



Shawnigan

Focus

Volume Two - Issue Eight

AUGUST 2012

"Our Voice - Our Thoughts - Our Community"

Summer Scenes



Dawn Spring

Our summer weather took a long time coming but July 29th was a lovely day at Shawnigan Lake - until the sirens started mid afternoon. For at least fifteen minutes, the sirens wailed. It is never a good sound, but when you are near the lake, it is a most frightening sound and minds tend to wander to previous summers and memories of other accidents. Almost every year, there is a tragic accident on the lake, and it usually involves a boat or a jet ski.

This particular day, four young people were enjoying the lake in a boat. However, at the turn of a key, the fun changed. The boat engine exploded and fire rapidly engulfed the boat. Witnesses reported that the engine cover blew twenty feet into the air and one occupant was thrown into the water. Fortunately, there were people close at hand to rescue the injured boaters. The RCMP, The Shawnigan Volunteer Fire Department, BC Air Ambulance and other first responders also rushed to the scene. The driver was airlifted to Royal Jubilee Hospital burn unit where he was treated for first and second degree burns. He is now stable and recovering from his injuries. The other three were taken to Cowichan Hospital with lesser injuries. The RCMP has closed the file, after determining that there was no criminal activity involved.

South Island Integrated Marine Unit Lake Patrol

That same weekend, on the Friday and Saturday, members of the South Island Integrated Marine Unit, with their impressive "police" boat, were out on the lake checking other boats to see if they were up to par with the Canadian Shipping Act - that is, whether they were being operated in a safe manner and that owners had proper licenses.

Between July 27 and 29, the RCMP issued 41 warnings and seven charges, made two drug seizures from boaters, responded to a break and enter into a waterfront shed and towed at least two boats to shore. RCMP said the Marine Unit will be patrolling the lake throughout the summer.



Ron Cuthbert

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The Watershed Roundtable

Georgia Collins
Shawnigan Focus

wa ter shed

A continuous ridge of high ground forming a divide between two different drainage basins or river systems.

The region enclosed by such a divide and draining into a river, river system, or other body of water (i.e. Shawnigan Lake).

The Shawnigan Watershed Roundtable is in action. By inviting and seeking input from all stakeholders within the watershed we have had the opportunity to collaborate with residents, business owners, developers, timber companies and all levels of government in creating a space for open dialogue about the desired future condition of our watershed, our community and our livelihoods.

Hosting an ongoing series of educational tours and workshops, the Shawnigan Watershed Roundtable offers our community immediate hands-on access to the ecology of our watershed. Led by experts in watershed management, forest practices and aquatic ecology, we have begun by exploring the south basin. Focusing first on proper functioning creeks, we visited various points of interest along South Shawnigan Lake Road, including a particularly healthy (properly functioning) Van Horne Creek wetland. A walkabout of an Island Timberland

property demonstrated the success of the managed forest around the Shawnigan Creek. Of particular interest was a wetland on Lot 7, which has important carbon sequestering abilities and is an integral component of our watershed. We then moved on to watershed management sites, such as the abandoned Gravel Pit up Sooke Lake Road, responsible for great plumes of silt entering into Shawnigan Lake. Aquatic Ecologist, Patrick Lucey, guided us through his simple and inexpensive design used to solve the problem. Every tour site revealed the vast difference between hearsay and fact. And each gave increasing evidence of the urgent need to secure the pieces of land that are vital to the properly functioning condition of our creeks, lake and entire watershed.

“Although I spend a lot time working on matters in the forested parts of the Shawnigan watershed, it is always fun and interesting to learn more about key topics of our other industrial and residential neighbours. I salute the Shawnigan Watershed Roundtable for organizing the tours that help share such information.”

Domenico Iannidinardo, TimberWest Forest Corp.

“Taking tours and attending the Shawnigan Lake Watershed Roundtable has been a real eyeopener for me.



Natural wetland

The group has well qualified guest speakers and there is always great comradeship with an exchange of mountains of information.

I have learned that we must start protecting our wetlands just like Victoria is protecting the Sooke watershed because the Shawnigan Lake watershed is already in trouble. I encourage everyone to experience a group-walk about in the watershed. Learn how to recognize the signs of a healthy watershed, ones in trouble and what we can do about it before it’s too late.”

Cliff Evans

“These walkabouts are informative and worthwhile. I had assumed things were beyond redemption but perhaps it is not too late to protect and repair this watershed that defines our community and provides our drinking water!”

Dave Hutchinson

“Having an interest in the future of our watershed is one thing. Understanding the workings is another. On our watershed roundtable walks with expert help from Barry Gates and Patrick Lucey, we are seeing the good and bad in the watershed. We coming to a better understanding of what the watershed needs to continue to provide us with the visual, recreational and nutritive values we need from it.

That, and nice hikes around parts of the watershed we would not normally visit!”

Brent Beach

“yesterday is history. tomorrow is destiny”

Bill Savage

“commUnity awaking each other of the role each plant, life form (including humans actions we are part of nature) has in maintaining healthy water, reminding us all the earth is a watershed!”

Seairra Courtemanche, Early Childhood Educator

“The walking tours of the Shawnigan Creek area led by Patrick Lucy were extremely informative and helpful to me. My understanding of the importance

and the fragility of Shawnigan Lake’s main tributary source has been greatly enhanced. I hope that more tours are offered to the public to help to people to improve their knowledge of their watershed.”

Grant Treloar

“The tours hosted by the Shawnigan Lake Watershed Roundtable reinforce through first-hand observations, discussions, and educational expertise our collective and immediate responsibility to promote ecological stewardship within this community. For years Shawnigan Lake - the heart of our community - has been deserving attention and the implementation of action to the many issues that jeopardize its health. I am committed to being a part of these considerations. I am committed to working toward creating positive desirable conditions and a sustainable water supply that will support this community in perpetuity.”

Kelly Musslewhite, Alternate Area Director

“The watershed walks are very educational and fun and everyone in the community should join us to learn where their drinking water comes from.”

