



Shawnigan FOCUS

"Our Voice - Our Thoughts - Our Community"

IT'S YOUR TURN!

CVRD ELECTIONS Saturday, November 19, 2011

Once again, voters in Area B will have a chance to express their preferences as to who will represent them at the CVRD Board. As our area is faced with questions about future development and municipal status among other issues, voters get to express their preferences. It is now the voters' turn to speak.

Local government elections are held every three years on the third Saturday in November. The next local government elections will be held on Saturday, November 19, 2011.

Eligible electors may vote to choose:
Regional District Director (9 Electoral Areas);

School Trustee (9);
Islands Trust Trustee - Thetis Island Trust Area (2);
and/or vote to express their views on any Referendum Question(s) that may be asked.

Candidate nomination packages are available at the CVRD Offices. The Nomination period runs from 9:00 am, Tuesday, October 4, 2011 to 4:00 pm, Friday, October 14, 2011.

So far, the following two candidates from Shawnigan Lake have declared their intention to run for the Regional District Director for Area B.

History of CVRD Directors for Area B (Shawnigan):

1967: F. Martin (appointed)
1968 to 1974: D.J. Laverock
1975 to 1975: E. Donald
1976 to 1977: R. Stephenson
1978 to 1979: W.G. Cools
1980 to 1981: R. Stephenson
1982 to 1983: W.G. Cools
1984 to 1987: David Towner
1988 to 1990: L. Hetherington
1991 to 1993: Janice Hayward
1994 to 1996: David Towner
1997 to 1999: Bill Davies
2000 to 2005: Rick Spencer
2006 to 2011: Ken Cossey

Ken Cossey

Incumbent



I would like to take this opportunity to announce that I will be running again. I have been fortunate to be the local representative for Shawnigan Lake since 2005 I thank the community for their support and confidence. As we head into this election I would to offer the following for your consideration.

I believe in establishing partnerships with respect to providing community services, as this can provide services to our area in a cost effective manner. As a professional community planner, I also believe in the community having control over its own land use decisions. Why do we need representatives from outside of our area telling us what we need or do not need? The local community is in a better position to judge this for itself.

I firmly believe in the local empowerment of the community. As the local Director my task is to create the proper

environment to allow this to happen. I have created this type of environment, in 2005 by requiring that the members of the various local committees either apply or are elected to their respective positions. I still support this system today and will continue using this system in the future.

With respect to sharing community information, I believe that information on projects or issues must be shared with the community. By bringing information to the community everyone has the opportunity to share their opinion on the matter, especially if the information has the ability to change the way that we are governed.

I also believe in being accessible to the community. Shortly after I was elected in 2005, I started two programs to increase my accessibility to the community. The first was the holding of Town Hall meetings and the second was the creation of the "Meet the Director" sessions. Both programs have been hugely successful. I have received valuable community input and suggestions, plus I have been able to address personal issues or concerns and the community has received information on a regular basis.

While we live in a beautiful part of the Cowichan Valley, addressing the quality of life issues in our community can be expensive if we did these ourselves. I believe that the best and most cost effective way to assist with quality

of life issue is through the use of local grants-in-aids to societies and local organizations that already provide these services to our community.

Our community is not made up of one special interest group rather it consists of numerous groups and they all need to be heard. Each special interest group has an opinion. It is imperative that the local Director listens to all the varying opinions before a final decision is made. This is what I have been doing since 2005 and I will continue to do so after the election in 2011.

On a personal note; I was born in Victoria, raised in Chemainus and have been living in Shawnigan Lake since 2001. I graduated from Cowichan Senior Secondary and was in the Canadian Navy for five years. Since then I have acquired a community planning degree from the University of Saskatchewan, a site planning certificate from the University of British Columbia and have been a practicing community planner for 24 years. While my children were growing up in our community, I was a youth soccer coach and a referee. Today I am still active on the soccer scene, as I am a member of the Cowichan Classics team. I will not divulge what age group plays on this team.

If you would like to discuss any point outlined in this article further or any other issue, please feel free to contact me.

Ken Cossey
vote4cossey@gmail.com

Kelly Musselwhite

Candidate



There will be an election in Shawnigan Lake on November 19, 2011! In the spirit of choice, the need for improvement, and a genuine passion for this community and its people, I have committed myself to the candidacy for Area B.

The driving force behind my decision came after educating myself about the space in which I choose to live and raise my family; I desired to be more proactive and involved. Succeeding in becoming an active member of a strong and ever-growing social and political network has indeed given me the knowledge I sought; however, I desire to know and do more...

I am a woman committed to democratic governance whereby all citizens carry equal voice and opportunity. Respectful and active listening reciprocated with moral

representation is what makes for strong leadership and I am excellent at speaking and acting in this manner. Deliberating and debating for peoples' best interests - not for political agendas - is my promise to the residents of Shawnigan Lake. Through education and a diversity of life experience, I have successfully learned to advocate for individuals. I have recently graduated from the University of Victoria where I majored in Philosophy and minored in Applied Ethics. In my past roles as an Advisor in Financial Aid and Student Assistant in Disability Support Services at Camosun College, I developed and fine-tuned many advocacy skills critical for working within bureaucratic institutions. In my current roles as the mother of two young children, active resident of Shawnigan Lake, and co-founder of an environmentally progressive company, I am not only committed to treating all people in an inclusive manner, but also to incorporating the growing needs of our environment into all considerations.

I look forward to working with all Area B residents to achieve the vision you desire for this community. I also look forward to meeting you and invite you to get to know me over the coming months as I make myself progressively known to the public.

Kelly Musselwhite
kelly@kellymusselwhite.ca

All Candidates Meeting

While no date had been set at press time, the Shawnigan Residents Association has announced that it will organize an all candidates meeting prior to the November 19th election.

Several unannounced partner groups are expected to participate in the preparation of questions. It is also expected that all questions from the audience will be first submitted to a panel who will

then ask the questions and possibly a follow-up for clarity. A spokesperson for the SRA said that this was being done to maximize the number of questions that could be asked. Partner groups will be announced in the next issue of the Focus, once a meeting

place and format has been established.

Groups and individuals are encouraged to prepare their questions in advance and email them to the Focus, which plans benone of the participants on the panel. Send your questions to:

editor @shawniganfocus.ca.
Put "Questions 2011" in the subject line. Alternately, you can mail your questions to:

Shawnigan Focus, Box 331,
Shawnigan Lake, V0R 2W0

The Shawnigan Weir

by Dave Hutchinson

The elevation of Shawnigan Lake is officially stated as 116 metres (381 feet). CVRD data for water levels from 1999 to 2009 shows a range from 115.4m to 118.3m (378.6ft to 388.1ft). This indicates a difference of 2.9m (9.5ft) from the lowest lake level during the dry season to the highest lake level during the wet, winter months. The

In the early 1980's the Ministry of Environment (MoE) imposed stipulations on the three water license holders: Mill Bay Water Works, Shawnigan Village Water Works (Lidstech Holdings Ltd.), and Sherwood Water Works requiring the construction of a new weir in order to maintain minimum lake flows during the summer

renaming it to Shawnigan Lake North Water System. In 2006 construction started on the new weir which became fully operational in 2008. The CVRD is responsible for maintenance and operation of the weir but the MoE has the ultimate authority. The costs are shared between the three water license holders collectively called the "Shawnigan Weir Committee".

