to \$169,000

Ocean View 1/2 Acre Lots ~ Outlook West to the Entrance of Pender Harbour. Paved road access with driveways installed & build sites prepped. Excellent value offering.



Lot 49 Timberline Rd at Earls Cove Now Only \$99,500!

Ideal recreation get-away destination with driveway roughed in, building site cleared & even a partial view... come for the weekend and dream of a lifestyle change.



Sakinaw Ridge, Lot 8 Lee Road \$146,000

Lake view possible from the private mossy covered granite knoll... ideal building site in the centre of this 3+ Acre fully serviced parcel.

Lot 18 Orca Rd, Lee Bay (near Daniel Pt.) \$97,000 (no HST)

Level, 1/3 Acre building lot in upscale neighbourhood. Full services to lot line includes sewer. Walk to nearby ocean beaches, swimming lakes plus hiking trails.



Bill Hunsche

604.740.1411

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Call us today!

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Call BILL HUNSCHKE or TERESA SLADEY today for your personal tour of these EXCLUSIVE LISTINGS!

Canucks Game? Pizza.



Date	Visitor	Home	Time
March 1	Blues	Canucks	7 p.m. SNET-P(HD)
March 3	Sabres	Canucks	7 p.m. CBC
March 6	Stars	Canucks	7 p.m. SNET-P(HD)
March 8	Jets	Canucks	7 p.m. SNET-P(HD)
March 10	Canadiens	Canucks	7 p.m. CBC, RDS(HD)
March 14	Coyotes	Canucks	7 p.m. SNET-P(HD)
March 17	Blue Jackets	Canucks	7 p.m. CBC
March 19	Canucks	Wild	5 p.m. SNET-P(HD)
March 21	Canucks	Blackhawks	5 p.m. TSN
March 22	Canucks	Stars	5:30 p.m. SNET-P(HD)
March 24	Canucks	Avalanche	7 p.m. CBC
March 26	Kings	Canucks	7 p.m. TSN
March 28	Avalanche	Canucks	7 p.m. SNET-P(HD)
March 30	Stars	Canucks	7 p.m. TSN
March 31	Flames	Canucks	7 p.m. CBC

Harbour Pizza

883-2543

Oak Tree Market
883-2411

Triple B's Burgers
883-9655



GARDEN BAY PUB
OPEN DAILY AT 11... (604)883-2674

Go Green!

Join us on St. Patty's Day — Sat. March 17

Friday Night Meat Draw Special:

Steak sandwich
Cod and chips
Burger and fries } **\$9.99**

Live Music Sundays @ 2 pm

MARCH 4: SUNDAY JAM with Larrie Cook
MARCH 11: SUNDAY JAM with Joe Stanton
MARCH 18: SUNDAY JAM with Gaetan
MARCH 25: SUNDAY JAM with Peter B3

Specials for all Canucks games!

Dr. Terry Dickson, a chiropractor and registered ART®(Active Release Technique) provider, is excited about joining the practitioners at the Pender Harbour Health Centre!

Available every second and fourth weekend (Saturday & Monday) from 1 to 5 pm:

Jan. 14/16 & 28/30 • Feb. 11/13 & 25/27 • March 10/12 & 24/26 • April 7/9 & 21/23 • May 12/14 & 26/28

What is Active Release Technique or ART®?

ART is a patented, state of the art soft tissue system/movement-based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves.

Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART. These conditions all have one important thing in common: they are often a result of overused muscles which leads to the production of tough, dense scar tissue in the affected area. As scar tissue builds up, muscles become shorter and weaker, tension on tendons causes tendinitis, and nerves can become trapped. This can cause reduced range of motion, loss of strength, and pain. If a nerve is trapped you may also feel tingling, numbness, and weakness.



Dr. Dickson is the owner/director of a multi-disciplinary health clinic in North Vancouver where he has a busy practice treating a wide variety of patients. Dr. Dickson treats a full spectrum of patients ranging in age from children to the elderly, with success in improving their health and quality of life.

Recognizing the lack of any ART providers on the Sunshine Coast, and that he visits family in Pender Harbour twice per month, he wanted to offer this amazing healing technique to those wanting to heal stubborn injuries or for those simply wanting to feel great and optimize their health!

Learn more about Dr. Dickson at www.nswellness.ca



To book an appointment, call the Pender Harbour Health Centre:
(604) 883-2764