Shelagh Bell-Irving

“The watershed walk was very intellectual, fun and shows great hopes for our watershed and community.”

Jeremy Prior, Frances Kelsey Student



Developed wetland

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 full name, address and phone number, but the contact information, other than the name, will not be published. Letters should be limited to 300 words and we reserve the right to edit for brevity or to refuse inappropriate or abusive language. Letters should attack issues - not individuals. Send letters to editor@shawniganfocus.ca

In Response to Nicky Block's recent letter in the Cowichan News Leader:

I commend you for educating yourself about what you state is the scientific evidence that supports your father's business proposal to put contaminated waste into our watershed.

I too, am passionately interested in the water quality of Shawnigan Lake, not only for myself but for my children and grandchildren. We live here year round and It has been our only source of drinking water for close to forty years. Should my grandchildren continue to live in Shawnigan they, like you, will realize the consequences of decisions that are being made today.

In doing your research you undoubtedly read the report about the engineered liner in Cache Creek that was touted to last two hundred years. According to one scientific study, it is presently leeching into the water supply of Bonaparte Creek after twenty years. The first nation's community there claims that their water is undrinkable. Interestingly Cache Creek is considered an ideal site as a landfill because of its dry climate and because of this, if the same amount of garbage was dumped in a soggy Lower Mainland landfill, it would generate as much leachate in one day as the Cache Creek facility does in a year, the report states.

An argument continually made for this proposal is that our lake is showing signs of human contaminants of caffeine and pharmaceuticals, the logic being that this waste site will somehow resolve this. We are also told that this facility will accept the detritus of local builders, and prevent the dumping of hazardous materials in uncontrolled areas.

The Stebbings Road site is forty-five minutes from Rock Bay. This site would be a gift to the Ministry of Environment as an easy and economical way of dealing with what is purported to be one of the most highly contaminated sites in the province, giving Victoria leave to develop the last piece of property in the city that is commercially viable.

Regardless of what we are being told, this facility is not being built for the benefit of the 8000 people who live in Shawnigan Lake. The only beneficiary of it will be South Island Aggregates (SIA) and those who are hoping to get on with their developments with the blessing of a government agency that is purported to be looking out for "all" British Columbians.

Let us not forget that there has already been an accidental dumping of unapproved material at the SIA quarry. SIA truck drivers have publicly raised concerns about run-offs on the site. Most egregiously, someone stole many of the signs that notified the public of the information meeting on the proposal.

Pardon me, for being skeptical when attempts are made to reassure me that I can trust SIA to safeguard my grandchildren's drinking water.

Sally Davies

What will the MOE do?

To everyone involved in initiating and participating in the July 12th meeting...Thank-you.

A lot of effort went into this well-run meeting.

I must admit, I went with a few jaded preconceptions of what would happen. These 'jaded' feelings stem from watching individuals and groups in the past try to control detrimental changes to the land around the lake, and the resulting damage to water quality. Over the years, good intentions and working to try to improve situations were in vain or certainly seemed to be. There are rules, but little enforcement.

It seems no one is really in charge or has any real authority to actually follow through with the rules that do exist e.g. speed on the lake, damage to the shoreline, power boats after dark, old septic fields and, now, mud flowing into the South end from Shawnigan creek with heavy rains.

In the case of SIA, it is actually frightening to me that such a proposal could even be contemplated. My fear and anger were slightly assuaged by Mr. Taje from the Ministry of Energy & Mines, who explained that EVERYONE has

the right to apply. This made sense to me.

Now I pray that all involved at the Ministry of Environment with this decision really listened to all of you, who 'questioned' and 'commented' after the presentations.

You all did an awesome job! You spoke with knowledge and heartfelt emotion. You didn't let those emotions over-ride the very damning facts you were presenting. You were respectful to those with opposing views. I admire you for that. You got the facts out, and did it very well.

I do not live on the lake, but my parents do. The house has only recently become their permanent residence (and yes, they did re-do the septic field to adhere to code). The property has been in the family for over 70 years, and we are into our 4th generation of growing up with 'Shawnigan' summers.

I am very familiar with the creek involved, as relatives owned the farm at the south end. (What used to be a farm - now, I'm not sure what it is). As children, we spent hours playing in, and around the creek. It breaks my heart to see the mess it has become.

I have two issues, which I would like to mention:

First, for those of us that would like to help you as much as we can, I would love to see a list of email addresses for ALL people that we could email in regards to this application. I will spend the time to look up as many as I can think of, but a list for everyone

would be a great help.

Second, my parents contacted neighbors and one thought this SIA was a 'done deal'. They talked to people further, and found some that didn't even know about it. They are telling everyone they can think of and telling them to tell others. It seems a lot of people are unaware of what SIA is proposing, and what you are doing to fight it. If there is a way to help you advise more people of the situation, please let us know.

As I said above, I pray the MOE will deny this absolutely disgusting application and it will be seen it for what it is, a money-grab - greed by a few, with absolutely no benefits to anyone but themselves.

Thank-you again to everyone involved for all your hard work,

*Debbi King
North Saanich*

Garbage Games

Dear Sirs:

The amateur CVRD whiz kids who brought you the \$1.5 million waste on the failed EcoDepot last year are at the garbage games again. This time they are planning to sneak through a plan to spend millions to buy big trucks, put CVRD stickers on them, staff them with high paid, well pensioned new employees and put the private sector garbage collectors in the valley out of business. The CVRD board, with little or no business experience, has shown us how easy it is for them to spend our money by increasing taxes every year.