While the new weir enables easy adjustment of a metal gate to control water levels, determining the frequency and degree of correction is not trivial. Weir operators must attempt to set the weir gate in order to keep as close as possible to the mandated rule. It is a balancing act which is dependant on rainfall and evaporation. The levels are measured at least weekly. During late August and early Sept the weir may be adjusted every other day.

The MoE rule curve does not apply during the wet, winter months. Weir operators use discretion and experience in order to spill off excess water, as required, but without producing unexpected floods downstream. During ex-



Lake Level Graph - Source CVRD

surface area of the lake is given as 537ha so this represents about 15.6 million cubic metres or 3.4 billion gallons – a tremendous amount of water to manage!

Prior to 1964 there was no mechanism for controlling the lake level. Very dry summers saw very low lake levels; unusually wet winters saw correspondingly high levels which would sometimes cause logs and debris to block the outlet. Evidently this happened in 1935 causing a record breaking flood where the lake level was well over the railway tracks.

In 1964, Mill Bay Water Works built a rudimentary dam on Shawnigan Creek about 450 metres downstream of the lake. The intention was to store water that would be released in the summer months in order to

months. A fish ladder component was also required.

In 1983, the MoE, with input from the community and various stakeholders,



New Weir - Source CVRD

established a "rule curve" which stated target lake levels to provide storage and prevent flooding. This specifies a gradually declining level for the period of March 15th to October 1st. Specifically, the level should diminish from 116.3m to 115.75m, which corresponds to a decreased water volume from 800 litres per second to 375 litres per second.

In 1999 the CVRD took over Sherwood Water Works,

tremely wet periods the lake and creek are so high that the weir adjustment has very little effect.

Other factors come into play as well. All sorts of floating material finds its way into the outlet; air-mattresses, coolers, styrofoam noodles, balls, even the odd inflatable-raft predominate during the summer; winter months consist more of logs, picnic tables, docks, chairs and sometimes the occasional boat. This debris can cause problems if it gets to the weir or fish ladder controls. A questionable decision in 2009 to remove the log boom protecting the outlet has made this more of a concern.

see "Weir" page 7



Old 1964 Dam & Walkway Source CVRD

facilitate a continuous water supply for their downstream requirements. Significant effort was required to adjust the height of the dam by adding or removing heavy wooden planks. When Shawnigan Beach Estates was established in the 1970s, their water was provided by Sherwood Water Works who, along with Shawnigan Village Water Works, helped maintain and operate the dam



Weir Plaque Photo by Dave Hutchinson

New Tax Proposed (again) for Shawnigan Creek Cleanout

by Dave Hutchinson

The following are excerpts from a CVRD Staff Report presented at a meeting of the Engineering & Environmental Services Committee (EESC) on February 23, 2011:

Background:

... As water drains from Shawnigan Lake to Shawnigan Creek, vegetation, sediment and debris accumulate at its mouth, prior to the weir structure, increasing the potential of flooding of the lakefront properties. The public have expressed concern that a significant flood in 1979 was caused from the build-up of sediment at the outlet. Historically, this cleanout function was undertaken by the Ministry of Environment; however, they no longer have the resources to continue this work.

If flooding occurs, the lakefront properties septic fields are subject to flooding which could deteriorate the surface water quality. Within the existing water license, the Ministry of Environment can mandate terms and conditions for the water license holders to perform this cleanout function. The proposed service area would include the Shawnigan Lake North Water System, the Shawnigan Village Water System and all Shawnigan Lake waterfront properties. In 2010 a similar Alternative Approval Process failed to establish a function in which the service area would have included only the Shawnigan Lake waterfront properties.

At the request of the Electoral Area B Director and the Shawnigan Residents Association, staff are now proposing creation of a new service area function for the cleanout of the creek bottom at the mouth of Shawnigan Creek that will continue to allow for the drainage and the restoration of the natural system.

The annual cost of providing the service is to be recovered through property value taxes to be requisitioned and collected on the basis of the net taxable value of land and improvements within the three areas identified

Financial Impact:

The annual cost of providing the service is to be recovered through property value taxes to be requisitioned and collected on the basis of the net taxable value of land and improvements within the three areas identified

as the Shawnigan Lake waterfront properties, the Shawnigan Lake North Water System and the Shawnigan Village Water System within Electoral Area B. The maximum amount of money that will be requisitioned annually in support of this service will be \$18,000. There are approximately 1,700 properties within the proposed service area which would be sharing the annual cost based on assessment.

At a subsequent EESC meeting held on July 27 it was recommended that:

"CVRD Bylaw No. 3537 – Shawnigan Creek Cleanout and Drainage Service Establishment Bylaw, 2011", be forwarded to the Board for consideration of three readings, and following provincial and voter approval, be considered for adoption.

Comments:

1) The initial 2010 Alternative Approval Process failed because waterfront property owners questioned the fairness of the proposal and at

"Evidently the last time the creek bed was cleaned out was in September 1981. It is not known how often the cleanout would be required. It is not known how the \$18,000/year was calculated."

least 10% took the time to fill out an "Elector Response Form" noting their objection.

2) Although this new proposal is somewhat more equitable, it

could still be viewed as unfair. This is a watershed issue. The community at large benefits from having healthy lakes and streams.

3) Evidently the last time the creek bed was cleaned out was in September 1981. It is not known how often the cleanout would be required. It is not known how the \$18,000/year was calculated.

4) This is another example of downloading costs from the provincial to local level.

5) The Alternative Approval Process is reminiscent of Negative Option Billing.

6) While the concept of user-pay is a good thing in some situations, how many special taxes do we want which are based on services consumed?

7) Perhaps the log boom protecting the outlet should be replaced.

8) Just a thought: Large powerboats stir up sediment. Public boat-launches could be limited and gated. Summer students could be hired to charge a launch fee based on boat size. There might be enough revenue to cover the creek cleanout costs.

We encourage you to send us letters...

The Focus will publish your thoughts on Shawnigan issues; bouquets you would like to offer to special people; things that strike you funny; challenges you want our civic leaders to consider; and/or ideas that would better our community.

Letters to the Editor must be accompanied by the author's name, address and phone number, but the contact information will not be published. Letters should be limited to 250 words and we reserve the right to edit for brevity or to refuse inappropriate or abusive language. Send them to:

editor@shawniganfocus.ca

Kudos to APC

I was pleased to see the Area B Advisory Planning Commission openly allow the FOCUS to publish the excerpt from one of their meeting minutes. Its not the point that they are against a development in the area but rather that they are allowing others to know about their point of view and recommendations.

After attending several of their meetings and been reminded that we are allowed to listen but not participate, it was a welcome surprise to actually see what they compiled re this development.

Having said that, wouldn't it be nice if we went one step further and amended the by-law (Bylaw No. 2147 section 5 para 6) to give advance notice of these meetings, including the agenda? This would allow for a free and open NON-CONFRONTATIONAL gathering of interested parties to discuss all aspects of any and all developments in the area before forwarding recommendations to the CVRD.

Brian J.

Shawnigan Lake Rider

I would like to respond to Pat's letter in the last edition of the Shawnigan Focus. Pat thinks we should make cycling around Shawnigan Lake illegal.

Obviously, I was quite surprised at the comment as Shawnigan Lake is a wonderful gem that all should continue to enjoy especially on a bicycle as you get to see a lot more. To me, it is a wonderful opportunity for a summer ride.

The roads around the lake (Renfrew, East and West Shawnigan Lake) can be busy in the summer, and both cyclists and motorists need to take care, look out for each other and follow the rules of the road.

The Highway Traffic Act - Section 183 sets out what cyclists' responsibilities are on the road. One of the interesting aspects of the Act is that

cyclists are not required to ride on an unpaved shoulder - cyclists and motorists must share the road. Generally, I believe there is a good rapport between riders and drivers.

I have not experienced any problems cycling in and around Shawnigan Lake. I ride in excess of 2500 kms per year and as such have been exposed to all sorts of road conditions and drivers. We, as riders, need to follow the basics - keep to the right (but not on the unpaved shoulder), give warning when overtaking other riders, signal our intention to turn or move over, be courteous and remain visible to cars so that they are aware of our presence and can react in a timely fashion.

Logging trucks are, by far, the most courteous to riders in my experience. They try to give as much space as they can and if unable to move over, will give a toot on the horn to let riders know they are coming up behind. If these big guys who make their living hauling wood can be courteous and considerate of others on the road, then I am sure the harried commuter heading home or the anxious vacationer who needs to get to the cabin for afternoon cocktails can do the same.

The roads are there for all of us to use and with some simple courtesy and consideration we can all get along and share the road. More and more communities are moving to a bike friendly way of life and encouraging cycling as a way to support a sustainable lifestyle and improve health. I am sure that the residents and visitors to Shawnigan Lake are of the same mindset and want to enjoy the ride around the lake along with the cyclists and families living near the roadway.

The speed limit on the lake varies between 50 and 60 kms per hour, which means a vehicle traveling at 50 kms per hour would take a little less than 30 minutes to complete a full trip around the lake; travelling at 70 or 80 kms per hour, which is a common speed, would take 20 minutes. I wonder if ten minutes is worth the following possible outcomes: the risk of hitting a child crossing the road on the way to the lake; colliding with some one who just pulled out of their driveway; clipping a cyclist who did not have time to react to the car's presence. I think not, and I am sure Pat would feel the same way about all of the users of the road.

I hope everyone has a great summer at Shawnigan Lake whether driving, walking or cycling. We are lucky to live in a part of paradise with lovely, quiet backroads full of great wineries, artisans and food producers. Let's enjoy what we have here and at a pace which we can all survive on the roads!

Glenn



Off to the Eco-Depot again!... That's the 3rd time today!??

ECO DEPOT – NOT NEAR MY BACK 40 THANK YOU

By Graham Ross-Smith

Few, if any, of the readers of this newspaper are unaware of the controversy about the CVRD's decision to locate a solid waste materials recycling facility – officially named an "Eco Depot" – in Electoral Area B near the north end of Cameron Taggart Rd. From the moment this project was announced by our regional government several years ago, there has been strong opposition by people living in the vicinity of the proposed site.

It appears that little or no opposition exists within the population of Electoral Areas A, B and C to the concept of a waste recycling depot such as the one proposed. There is general agreement that recycling our waste is good. However, with the significant distance from most residences in the south Cowichan area to the CVRD Bing's Creek facility, it would be ideal to have a waste collection facility closer to home. Clearly, the single most contentious issue is the Eco Depot's proposed location.

This question is one that the CVRD politicians and staff did not take lightly. A careful examination by the CVRD of the

south Cowichan electoral areas resulted in the identification of nine potential sites. After applying various criteria regarding suitability of these sites, a short list of four potential sites emerged. In the final analysis, the site near the north end of Cameron Taggart Rd. was deemed the best choice.

Although it is on land zoned for agriculture, such zoning allows for some not-strictly-agricultural land uses such as gravel extraction and public utilities. A waste collection and recycling facility such as the proposed Eco Depot is, in the eyes of the CVRD, a public

utility. Forces opposed to this use of the proposed site do not agree that the concept of public utility is broad enough to include a waste collection facility, and it appears that a judge, in a court of law, may decide this question.

On November 19th the voters of Electoral Areas A, B and C will have an opportunity to register their support, or opposition, to the selected Eco Depot site in a referendum to be held along with local government elections. Then, perhaps, this divisive and thorny issue will be put to rest once and for all.



“ALL OCPS MUST PROVIDE FOR EXPECTED POPULATION GROWTH”

by Brent Beach

I wrote that in my column in the April issue of the Shawnigan Lake Focus. I believed it at the time.

I discovered my error during a meeting in Metchosin in late June. The Shawnigan Residents Association arranged a meeting with the Metchosin Mayor and several Metchosin executives. The electoral area directors from Cobble Hill, Mill Bay and Shawnigan Lake also attended.

Flash forward to our recently passed OCP. Here is the crucial sentence - “The Local Government Act requires the OCP to ensure that anticipated housing demands will be met for a period of at least five years.” See Section 1.5 of the main OCP document. That section then goes on to predict that the Shawnigan Lake population will grow from 7,723 to 11,353 by 2026. Nearly 50% more people, 1,098 new homes. Look down your street. Imagine it with one more home for every two homes there now.

Flash back to the Metchosin meeting. Metchosin Mayor Ranns has just said that Metchosin has deliberately chosen to be a NO GROWTH municipality.

Flash back to OCP steering committee meetings. The steering committee guides planners in writing the OCP. CVRD planners in turn guide the steering committee members. I was on the OCP steering committee for over 3 years. Never in that time did anyone say that NO GROWTH was an option! When I started on the steering committee, a consultant was running the meetings. The consulting company was called Smart Growth BC. That was the mandate. We were going to grow and we were going to be smart about it. Sounded good to me.

A year later the CVRD dumped the consultant and started running the meetings itself. Early on, the CVRD planners gave us the growth statistics for the last 15 years and emphasized the requirement to plan for anticipated growth.

Flash forward to the Metchosin meeting. My hand shoots up.

Me - Please sir! Can I ask a question, sir?

Ranns - Go ahead.

Me - What do you mean, NO GROWTH?

Ranns - NO GROWTH!

Me - How can you have a NO GROWTH OCP? The OCP steering committee has been told for years that “The Local Government Act requires the OCP to ensure that anticipated housing demands will be met for a period of at least five years.”



Brent Beach

Ranns - Not true.

Me (asking the CVRD area directors at the meeting) - Tell me Mayor Ranns is wrong. Tell me the OCP must provide for growth.

Directors - Who ever told you the OCP had to provide for growth. Silly boy!

Me - Stunned.

Flash forward to today. To

you, the Focus reader. Today.

The recently adopted South Cowichan OCP demands population growth of 50% in the Shawnigan Lake Watershed over the next 15 years. That growth will not occur everywhere in the watershed. It will be concentrated in the village area and the north end of the lake.

Can you, Focus reader, imagine a Shawnigan Lake in 2026 that has 50% more people than Shawnigan Lake in 2011? Can you imagine instead a Shawnigan Lake in 2026 that has about the same population as Shawnigan Lake in 2011? Do you wish that Shawnigan Lake in 2011 was the same size as it was in 2000?