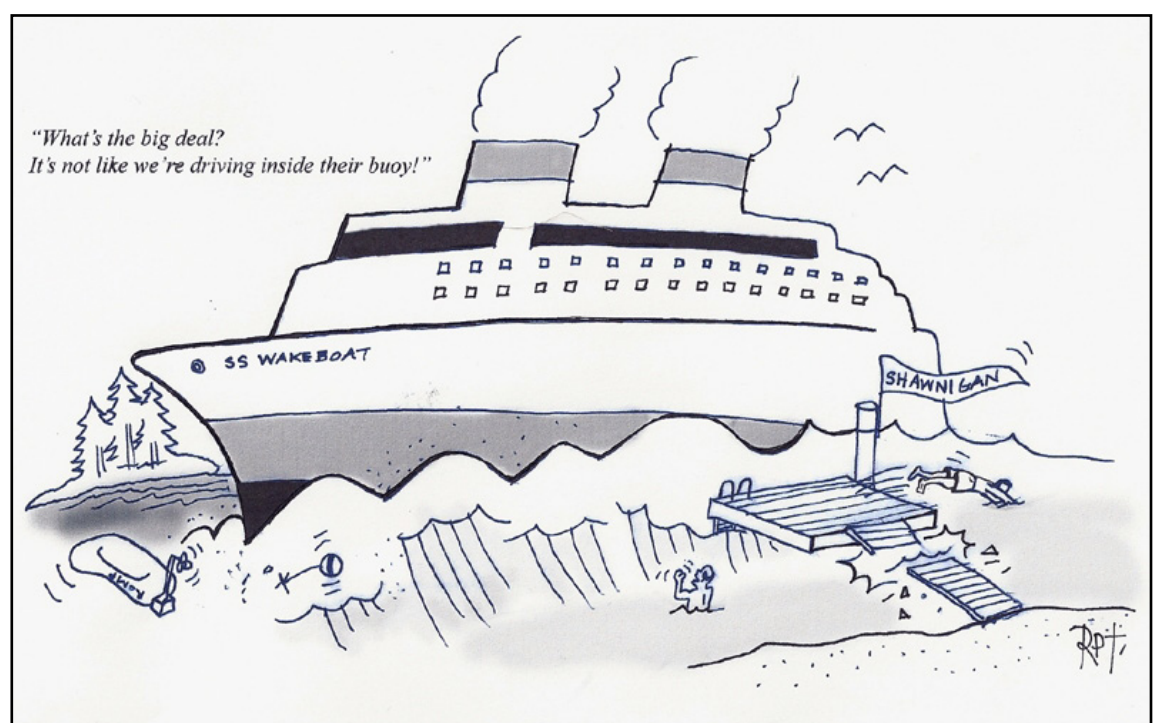
The reason for this new plan is supposedly the big cost increases from the private sector over the past few years. In Area B, at Shawnigan, we pay \$48 a year per taxpayer to pickup the recyclables of which the CVRD rips off 20% to support its own bloated bureaucracy.

It's laughable that the CVRD, who have increased their own spending far in excess of inflation or growth over the past five years, now claim they are going to show the private sector they will do garbage and recycling collection cheaper. Does anyone really believe or trust that the CVRD is going to do it cheaper than a properly bid contract by a private business? Which private waste company pays its Waste Manager more than \$100,000 and provides a rich pension like the CVRD does?

Where is the real business case for this new hiring of permanent staff and buying a bunch of trucks to be run by government? There has been no public call for this service or to add more jobs to the 200 + that already work for the CVRD - most at pay rates far in excess of local businesses.

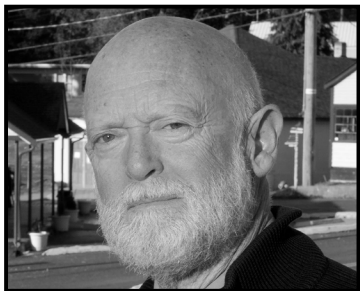
This is simply another CVRD boondoggle dreamed up by staff to build their empires and salaries. The fact the Board is trying to sneak the plan through by using the negative option tactic called Alternative Approval Process rather than a proper referendum tells me the Board knows this won't pass the smell test.

Bill Dumont R.P.F.



**There is no way to happiness, happiness is the way.
~Buddha**

Priorities for Shawnigan



Bruce Fraser
Area Director

Taxation always seems to grow whether we like it or not. Society is facing limited resources with unlimited demands. This forces us a community to look at priorities for Shawnigan Lake. Are we able to agree on improvements that are worth the price? In the tax debates to come, as the CVRD works on the 2013 budget, I would like to have our community’s sense of priorities.

The main principle for me is that taxes should purchase desired tangible benefits that the community endorses by properly conducted public consultation. So, here are some existing and potential charges on our tax rates for you to consider. I am requesting public feedback to help prioritize the list, and also welcome suggestions for significant matters that may have been missed.

Comments can be provided via:
E-mail to: bruce@fraserforshawnigan.ca

Monthly Director’s Meeting – 1st Monday of each month, 7pm at SLCC
Director’s Office upstairs in the Purple Building – Mon, Wed & Fri, 11am-1pm

Local Physical Infrastructure

- Sewage treatment for Shawnigan Village
- Sewage system to replace lakeside septic fields
- Sidewalks and connecting trails in Shawnigan Village

- Development of a Village Commons on the Elsie Miles property
- Development of a public walkway along the Village waterfront
- Creating safe cycle routes around the lake

Transit Services

- Providing local transit services to the West and South of the area
- Providing commuter bus service to Victoria via the South end
- Developing a Park and Ride at the South end/Malahat Junction
- Creating a Park and Ride within the Village area

Parks and Trails

- Continued acquisition of new parkland
- Continued development of regional trails
- Development of walking and cycle trails connecting the west and north to the Village
- Creation of “Road End” mini parks for public access to the lake
- Supporting the existing regional parks e.g. Bright Angel
- Possible acquisition of the Kingzett Lake Quarry and surrounding lands as a regional park

Watershed residents are not an Insurance Company

Brent Beech
Shawnigan Focus

Director Fraser’s motion at the Aug 1 CVRD council meeting lists a number of reasons why the SIA waste permit application should not be granted. One of those reasons includes the phrase “the Shawnigan community bears the ultimate risks.” I have raised this point in earlier Focus articles. I would like to look a little deeper into how we bear the risks with this permit change.