This does not have to happen. The OCP has been approved by the CVRD but there are two more steps along the way. First, there is an election for directors this November. Second, the Bylaws that implement the OCP have to be written and submitted for public approval (some time next year).

If we act quickly, we can prevent CVRD planning from turning Shawnigan Lake into Langford North. If we do nothing, Langford it is.

To be clear, I have nothing against Langford. I have nothing against Vancouver. I have nothing against Toronto or New York City. If I wanted to live in those places, I suppose I could move. I want to live in the Shawnigan Lake I first saw in 1978. I would be happy with the Shawnigan Lake of 2000. The Shawnigan Lake of 2011 is looking a little beat up but with some work we can fix that - if we start with a NO GROWTH policy now.

It could well be too late for the watershed if we wait until 2026 to stop growth.

Comments or concerns may be addressed to the Shawnigan Focus.

Birds and Beasts of Shawnigan Lake

Watch for our new regular feature next month on the flora and fauna of Shawnigan Lake. If you are an avid fan of the plants and animals in our community, we encourage you to take pen in hand. We will profile some of our animal neighbours in upcoming issues...you may be surprised to learn who lives close by. We also need articles about the plants that grow naturally in the area. We welcome your submissions (300-500 words per subject and a picture) to editor@shawniganfocus.ca

the “Focus”

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The Shawnigan Focus wants to hear from you ...

- What do you think of the South Cowichan Official Community Plan?
- Incorporation: South Cowichan or could/should Shawnigan go it alone?
- Where have the bullheads and crayfish gone?
- Another acclamation for the Area Director?
- If no one likes the Eco-Depot site then why isn't the CVRD listening?
- Pros and Cons of wakeboarding?
- Who drinks the water straight from the lake?
- Should we limit the boat launches and charge a fee?
- Should there be hours of operation for power boat activities?
- What's wrong with clearcuts - trees grow back don't they?
- What's to be done about the increasing pondweed and milfoil?
- A few big parks or many small ones?
- How to re-vitalize the village?
- What about our roads?

editor@shawniganfocus.ca

**Live in Shawnigan?
You count - Send us
your opinion!**

Ground-Breaking News at Shawnigan School

By Kelly Koepp



Kelly Koepp

At Shawnigan, one would think that the so called summer months are typically quiet with the exodus of 450 students tending to slow things down a tad. Not so with the numerous seminars and projects that rev up at the onset of July each year. Perhaps the biggest project for the school this summer was the official ground-breaking for the construction of a new residential building Renfrew House.

Renfrew House is not officially new per se. The new modern facility, which will mirror two other existing residences on campus, is the anticipated physical fusion of two smaller Houses on campus Renfrew North and Renfrew South. To date these female residences have consisted of smaller groupings of approximately 25 students in comparison to their larger counterparts, which are home to between 45-55 students. Although each

Renfrew House has a separate identity within itself, they also band together for Inter-House competitions and annual celebrations, which makes a physical amalgamation of the two for the 2012 school year a natural alliance.

The location of the new, modern Renfrew House was carefully selected at a site near the rear of the main building to unify the campus by bridging some of the longer-standing traditional buildings with more recently acquired structures. At the same time, the new House will be situated near the former Hartl farmlands to draw attention to Shawnigan's living laboratory initiative, which uses 50 hectares of school forests and wetlands as an outdoor classroom for ongoing carbon sequestration projects by students.

Although still 12 months away, the construction of the new residence will move forward steadily throughout the upcoming year in order to be ready to open by next September and welcome all Renfrew girls, North and South, under one roof, bringing old traditions to together with new ones. The official inauguration of the House will take place shortly after the beginning of the 2012 school year when the whole Shawnigan community can celebrate the Grand Opening of what will surely be a long-line of tradition for Renfrew House.

Take a Hike!

Robin Massey

I know of an enchanted place right in our own backyard where an ancient forest grows. Maybe you know it too? Some call it the Koksilah Old Growth Forest and it appears that there has been some controversy over this particular patch of green giants in the recent past. The buzz is that the area is marked for logging and I have seen the blue blotch of spray paint on the biggest and wisest of them with my own eyes. It is quite saddening to me that these beauties may be no more in our near future. I'm sure they are worth a pretty penny, but my gosh! these majestic stalks took somewhere between 600 to 1000 years to reach where they are now... how can you truly put a price on that? Or even replace them for that matter? I fear our children's and grandchildren's future forests.

I do not claim to know a lot about forestry, logging and housing development but what I have learned after a wonderful tour of our local eco-village is that there are gentler and simpler ways to build homes that are less straining on our evaporating woodlands.

Simply put we need our trees! The animals need them too which is really apparent lately as the stories of homeless wildlife stumbling into suburbia. There is a message there indeed.

I feel compelled as an avid outdoorsy gal, to bring these threats to the attention of those who may not be aware. Hiking and forestry concerns really do go hand in hand. Forests are a great place to be and I urge you to get out and explore the trails we have before they disappear. What's the saying? ... Use it or lose it!

Hiking is a great way to connect with your environment and to be conscious of what is happening in your community's territory. Educate yourself through nature. Join a hiking group or even start a hiking group on your own! Share these experiences with your parents, siblings and children. It is also a wonderful way to show out of town guests exactly what makes British Columbia so beautiful!

Robin Massey plays on various trails in Cowichan Valley with her hiking group The Iron Butts.
www.theomtree.com



Lois Saunders

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View From The Islands

By Bruce Fraser



Bruce Fraser

Three Rescues

Amid the cacophony of the roaring rooster tail and the covertly local un-muffled boat (you know, the one that replaces the RCMP inflatable when the afternoon shift is off the lake) there are a few quiet moments to think about the nature of our society. Over the last few weeks I have witnessed three rescues that illustrate the range of civility that our fresh water mariners exhibit under pressure.

Rescue One: Man Overboard

Criss-crossing the lake, a middle-aged man was recapturing his youthful innocence in a laser-like sailboat. A gust of wind capsized him, sail flat on the water, leaving him swimming about the boat wondering just how much youth he had left. A nearby powerboat, inevitably towing the screaming denizens of a float tube, quickly stopped to help. An athletic actual youth jumped out of the powerboat, clambered on the outstretched keel and had the sailboat righted in a minute. A wet, but undaunted sailor was under way again and the tube tower resumed its sinuous wave-making for the impatient kids. It was a nice lesson for them on how to respond to "those in peril on the sea".

Rescue Two: Broken Engine

A boatful of teens approached Cliffside under tow. The derelict was shepherded to the wharf and enough passengers to fill a circus Volkswagen disembarked, with a couple more from the towboat. It was no surprise that the engine had quit, probably being exhausted from carrying the entire population of Shawnigan Village. As the tow-rope was cast off there was a round of profuse thanks from the stranded boaters and one grateful young man held out his hand with a few bills in compensation for the gas used by the rescuer. It was, of

course, refused with the comment "Hey, I've been there myself, glad to do it." It was a "Jack Layton moment"!

Rescue Three: On the Rocks

I noticed a boatful of revelers, complete with boom box and beer cans making for the shallows. Long before they could have been waved off, had anyone been watching, they plowed into the rocks with a resounding thump. This of course happened on the wrong side of the green marker buoy but it looked like water to them. (I might have been able to warn them, but I was skinny dipping at the time and jumping and yelling to get their attention risked arrest for indecent exposure) There was no engine noise, a swimmer waded around looking at the leg, while incredulous questions from the gaggle of girls aboard wafted over the water. A dog barked excitedly, responding to the angst of its owner. What ensued was a resounding series of "F-bombs", aimed at first at the innocent dog, and an oft-repeated lament over the "forty thousand bucks" invested in the boat. There was no mention of the cost of the boating certificate. A few cell phone calls later a small skiff appeared to take the broken inboard under-tow. It could not make any headway in the wind, so a larger inboard finally appeared and the dead vessel slowly made it's way down the lake, F-bombs fading into the distance as the boom box proved to be still magnificently functional. Rescue was had, but was it deserved?

The last incident has an ironic twist. Knowing full well how few people driving large boats actually understand the buoyage system, I had put a marker buoy on the edge of the shallows to warn those not familiar with the lake. A few days earlier, two young boys in kayaks had appropriated the float. They were seen, but when confronted, stoutly denied taking the float, a wide-eyed lie delivered with astonishing poise. I told them that they were putting people in danger but their sassy response was "people can see it's shallow anyway". Yes boys, they could if they were watching and "forty thousand bucks" later you can be relieved that nobody was

Myth Buster – Calcium – The Facts

Every time we consume an animal protein, our body removes calcium by urination. There is no getting away from this fact. An animal protein is dairy and all meats including seafood. A non-animal protein is nuts, seeds and legumes etc. So, a typical North American diet is a large portion of animal protein and a few veggies and a small amount of fruit. This kind of eating can lead to many long-term health problems. The most common myth is we believe we get calcium from dairy. This is not the case. What is even more shocking is that some dairy products state 'this is a good source of calcium'. Some dairy products add calcium. This is a synthetic calcium and the body doesn't recognize it as calcium. Then body has to take calcium

from your bones, then puts it together with the synthetic calcium, then the body urinates it out because you have just consumed an animal protein.

Dairy has lactose. Lactose is an enzyme. Once our bodies mature beyond infancy, our bodies no longer produce the enzyme lactase, which our bodies need to process dairy. So, the liver has to work more to process the lactose. If you take calcium supplements, then you must wait a minimum of half an hour after consuming an animal protein before taking the calcium supplement, otherwise, the body will eliminate the calcium through urination. Also, if you take any supplements you must also wait half an hour after consuming any artificial diuretics (coffee, black tea, pop, alcohol).

Most calcium supplements on the shelves are not a recognizable source of calcium to the body. The best source of calcium supplements is an 'elemental' source of calcium. The most bio available source of calcium is comfrey leaf tea, three cups a day. It is a hearty plant to grow in the garden, deer don't eat it. One can buy comfrey leaf(dried) in bulk, from a health food store, I recommend Lynn's Vitamin Gallery, in Duncan. Comfrey leaf tea has all the elements that the body needs to absorb calcium. Also, there are many sources of bio available (the body recognizes it as calcium i.e. not a synthetic source) calcium like tahini, a sesame spread, tasty on toast.

Carolyn Dowell
Certified herbalist

Letter from the Lake

by Marcy Green

Dear Helen,

Thank you for your letter telling of all your Big City adventures. It's a lot quieter here at the lake, but we do get out from time to time. As you may remember, we have the wonderful Cobble Hill Country Fair here every year, which includes everything from 4-H animal exhibits to the longest zucchini competition. This year my friends and I decided to enter several of the baking categories. Game on!

Friday dawned as one of the hottest days of the year, and as I baked early in the morning, I wondered if my chocolate-y brownies would hold up. The butter tart squares were collapsing as they cooled on the rack. It was all promising to be a disaster. Why hadn't I done this the day before and allowed everything to set?

After having my own little melt down, my husband rescued the brownies by throwing them into the fridge. He's good about things like that. I almost aborted the whole operation but, after another cup of coffee and a pep talk, bravely decided to proceed. You know, the Show Must Go

On, and all that.

Carefully putting my glop entries on plates, I bravely drove down and entered the hall. Volunteers waved me airily through, not comprehending the enormity of my distress. (You know I'm a bit of a Drama Queen, Helen.) Finally, I met the volunteer who reassured me that all of the brownies entries were melting. "Good", I thought uncharitably. I hoped theirs were more melted than my own. (See what a sorry state this has led me to?)

As I went to put my two exhibits down, I quickly scanned the competition. The situation was serious. Everyone had done a tremendous job in presentation. The squares and brownies sections were full. I was doomed. Defeated, I headed home. Even a few ciders didn't cheer me up. This was going to be bad. Everyone would win a prize and I would be Ribbonless in Shawnigan. Oh, well, I shrugged. I could at least be a gracious loser and support all of my friends who would be celebrating their awards. (Yeah, right. That made me feel a lot better.)

Saturday morning we were there at the doors early. I raced to my entries, knocking into a few slow-moving people on the way. As I scanned the tables, I noticed that the judges this year had tasted more than usual, as bites had been taken. That might bode well for someone

like me whose entries didn't look all that good. One of my pals had snagged first place in the squares category (she is a Fair champion) and another, also a wonderful cook and baker, had won second, even though she complained her baking wasn't quite up to her standards. (And who am I to argue with a friend?) But I digress. There was nothing for me here. I had scored a big fat zero. And maybe I needed to get some new friends.

Discouraged, I slowly turned to the melted brownies and then I saw it: a lovely, bee-you-ti-ful second place red ribbon on my plate! Be still my heart! As I toured the rest of the hall, I couldn't keep the grin off my face. It's easy to be generous with others' wins when you have one of your own. (Yes, I admit I'm shallow.)

Will I enter next year? You bet I will! Not for me the bread, buns and pies. Their perfection is beyond me and I hear the competition is fierce. But, I took notes and have some new ideas. Maybe something that doesn't melt? So there you have it, my dear, an update on one of the highlights of the summer. And you think you have drama and excitement in the Big City! The Fair is just another reason that we're so happy to be year-round residents of this wonderful community. Now if only I could score a blue ribbon next year.....

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Email: vote4cossey@gmail.com

Keep the Momentum - Continue the Dialogue

Museum Muse

Community by Lori Treloar

The seeds of the “community” of Shawnigan Lake can arguably be traced to 1893 when the Shawnigan Lake Lumber Company built an open air dance platform at the north end of the lake for local dances. True, one hotel

local residents; mill employees helped build churches in the neighbourhood; they responded to fires outside of the mill site; cleared snow covered roads; held regular dances and generally spent their earnings in the com-



and a mill existed prior to that year but the formation of a viable community did not begin immediately. The early population of Shawnigan was very diverse, yet the people – rough loggers, mill workers, settlers, hotel owners and British upper class – all contributed to the foundation of a strong and vital community.

Employees of the Shawnigan Lake Lumber Company were an integral part of the social and economic growth of the emerging community. In addition to their logging and sawmilling activities they participated in the development of Shawnigan in many ways. Many employees built houses in the area and became permanent residents. The mill operated a store (1911-1935) which was available to area residents; the employees formed sports teams to challenge

munity. Owners of the mill were active as well. Under the management of “Pop” Elford, the mill often helped early settlers by accepting beef and other farm goods, in exchange for lumber. Owners sat on committees that addressed the social and structural issues of Shawnigan. They held dances and picnics that included local residents. They also initiated the clean up of the lake, and outlet, after years of accumulated debris from the logging/sawmilling activity.