Insurance and Risk

We normally insure against risk. Wikipedia has a thorough article on insurance. Keys to the success of the insurance model: 1, a risk pool; 2, a risk analysis; 3, appropriate premiums; 4, investment earnings

on the retained premiums; 5, payout less than premiums plus investment earnings. How does our situation compare to the usual insurance policy?

The MoE, Mines Model

The permit would require that the residents of the watershed assume the risk. As an insurance situation, this model fails on each of the 5 points.

1 There is no risk pool - a group of similar situations having the same risk factors. Car insurance pools the risk of all insured drivers. We have just the one site.

2 There is no risk analysis. Yes, SIA says there is no risk. SIA says it will have systems in place to prevent, to detect, to clean up any contamination.

Exxon said the same thing about the oil tanker route out of Alaska. The same sources of risk exists here - things not done, things done but not working, untrained staff, unforeseen events, human error, The only acceptable risk analysis is one done by a company which bears the total cost of failure.

3, 4 There are no premiums, therefore no investments and no investment earnings.

5 Any payout will always be more than the value we receive.

Insurance Company Model

The only acceptable way to insure the waste site is to do it the way insurance is always done. SIA must find an insurance company willing to take on the risk. An insurance company that has the resources to do the risk analysis and set the premiums. An insurance company that has the

incentive to make sure that SIA (or any subsequent owner of the waste dump) maintains all necessary safety controls. An insurance company that can pool the risk. SIA must provide a financing model that guarantees the required premiums for the life of the waste dump.

Policy Coverage

The SIA dump insurance policy must cover **all** costs resulting from watershed contamination. First, it must pay to reclaim the site. At a minimum, that would involve removal of all contaminated soil. Since the income from accepting that soil is estimated by the company at \$32 million, the cost of removing it and relocating it would be far more than that. Second, it must reclaim the area below the pit and any contamination in the lake. It would be hard to put a price on this, since it is probably impossible. Third, it must cover all medical and

related costs of residents of the watershed, including incidental expenses and loss of wages.

Fourth, and most importantly, the insurance company **must immediately offer to buy the properties** of any resident of the watershed willing to sell. The offer must be for some multiple of the assessed value (perhaps twice). Immediately is essential. People negatively affected by the Exxon Valdez oil spill are still in **court trying to collect from the insurance company 23 years later**. That is not good enough.

We are not an Insurance Company

Pretending that the residents of the watershed can or should be that insurance company - essentially what this permit change will do - makes no sense.

For other related articles by Brent go to <http://brentatthefocus.blogspot.ca>



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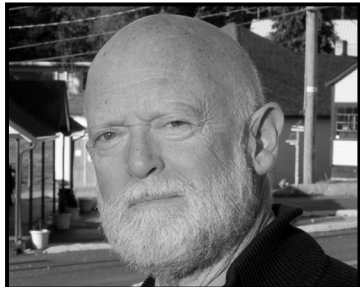


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Devolution: A tough choice looms on regional recreation



Bruce Fraser
Area Director

At some point, we are going to recognize that we cannot maintain all of our present infrastructure. We grew it while economic conditions were expanding, most often by borrowing money. The debt was supportable as the economy grew to enable interest to be paid and taxpayers were willing to foot the bill. The economy, based on forest and fishery resources we have now largely used up, has leveled out, making debt-based investments in infrastructure more difficult to sustain. This is matched by lack of significant growth in the incomes necessary to enable taxpayers to pick up the slack from current earnings. The result of this is that tax resistance, coupled with high infrastructure maintenance demands is heading for the wall.

This is the context in which the request to support the operating deficit problems of the Cowichan Sportsplex must be

considered. During the month of August, Area Directors will be polled to answer the question “are you in or out of a permanent tax function for the Sportsplex”. For all those areas that opt in, an Alternative Approval Process would then be invoked in the fall for the whole contributing area. The AAP process requires a 10% no petition to fail, a tall order over such a potentially large area and population. All it would take to commit Shawnigan taxpayers to the likelihood of a permanent charge on the tax base is for the Area Director to vote us in. An AAP over the whole region could easily swamp the desires of the Shawnigan public.

In the specific case of Shawnigan, infrastructure needs are numerous at the most basic level. They include:

- necessary renovation of Kerry Park’s aging facility
- increasing necessity of dealing with a deteriorating water quality due to aging and ailing septic fields surrounding the lake
- increasing need for a sewage treatment facility for Shawnigan Village - its most development-limiting feature

- combination of maintenance of the Shawnigan Lake Community Centre and the development of the Elsie Miles property to serve as a Shawnigan Commons
- maintenance of the recently completed Shawnigan Hills sports field facility above the Beach Estates
- rejuvenation of Shawnigan Village’s much-deteriorated commercial centre
- maintenance and management of the increased local parkland and trail systems
- increasing local taxation for a necessary third fire hall at the south end of the lake to serve new subdivisions in that area
- the long-term objective of municipal incorporation would add a considerable increase in taxation to support roads, policing and municipal operations.

At present, a full half of Shawnigan taxpayers in the west and south are obliged to support a regional transit service that they do not get. In the recent past the weighted voting procedure of the CVRD forced Shawnigan

taxpayers to support a tourism information centre in North Cowichan that was voted against by the Area Director because of its limited value to the Shawnigan area.

In these circumstances it is difficult to imagine support from the majority of Shawnigan taxpayers for discretionary infrastructure development or maintenance at a distance. It is true that Shawnigan currently accounts for approximately 11% of the Sportsplex use, likely by young people involved in team sports, making our choice even more difficult. Demands on the tax base are a bottomless pit, taxpayers pocket are not. It may be time for us to recognize limits to growth and begin to seek economies among the “nice-to-have” things in favour of the “necessary-to-have” ones. We owe this difficult decision to the seniors on fixed incomes and the financially struggling young families within our midst. It is one thing to argue that the current recreational facilities are important for our life style needs and quite another to assume that we can actually afford them. The argument that “it is only a dollar per hundred thousand” wears pretty thin after hearing it repeatedly as the amounts accumulate.