In the mid 1940s, fire destroyed the mill for the third time and it was not rebuilt. Fortunately, the old mill site has been preserved as a beautiful lakeside park. Although it is now difficult to imagine that there was ever a large mill on the site, “Old Mill Park” provides us with an enduring legacy of Shawnigan’s industrial heritage.

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- Shawnigan Lake -

Weir . . from page 2

Also, over time, sediment and heavy debris accumulate in the creek between the lake and the weir and needs to be cleaned out periodically (see related article on this issue).

The CVRD receives dozens of calls during the year from residents expressing concern

that the lake is too high or too low and requesting that the weir be adjusted accordingly. People get perturbed when the lake is not at the same level as they remember it being in previous years. Dock access in spring is an issue. There have even been requests to lower the lake in order to expose areas which would

facilitate mud-wasp breeding. There are mixed interests and it is impossible to please everyone. Hopefully this article will help the public appreciate that it is not as simple as it seems and that the operation of the weir is performed in a professional and responsible manner.

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If anyone would like to donate candy or help out with this event, please contact the community centre at 250-743-1433.

www.shawniganlakeonline.com

SCARY FUN FOR THE WHOLE FAMILY

Shawnigan Sails

Sail-ing

Noun

1. The activity of a person or thing that sails.
2. Sport or pastime of racing or cruising a sailboat.
3. A pleasant contrast to the noise and disturbance of some powerboats.

Examples:

1) The August long weekend provided good conditions for the West Arm Sailing Club's Sail-Around event. Light winds favoured the smaller boats and it was an epic battle for the finish between two expertly crewed lasers.



Photo by Dave Hutchinson



2) Another event on the same weekend was the 43rd annual Shawnigan Old Boys Yacht Club (SOBYC) Race. A fine turnout resulted in a wonderful day.

Photos courtesy of SOBYC

3) An evening sail in late August with Mt. Baldy in the background.

Photos by Dave Hutchinson



(paid advertising feature)

SLBA Member Profile

www.KALIYOGA.ca



When **Nicola Cusi** moved to Shawnigan Lake 10 years ago, she immediately fell in love with the serenity of the cedar trees, the energizing freshness of the Koksilah river and most of all with the community of open hearted people of Shawnigan Lake. After traveling for a year to find a new home there was no question that this was it!

Nicola comes with an experience of teaching Yoga for 20 years, first in her home country Austria, then in France, Mexico and now here in Canada.

Finally here in the heart of Shawnigan Village she found a home for a Yoga studio that offers daily classes for the whole community: from prenatal to mom & baby classes, children and teen Yoga, gentle beginners to dynamic flow Yoga, back care Yoga, breathing and relaxation classes there is Yoga for everyone!

Trained as a Medical Herbalist and Yoga Therapist Nicola offers tools of Yoga that can be used by anyone - no matter what age, level of fitness, state of health. Nicola's gift and interest is to make Yoga accessible to everyone and bring community together.

"In the last few years, as Yoga effects more and more my daily life and relationships, I find a natural progression in my Yoga practice to partner Yoga and AcroYoga. With my partner Pan we are one of the first certified AcroYoga teachers in BC and are happy to be able to introduce it to the island."

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Fire Departments Call-outs

Shawnigan Fire Department attended 10 emergency calls from July 16th to August 15th:

- Thursday, July 21 - MVI at Renfrew and Shawnigan L. Rd.
- Thursday, July 28 - MVI on Shawnigan L. Road /Wright Rd.
- Friday, July 29 - Auto Alarm off Shawnigan Lake Rd.
- Saturday, July 30 - MVI at Shawnigan-M/Bay and Briarwood
- Saturday, July 30 - First Responder in the village
- Sunday, July 31 - MVI on Shaw. L. Road south of Wright Rd.
- Tuesday, Aug 2 - Structure Fire off Cameron-Taggart Rd.
- Saturday, Aug 6 - First Responder West Shawnigan L Rd.
- Sunday, Aug 7 - First Responder on Shawnigan Lake Rd.
- Thursday, Aug 11- Water Rescue near McKenzie Island

Fire Officers also attended three burning complaints:

- Friday, July 29 - near Fire Hall #1 on Shawnigan-M/Bay Rd.
- Saturday, Aug 2 - in the Beach Estates
- Sunday, Aug 3 - on Silver Mine Road.

Due to recent weather the Coastal Region (including Vancouver Island) has a camp fire ban as of July 23rd. "all open burning, including campfires and fireworks, will be prohibited across the Coastal Fire Center to help prevent human-caused wildfires and protect public safety.

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Shawnigan Lake
Parks Commission (area B)

As the magical days of summer draw to a close, hopefully you've had an opportunity to visit some of the myriad parks and trails throughout the Cowichan Valley Regional District. The re opening of the Kinsol Trestle provides a terrific catalyst to hiking, biking and horse-back adventures along the TransCanada Trail between Shawnigan Lake and Glenora, and further afield, to Lake Cowichan and back to Duncan on the newly finished Cowichan Valley Trail loop.

Perhaps you've noticed signage at various parks and trailheads (e.g., Cobble Hill Mountain, TransCanada Trail, Cowichan Valley Trail) indicating recent fuel management work has taken place. After the devastating fires in BC's Interior in 2003, the provincial government encouraged local governments to identify areas with a high risk of interface fire. Interface fires can occur wherever

communities, buildings, and infrastructures are located next to combustible forest or grassland fuels. The provincial government's Strategic Wildfire Prevention Program provides funding to local governments to treat fuels (vegetation) at public lands interfacing development. Estimates indicate there are approximately 685,000 ha of

effectively burning off understorey fuels in the forests. A significant portion of Electoral Area B is designated with a high interface fire



Margaret Symon

threat. As home and property owners, you can do your part to prevent interface fires by creating and maintaining a 10-m Fuel Management Zone around your home, and ensuring this area is kept clear of combustible fuels (e.g. dense vegetation, flammable materials, firewood).

Make sure your street address is clearly visible from the roadway. Make sure your driveway is acces-

sible to emergency vehicles. For more information, visit FireSmart www.partnersin-protection.ab.ca, the BC Wildfire Management Branch www.for.gov.bc.ca/Protect, the CVRD www.cvr.bc.ca, or talk to your local fire department.

Margaret is the Chair of Area B Parks and Recreation Commission



Thousands more people are enjoying walking and cycling the trail now that the bridge is complete.

forest lands directly interfacing BC communities.

The CVRD Parks Department has been able to employ local contractors to treat forest fuels along strategic trail corridors at parklands in several areas of the Cowichan Valley. The fuel management program mimics natural fire ecology; prior to settlement by the Europeans in the 1800's, wild-fires occurred on a periodic basis every few hundred years

Shawnigan Weather for August 2011

(stats courtesy of UVic Weather Network)

compiled by Grant Treloar

	Shawnigan Normal	Cigarmaker's Bay	Discovery School	Museum	Kelsey School
Avg High	23.1	25.7	23.6	24.8	23.0
Avg Low	11.9	12.2	11.7	12.7	11.8
Extr High	36.1	31.8	29.5	30.9	27.8
Extr Low	3.3	9.0	8.6	9.8	9.0
Precip	29.3	18.5	13.2	9.6	9.4
Days with Rain	6	2	1	1	1

Lake Temperature: August 7th: 21° August 14th: 23° August 21st: 22° August 28th: 23°



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The Dwight International School

By: Ruaidhri Belfry

Located on the east side of Shawnigan Lake, the Dwight International School (DIS) is home to over 110 students in grades 6 through 12. Opened in 2009, DIS is one of three other schools located in England, South Korea, and China that are modeled after the Dwight School in New York City.



DIS is a unique school for many reasons. Among those are that it is the only school in North America to offer a choice of three diplomas at graduation (the BC high school diploma, US high school diploma, and International Baccalaureate (IB) diploma). DIS is one of a handful of schools on Vancouver Island to offer the IB programme, a world renowned curriculum offered to more than 900,000 students in 140 countries (www.ibo.org). The student body is comprised of students from all over the world with half the students boarding and the other half being day students, living in the surrounding communities and coming in for classes during the day.

A wide range of classes are offered at DIS including math, sciences, visual arts, languages such as Spanish, French, and English, and now, thanks to the new leadership of Tim Crofton, a new fine arts program. The new program will include dance, taught by Kim Breiland (legendary Victoria dance instructor and owner of STAGES Dance Studio) theatre, taught by Tim Crofton, as well as choir and band classes.

Principal Crofton invites students and parents who want to learn more about Dwight International School to contact him at (250)929-0506, tcrofton@dwrightinternational.org, visit www.dwrightinternational.com or drop by the school during the week at 2371 E. Shawnigan Lake Road.

The How and Why Of It

As one of our people, who was a member of our very first Circle, retired in August, I started thinking about why our people stay with use so long and concluded it must how we do what we do. At the risk of seeming more than a little pretentious, I will share some of my thinking with you.

It started with the desire make things better: In order to create there must be a dynamic force and that force is love (Igor Stravinsky). An act of love is not hard work. It is heart work. I like to think our people find their work fulfilling, and that they grow in it and with it because, within the bounds of our philosophy, they use their gifts and skill in a way that is most comfortable to themselves. One said, "It allows one to be his/her best."

Although we focus on the caregiver, we often use the term 'caregiving family' as the whole family is affected. We operate in six broad areas: support circles, support groups, one-on-one emotional support, advocacy, education, and community development. Circles are powerful tools and as old as the hills. Support groups are self-directing groups of caregivers supporting each other on their journey. One-on-one emotional

support is for those with specific issues that need personal attention. Advocacy is to help a caregiver get what is needed when they are too weary to do the legwork. Education is to increase knowledge of the caregiving role and needs throughout the community as well as for the caregiver. Community development, in our context, is to enhance the capacity of a community to support and care for its own. Our people are highly skilled, but they do not take the place of other professionals. When other professional help is indicated, we will help find it.

When one is privy to a family's private life, there is not much one can talk about, but I would like to tell you of three incidents that will explain why we do what we do. Each one is about someone well along his or her dementia journey. One gentleman liked to watch birds, so I took him out on Richards Trail to see the swans. We parked. I gave him the binoculars. He opened the door and turn sideways to get the best view. He was raising the glasses when a great, hairy beast landed in his lap and planted a big doggie kiss on his face. Almost instantaneously, a look of surprise and then pure delight lit his face as his arms went around the dog. The

By Garth Harvey

second story is about one of our circles sitting vigil for a gentleman, deep in coma, with just a few hours left. His breathing began laboured and he showed great distress. The circle member placed her hand on his forehead and spoke softly to him. He immediately became quiet and peaceful. The last one is about an elderly lady, just four days before her passing. She had fallen and skinned her shin. While the nurse went to get a dressing, she left the lady sitting on the edge of her bed with her slacks down around her ankles. The lady was very upset and embarrassed. I pulled up her slacks and she sat quietly to wait for the nurse.

Now you know the how and the why of what we do. Love. Compassion. Dignity. Respect to the very end. There is no other way to go.

Garth is the President of the Cowichan Family Caregivers Support Society

Electoral Area B Shawnigan Lake Director's Report

By Ken Cossey

So many community activities have been started or are finally coming to a close. This includes securing a 50-year lease for Elsie Miles School. Staff has informed me that the Cowichan School Board has declared the site surplus to their needs and they have forwarded everything down to the Minister for final approval. I have been told that this could happen as early as October. With the adoption of the new South Cowichan Area Official Community Plan, staff is now working on the development of the accompanying zoning and the new development approval information bylaws. The former bylaw will implement the OCP land use designations and the latter will be a new planning tool to help the community understand what if any impacts a proposed development will have on our community. The issues that this new bylaw will look at include environmental issues, servicing issues and traffic issues.

Recently the CVRD Board decided that instead of hosting community hall meetings to discuss the proposed location of the eco-depot a non-binding referendum would be held instead. We are still working out the question for this referendum, but I will be supporting a very simple and straight forward yes or no question. The referendum will be held on November 19, 2011.

The power of community is still alive and well in our area, as two community events are being planned for September 10 and 11. The first one is the Shawnigan Lake Arts and Multicultural Street Festival and the other is the Shawnigan Beach Estates entrance way work party. I would like to take this time to thank the

organizers and participants to both events.

The Parks and Recreation Committee has been actively looking at each road end and collecting information about them. This committee is looking into taking over control of the various road ends that run down to Shawnigan Lake.

On September 11 the ground breaking ceremony for the Elkington Forest project will be taking place. The event is planned to start at 2:00 pm. For more information please visit their website www.elkingtonforest.com Work continues on the Shawnigan Hills re-development project and I understand that the quotes for the washroom facility have been received, so that part of the project will be built shortly.

As a follow up to the 2011 Road Survey that I handed out at the last Town Hall meeting, I have had a meeting with ministry staff and been informed that a priority list is being prepared.

In closing, work on collecting water quality data continues with Dr. Muzumber, under a contract with the CVRD to continue to collect this data. Eventually we will need to develop some sort of plan that protects both the water quality of our drinking water source and the economic benefits that our various visitors to the lake bring us.

If you would like to discuss any point outlined in this article or any other issue, please feel free to contact me at: (250) 743 1336 or kcossey@seaside.net



Shawnigan Lake RCMP

By Sergeant Rob Webb

Shawnigan Lake Detachment is pleased to report that there were no major incidents on the water this summer. Patrols on the water were again in line with last year, with the vessel being on weekend patrols twenty times during the summer months. Foot patrols of beaches and random checks of boat launches were conducted as well. RCMP found the majority of boats checked were compliant with Transport Canada regulations. The majority of the enforcement was written and verbal warnings were issued to boaters for typically minor matters.

The positive ticket campaign that has continued through the summer worked well on the water. Numerous youth who were wearing their life jackets were issued the tickets and were pleased with

being recognized.

There are still unfortunately some boaters who do not respect the waterways whether driving too fast close to shore, or just not paying attention well enough. We do feel things are improving and seek feedback from residents and lake users regarding how the summer went.