The enormous contribution of volunteers and marginally paid staff to the existing Sportsplex are compelling arguments for continuing to invest and to make the costs a permanent function of local government. The further argument that the facility makes tourist-drawing major sporting events possible in our region (like the BC Summer Games) is also compelling. But those economic benefits accrue mostly to North Cowichan and Duncan who represent over 50% of the Sportsplex users. The benefits are marginal to Shawnigan taxpayers compared to the basic unmet needs in the local community that are going to be difficult enough to fund. If we do not choose to participate in the Sportsplex function now in 2012, we will have the option to reconsider in the future. That opportunity would need to go to the Area B public for ratification in advance, as it should be, not just at the sole discretion of the Area Director at the CVRD Board table.

Perhaps the time has come to concentrate our recreation outdoors in our natural environment of lakes, rivers, parks and trails rather than in our stock of built infrastructure that is proving so expensive to maintain.

Shawnigan Lake (Area B) Parks & Recreation Commission



Margaret Symon
Chair of Parks Commission

Ahh – August at Shawnigan Lake – “where fishes rise... while, far above, a lonely eagle flies...” Those

eloquent words of a 19th century Shawnigan Lake pioneer, as quoted on the cover of last month’s Focus, lauding the bright, but much too short-lived season of summer at our lake and surrounding forestlands, are relevant to this day. We are fortunate our South Cowichan “home” encompasses a long lake and 440 ha of parks and trails (not even including Crown land parks). Every season of the year is special; summer affords us good weather and extra hours of Vitamin D in which to explore and enjoy our

lake, trails, and parklands.

Too often, however, safety provisions are waylaid in the pursuit of recreational enjoyment. Already this summer, hikers and water sports enthusiasts have had to be rescued from rivers and mountain slopes of Vancouver Island, and from a burning pleasure boat on Shawnigan Lake. Local fire departments and the Wildfire Management Branch have had to extinguish forest fires started by campfires abandoned by careless picnickers and campers.

Take some simple measures to ensure your summertime recreational experiences are safe and enjoyable. When on the water, observe Red Cross rules and BoatSafe regulations. If you’re planning to hike or bike in the backcountry, provide a family or friend with a copy of your plans,

including a map. Pack a first aid kit. Where cell phones don’t work, consider a satellite phone or GPS beacon. Don’t feed wild animals. Observe local and provincial campfire bylaws. (Campfires are not permitted in any Area B parks).

Over the last year, I have detailed in the Focus some of the ways in which your local park commission provides guidance and input to the CVRD Parks, Recreation and Culture Department on development decisions and parkland acquisition. We “locals” live in a pretty nice part of the world, but may not always fully appreciate it. The CVRD recently forwarded to our park commission the following comments from an Ontario couple:

CVRD Website Feedback: my wife and I have just returned from trip to Cobble Hill BC where our son lives.

While there for the month of June and first week of July, we visited many of the parks that you manage. We have not found the quantity, or the quality of parks and trails in any other province in Canada. The different types, layout, amenities, and variety of scenery were GREAT. Some that we liked where Bright Angel, Kingburne, Koksilah River, Cobble Hill Mountain, Mill Bay Nature Park, and Old Mill Park. Next year we hope to again visit these parks and enjoy them.

Your Area B Park Commission is busy conducting “research” this month at our parks and trails, so we will not be holding a formal commission meeting in August. Please join us at our regular monthly meetings when they resume in September. And of course, your feedback (via the Focus) is welcome anytime.

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Features

Dwight Global Leaders Academy



asdfsdf

Stephen Johnson
Dwight International

This summer, while many ambitious high school students are improving their athletic abilities or pursuing their musical interests, more than 50 young people from around the world are coming together to learn how to make the world a better place through the Dwight Global Leaders Academy.

This unique program, which began this year on July 27 and runs through August 10, is located at Dwight School Canada, an International Bac-

calaureate (IB) World School for boarding and day students in grades 6-12. The DGLA is specially designed for young people who not only want to learn, but also want to give back. Through an immersion curriculum that encompasses project management, team building, leadership training, collaboration, goal setting, fund raising and promotion, each participant will graduate with a tool kit to effectively plan, execute, and promote his/her own service project.

“This is only our third year running the DGLA and the track record of our students

has been phenomenal. After leaving the academy, over 80% of our attendees have launched initiatives that have directly impacted their communities,” said Graham Brown, PhD, Director of the Dwight Global Leaders Academy. “These have run the gamut from environmental initiatives to crime-preventing activities, and what they all have in common is that they’re manifestations of each student’s passion, which we at the Dwight Schools see as central components to success in education and life.” For more information on DGLA student projects, visit www.dwightleadershipacademy.org.

Take a Hike!



Robin Massey

8:00 am, Sunday, July 29th was an absolutely stunning time to be outside on the trail and the Cowichan River Footpath was our destination of choice. We started at the Glenora Trails Head Park where the Trans Canada Trail meets the Cowichan River Footpath on Robertson Rd near Cowichan Fish and Game.

Once assembled, our last trekker rolling in on two wheels, we headed right past the picnic shelter and into the forest. If you are new to this trail, this direction will take you to a mapboard that you can peek at... and perhaps take a digital photo of it for later reference!!!

Our group trotted past the map with high self assurance because after all ‘we’ve been

here many times before.’ But, as Murphy would have it, forward 15 minutes and we were scrambling along the riverbank in search of a trail because heaven forbid, we backtrack, nuh, uh no way.

After a few spills and shrills on the greasy rocks, we clawed back to the safety of the footpath with relief, and even though a couple of us were baring a few fresh scrapes and bumps we know these are just reminders that we are alive and out having fun!

Familiarity set in as we continued joyously and reflecting on how blessed we are to be living in such a marvellous place. We then made our way up some fun stairs that pop up onto the old railway trail. A trail marker lives at this spot indicating that left takes you to Skutz Falls and beyond, or right, will return you to the Glenora Staging Area via Holt Creek Trestle. Heading back to Glenora at this point provides about an hour loop, but continuing to Skutz is approxi-

mately 6 hours one way.

There are many trailheads entering the footpath. We chose Glenora for the cool picnic shelters that allowed us to enjoy a little potluck picnic after the hike and before dispersing to our busy lives.

This footpath offers remarkable views of the river, various species of fungi, interesting trees in unique shapes and alignments, moss, lichen, exposed roots and pretty rocks. The terrain is achievable by all levels (but try to avoid the riverbank if you are a beginner!). Trekking poles are recommended for achy knees or ankles especially during the long slope down to the river and the big set of stairs on the way back up should you choose our route.

Next month join us as we explore Rat Lake!

Robin Massey (Captain Tailfeather) plays on various trails in Cowichan Valley with The Iron Butts. www.theomtree.com





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Food for thought...

FOOD – we crave it; we need it; we love it; we hate it; we worry about it; we buy it; we prepare it; we eat it and we clean up after it. Sometimes it feels like our lives are consumed by food.

From the time our babies are born, we worry about what we should feed them. Is breast milk best? If we choose formula instead, are we bad mothers? Later, there is angst over whether feeding our children prepared food is as healthy as homemade food.

In past generations, there simply wasn't a choice. Food was prepared at home. Often, much of the food was grown at home as well.

In my youth, most of the families I knew ate simply. Most days, dinner consisted of

a piece of meat, a helping of potatoes or rice and a vegetable (or two). We seldom ate at a restaurant because of the cost to feed a family. Junk food and pop were rare treats, even when we were well into our teens. In those days, pre-packaged food in the supermarket and fast food restaurants were almost non-existent or too expensive when feeding a family. McDonalds didn't open its first outlet in Victoria until the late 1960s - and there wasn't the endless temptation of pizza joints, Tim Horton's, and Starbucks like there is now.

It hasn't taken long for fast food restaurants and convenience foods to infiltrate our everyday lives. In the past four decades, obesity and other health issues have risen dramatically from the shift in food

production and food processing. The pace of life seems to have increased as well – we all tend to rely more on food-on-the-go or quick prep food.

Education and enforced nutritional content labels are helping people to make more informed decisions than in the past. This, in turn, forces the food industry to consider healthier food production options to please consumers. TV shows like Jamie Oliver's Food Revolution, and others, give us access to information that was not available in the past. Documentaries like Food Inc. and Supersize Me are eye-opening and should be required viewing for all high school students.

Food has changed. Genetically modified wheat, veg-

etables, dairy and meat are now the norm and to a large degree, it is hard to bypass these products. We are simply not eating the same food as our parents and grandparents did. Food marketing is a big industry trying to convince us to buy their "healthy" products, but often deceiving us by using "healthy" words that don't adequately explain the nutritional makeup. For instance, a "low fat" product may be just that, but it is likely at the expense of increasing another questionable ingredient like sugar.

Fortunately, in Shawnigan, and the rest of the South Cowichan Valley, there is a remarkable variety of quality right-off-the-farm meat, poultry and produce. Perhaps local

options require a bit more time to gather, and they might cost more than a grocery store, but the quality is unsurpassed. Also, for people like us who live on an island, supporting our community food sources is critical.

Treat yourself – it is a delightful adventure to visit the lively, local markets and farms and meet our local farmers and artisans in person. Choose your own food: vegetables in season (and at their peak), fresh chickens and turkeys, meat pies (filled with locally raised beef), wine and cider, hand crafted breads with fresh milled grains, locally made organic pasta and much, much more. It's all here, in our community. Mother was right again...you are what you eat!

May I have a word?

Monica Foster
Shawnigan Focus

Myself. I would like to talk about myself. Don't we all? We all love to talk about myself.

Wait- that doesn't sound right, does it? That's because myself is a reflexive pronoun made from "my" (mine, belonging to me) + "self", defined by the Oxford Dictionary of Current English as "...object of introspection or reflexive action". Reflexive as in reflection, like looking into a mirror. Because I'm neither a vampire nor playing Bloody Mary, I will only see myself and no other. Think of it as a closed circuit; if the word "self" is used, no one else is invited.

Let's conjugate, shall we? I see myself, you see yourself, he sees himself, she sees herself, it sees itself. We see ourselves, you see yourselves, they see themselves. Each subjective pronoun (I, you, he, etc...) has its very own matching reflexive pronoun. There is no mixing

and matching; substitutions are not allowed. And yet... Have you been to a lecture, sales pitch, meeting, training session, and the presenter finishes by saying "So if you have any questions, you can contact myself or Bob."?

You can contact myself. Ummm, no. Remember, no mixing and matching? Could you confidently say "She can contact themselves" or "They can contact himself"? You instinctively know it's wrong. I am the only one who can contact myself, and you are the only one who can contact yourself (assuming we are going back to the future). This is where our friend the objective pronoun gets to play. The correct thing to say is "...you can contact me".

Objective pronouns (me, him, her, us, them) are okay to use! Don't be afraid of them! It's possible they got a bad reputation from a different bad habit: "Me and him went to the store", but that's for another rant - I mean discussion. I apologize to any

presenter who has mistakenly used "myself". I realize that it is a common error, but you know what they say: "Just because all the other kids are doing it, doesn't mean you should". I challenge you to break the cycle of abuse.

"Speaking of which, a friend of *myself* who is frequently" and similarly abused is yourself. "Should I make the cheque out to yourself?" No, I should make the cheque out to you (although it would be better if you made a cheque out to me). One exception to this rule is for restaurant servers who ask "And for yourself?". The implied, complete sentence is "And what would you like to order for yourself?" This is a time-saving technique to get the food on the table sooner. Don't mess with it.

So if you have any questions, even though we are in this together, please don't contact myself. That would be physically impossible, and just weird.

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Reports

Shawnigan Players

Sally Davies
Shawnigan Focus

“Gem o’ the Isle Farm” was the setting for Shawnigan Players latest production, “Pride and Prejudice”. The owners, Ben Verduin and Patty John, generously made the venue available. The suspension of disbelief was easily achieved in this magical place, and one was easily transported back two hundred years to rural England in this idyllic country setting.