The Detachment wishes to thank Director Cossey and the CVRD for the extra funding to allow the extra patrols to occur. We are extremely pleased that for the second summer in a row we did not have any fatalities on the water.

Rob is the Detachment Commander at Shawnigan Lake

SLBA Report

by Roy Davies

Well, with the exception of the weather, it appears summer is over. We hope that everyone had an enjoyable summer, but now it is time to get back to work.

Before we get into what is upcoming, I would like to send out a huge Thank You to the following business for their support of our Family Picnic:

- **Camp Pringle**
- **Village Chipperry**
- **Masons**
- **Subway**
- **Sysco**

Also a huge Thanks you to Richard and Penny at Camp Pringle, Kathryn Lake and the Shawnigan Rovers for their help on the Climbing Wall and Archery, the board members that made the event even possible, and of course all who attended. It was a great day, lots of fun was had by all, and hopefully we can do it again next year.

So now what's new...? The SLBA board has been working hard to get our new map and sign done. The spots have all been spoken for, now it is just a matter of time to put the graphics together. Thank You to all who purchased ads and has helped us by supporting this project.

Finally, on October 4th the SLBA will be holding their Annual General Meeting, 7:30pm at Steeples. Any members, or business interested in joining the SLBA are welcome to attend. There will be appys and beverages served, as well as the election of next year's board.

If you would like any further information on the Shawnigan Lake Business Association, please visit our website, www.shawniganlakeonline.com or email us at info@slba.ca. You could also drop into Moziro's for SLBA coffee house from 8-9am on Tuesday mornings – Coffee is \$1 with your own cup!!!



Tyler Malaka shows off his rock climbing skill at Camp Pringle

What is it? Where is it? Why is it?

First correct Answer sent to:
editor@shawniganfocus.ca
wins two specialty coffees compliments of Moziro's



WHAT IS IT? CONTEST WINNER – August Issue



Janet Neilsen was the first person to correctly identify the What is it? picture from the August issue of the Focus. The photo showed the stone sculpture that is in front of the hobbies building at Shawnigan School. Janet is entitled to two specialty coffees, compliments of Moziro's.

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September 2011

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Typewritten or handwritten copy is acceptable if you have no access to a computer. Please do not send PDF as it does not convert properly. Leave hard copies of articles not sent via email in the Focus box at the The Chipperry – 1- 2740 Dundas, Shawnigan Lake

AD DEADLINE
The 10th of every month for mid-month publication.

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ABOUT THE FOCUS

The Shawnigan Focus is an independent, local, non-profit publication, produced by the volunteer Focus team. The opinions expressed in articles are those of the authors, not the paper.

Shawnigan Focus endeavours to inform; promote harmony and involvement in the community; and interest a broad cross-section of the residents of Shawnigan Lake

Shawnigan Focus is delivered, free of charge, to postal addresses in Shawnigan Lake (Area B). Out-of-town subscriptions are available. Please contact editor@shawniganfocus.ca for details.

Additional copies are available at: Style Centre Barber Shop, Subway, Village Chipperry, Moziro's Coffee Shop, Aitken & Fraser Store, Mason's Store, Kinsol Market, Jen's Upper Cup, Cafe Crème, West Arm Grill and Olde School Coffee.

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www.shawniganfocus.ca

Serenity Tai Chi

Would you like to try an exercise program that lets you relax rather than stress the body, that benefits the circulatory and respiratory systems without making your heart pound or leaving you short of breath, that gently limbers the joints, improves balance and calms the mind? Tai Chi might be just the thing for you, especially if you are approaching or in your golden years.

“Tai Chi” means “ultimate energy.” Our group is called Serenity Tai Chi because our energy flows through a set of slow, graceful movements with a background of serene music. While Tai Chi comes from a martial arts tradition, our focus is on the exercise and mental benefits. When a master teacher moved away several years ago, the pupils continued to practice together and share the learning with new members.

We meet every Tuesday and Thursday, 10 am sharp, at the Mill Bay Community League Hall, from mid-September to mid-May. We start with 20 minutes of warm-up stretches and exercises, do a 20-minute teaching set, have a 5-minute break, then finish off with a non-teaching set. It is a fun and friendly group. Come by for a free trial session (bring flat shoes with soft

or leather soles) and find out how energizing and inexpensive a membership is (around \$60 for 66 sessions, and you can join in any time of the year). For more information, call Nora (250-743-9750) or

Take a Kid Mountain Biking Day Event

When:
Sunday, October 2nd, 2011 (1-4PM)
Where:
Cobble Hill Mountain & Cleasby Park

This is a great opportunity for you to pass your passion for pedaling onto KIDS. Plan to go mountain biking on the first Sunday in October - and bring a kid along for the ride! We are currently seeking interested participants (kids and adults) as well as volunteers for all aspects of this event.

Visit www.simbs.com to register, and for more detailed information.

Or contact Matthuw Ronald-Jones, matthuw@simbs.com or (250) 732-5232.

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Cycling and Performing Touring Group to Deliver Play on Environmental Issues

Cycling and Performing Touring Group to Deliver Play on Environmental Issues

Shawnigan Lake, British Columbia – October 19th 2011 – A group of 16 young people from across Canada will be visiting the community to offer a performance of a play entitled Taking Action. They are cycling through British Columbia armed with an inspiring message of youth empowerment and sustainable consumption as part of the Sunshine Coast Tour organized by The Otesha Project.

The comedic and inspiring play shows the story of average Canadians who are choosing to be extraordinary. Audience members explore what ignites individuals to take action, and what challenges

and rewards are encountered in the process. The characters in the play – and the audience – are sent on a journey toward the path to sustainability, exploring positive choices we can make along the way.

The members of the traveling theatre troupe make up a mobile sustainable community and cycle from performance to performance, braving the elements, and opening conversations in communities about how we can live more sustainably. As they pedal more than 1,250 kilometres across British Columbia, they will explore all the ups and downs of directly addressing environmental and social justice issues through their own everyday actions.

About the Otesha Project:

Founded in 2002, the Otesha Project is a youth-led charitable organization that uses theatre to mobilize young people to create local and global change through their daily consumer choices. The Otesha Project has now performed to many more than 100,000 people across Canada and won awards for their innovative and effective youth engagement programs.

Contact:
Members of the Sunshine Coast Tour
Cell: 613 296 6819

Matt Schaaf, Programs Director
Office: 613 237 6065
matt@otesha.ca

Share the Harvest

Sunday, September 18th ~ On Sunday, Providence Farm is partnering with Cowichan Green Community to present “Share the Harvest: A Family

Day of Local Food & Fun”.

The event opens at 11:00 am at 1843 Tzouhalem Rd. and the day offers numerous activities, vendors, work-

shops, food and music. Go to www.providence.bc.ca, for further details.

Guided Historic Tours of Providence Farm are also offered at 1:00 pm and 2:00 pm that day.

Cobble Hill Farmers' Market

The Fall season approaches and it's time to savour the harvest whether it be the comfort of baked dishes, shredded or juiced raw roots, or hearty winter greens. And everybody's favourite...those honeyed fruit crumbles. Find the recipes and ingredients, catch the last rays of the summer sun, and enjoy healthy, outdoor grocery shopping at the:

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