Horses leaned over the pasture fence, roosters crowed, and eagles soared above. Four deceptively angelic little girls frolicked under the dappled light of the apple trees and Louis the lap dog restrained himself (mostly) from chasing the cat that would routinely tread the raked stage during the show.

Director, Alex Gallacher, did not depart from the words of Jane Austen. The play adapt-

ed to the stage by Jon Jory and under Gallacher’s always inspired direction, was made accessible to modern audiences by the cadence and rhythm of the spirited dialogue of the characters, played well by veteran actors and those new to community theatre. Jim and Lyn Wisnia made sure that dance scenes were historically accurate and Eleanor Felton provided the violin accompaniment.

Maggie Sullivan was a perfect Mrs. Bennett with her frenzied preoccupation of seeing her five daughters married to suitable candidates, thus lifting the family from their predicament of having no male heir. Bill Davey was the feckless Mr. Darcy, beleaguered by the six women in his household. Corrina Cornforth as Elizabeth was particularly convincing when she was confronting Mr. Darcy about his apparent disdain for her lowly clan.



Lady Catherine DeBourgh played by Katherine Wiebe scrutinizes the competition while Corrina Cornforth as Elizabeth Bennett, Marisa McLennen with dog, Louis, as Charlotte Lucas and Erin Butler as Mr. Collins look on

The youngest Bennett girls were ably played by Shannon Brockhurst as Emily, Bella Pope and Kalenta Menu alternated as Kitty, Hannah Gallacher was the bookish Mary. All struck the right note as teens of two centuries ago; a time when communication was not limited to less than 140 characters.

Brandon Newell was the taciturn Mr. Darcy, Nick Browning the more engaging Mr. Bingley, Erin Butler

the obsequious Mr. Collins, and last but certainly not least Nick Miller as the dastardly Mr. Wickham. Veteran Shawnigan actor, Katherine Wiebe was also a standout as Lady Catherine De Bourgh, the haughty aunt with a cold and disapproving eye on her nephew, Mr. Darcy and his intended marriage aspirations to someone other than her own daughter.

The clever repartee is everything in the works of Jane

Austen, and the delivery of the dialogue in this production did not disappoint. All the actors did justice to the quick wit and comedic elements of what is essentially a great love story that happens to reflect the manners and morals of English society during the Regency period. The enduring quality of Austen’s works is the timelessness of what she writes about -life, love, and where you fit in the world.

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Recent Focus Feedback

- ♦ I love having a shared voice (Shawnigan Focus) for the Community
- ♦ Thanks to the “what is it?” and this very wonderful paper
- ♦ ...my wife and I love receiving the Shawnigan Focus

“INSPIRE! Shawnigan”

Member profile: Woodruff Music School

Since opening Woodruff Music School in Shawnigan Lake over 20 years ago, Jennie Stevens has been providing a very personal music experience to families with children of all ages. The philosophy surrounding the music program is one of nurturing confidence and joyful self expression, balancing the development of musical skill with inspiring a love of making music and sharing the experience with others. “The movement and rhythm based classes offer a wonderful opportunity for all levels of ability to be very physically involved in creating energetic, upbeat multi-layered music. We really have so much fun together!” enthuses Jennie. “I try to tailor-make the classes to suit the varied needs of the children, which keeps me on my toes, and feeds my creative energy.” Families do return year after year, as children grow through the various age-appropriate activities.

An added unique feature of the studio promotes children & their parents creating music together, through popular “Family Marimba” classes. Throughout the year, the students are exposed to a few opportunities to share their musical offerings for the benefit of others, including their participation in the annual family friendly musical celebration called “CHILDREN HELPING CHILDREN”, in which the older students are given an opportunity to show their appreciation for the source of much of this upbeat marimba music. This event raises funds towards a sponsor child and his Montessori preschool in Zimbabwe. With over 30 years of experience teaching music ... “Jennie’s creative , nurturing teaching style encourages even the most hesitant youngster to join in with the activities” ... shares one parent, “and her passion and enthusiasm for her work

just shines as she teaches. Her cottage studio in its garden setting creates a very memorable music experience.” www.woodruffmusic.ca

The Inspire! Gallery is closed for August

Join us for the reopening of our INSPIRE! Gallery, Saturday evening, September 22nd, featuring a provocative exhibit about the importance of WATER in our lives.

Also, bring your families to the 3rd annual community INSPIRE! Arts & Culture Fest (formerly SLAM), Sunday, September 23rd, 1 - 6 PM

It is sure to be an upbeat event celebrating the creative, diverse people of our community!

All happening in our village! Details will be posted online at www.InspireShawnigan.com

Peaceful Propaganda

Georgia Collins
Shawnigan Focus

I have something to say. I was thinking you were wrong. I was judging you for how you live your life. My assumptions and judgments prevented me from actually hearing what you had to say. I had already made up my mind and was unwilling to accept that you might have something worth listening to.

Not only that, but I realize now that my judgment was really projection, and it turns out that I have been letting my insecurities prevent me from actually connecting with you. My fear of rejection, my fear of losing control, my fear of being nothing in this world took over and I walked away instead of standing for something. I was so attached to looking good that I gave up on you and ultimately gave up on myself.

I am sorry.

I have let that go and I am fully committed to hearing what you have to say. I love you and I love myself, and I love this world. I value you and will stop at nothing to make sure you are fulfilled in life.

....We have something to say. We were thinking you were wrong. We were judging you for

how you live your life. Our assumptions and judgments prevented us from actually hearing what you had to say. We had already made up our minds and were unwilling to accept that you might have something worth listening to.

Not only that, but we realize now that our judgment was really projection, and it turns out that we have been letting our insecurities prevent us from actually connecting with you. Our fear of rejection, our fear of losing control, our fear of being nothing in this world took over and we walked away instead of standing for something. We were so attached to looking good that we gave up on you and ultimately gave up on ourselves.

We are sorry.

We have let that go and we are fully committed to hearing what you have to say. We love you and we love ourselves, and we love this world. We value you and will stop at nothing to make sure you are fulfilled in life.

Georgia Collins is a local artist, living and working in Shawnigan Lake. www.georgiacollins.ca

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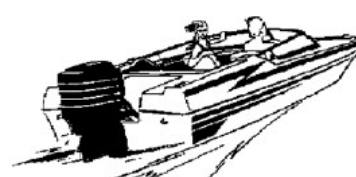
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Where: Shawnigan Fields

When: September 23, 2012 at 2 p.m.

Pledges forms are available at any Island Pharmacy location or they can be downloaded at www.solidsaltspring.ca

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South Cowichan Community Policing Advisory Society

SAFE STREETS – SAFE HOMES – SAFE COMMUNITIES

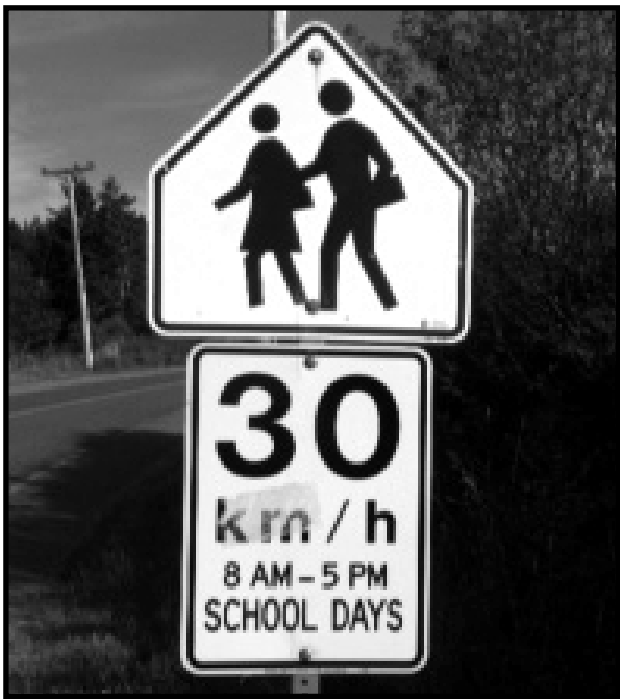
School days are here September 4th

Do you remember the first day returning to school? For the kids of all ages, the excitement of reconnecting with friends + the anxiety of school = forgetting all safety rules of the road!

As drivers, it is imperative that we become vigilant for the youth whose focus is elsewhere. Speed Watch volunteers will be on duty to remind us to slow down and drive within the speed limit. Our kids` safety is in our hands behind the wheels of our cars, trucks and vans. School Zone law is in effect: 30 km/h school zone speed limit from 8 a.m. to 5 p.m. every school day, unless otherwise posted.

Tips for parents and students

- Practice and review safety tips with your kids – even older youth need to be reminded about road safety.
 - Remove headphones; put away your phone – texting and traffic don` t mix- you need to see, hear and respond safely.
- Dress to be seen. Wear bright or light coloured clothing. In dark or bad weather, wear reflective material on clothes or accessories.



- Be aware of parked vehicles on roads or walking through a parking lot, stop and look left-right-left around the parked vehicle.

Tips for drivers

- Parents: Plan ahead and be alert. Give yourself extra time and don` t rush. Look for children especially around crosswalks and intersections. SLOW DOWN
- When dropping off children in a school zone, stop and allow them to exit on the side of the car closest to the sidewalk. Never allow a child to cross mid-block.
- Always yield to pedestrians – it`s the law.
- Vehicles approaching from both directions must stop for school buses when their lights are flashing.
- Hand held devices and driving don` t mix – it is the law.

If you are interested in becoming a ``Speed Watch`` Volunteer – 4 hours a month – call 250-929-7222 or Visit our South Cowichan Community Policing Office – Unit 120 – Mill Bay Shopping Mall

The Wild Side - What to do? Black Bear Encounters

Bears are unpredictable and each encounter is unique. There is no guarantee that what works in one instance will work in another.

Here are a few comments from the experts:

- Stop, remain calm and assess the situation before you act.
 - Avoid direct eye contact and move away without running.
 - Most bears fear people and will leave when they see you.
 - If the bear has come into your space (yard or campground) and refuses to leave, be sure you have allowed the bear an escape route and make loud noises to scare it away.
 - If a bear woofs, snaps its jaws, slaps the ground or brush, or bluff charges: you are too close!
- Never, never feed it!
 - Never run unless reaching safety is certain. Fleeing may trigger a chase response. Bears can reach bursts of speed of 50 km/hr and can outrun a person going up or downhill.
 - Climbing a tree or entering water is no guarantee of safety since black bears are superior climbers and stronger swimmers.
 - Standing on its hind legs is seldom a precursor to an attack. The bear is trying to get a better look or smell at something it`s uncertain of.
 - When hiking take a walking stick and consider carrying pepper spray attached to your belt.
 - If a bear is in a tree – leave it alone by vacating the area.
 - Playing dead is not appropriate for

a black bear attack. Try to escape to a secure place (car or building). If you have no other option, try to intimidate the bear with weapons such as tree branches or rocks.





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Email:shawniganfire@shaw.ca

Department members attended 19 calls in July:

- Monday, July 2 - Auto Alarm on Fitzgerald Road
- Monday, July 2 - Auto Alarm on Fitzgerald Road
- Tuesday, July 3 - MVI on Shawnigan Lake Road
- Sunday, July 8 - 1st Responder off McKernan Road
- Monday, July 9 - 1st Responder off W Shawnigan Lake Road
- Monday, July 9 - Structure Fire on Shawnigan Lake Road
- Friday, July 13 - Smoke Sighting in Area of Kinsol Trestle
- Wednesday, July 18 - 1st Responder in Hillcroft Acres
- Thursday, July 19 - 1st Responder in Burnum Park
- Saturday, July 21 - Unknown Fire off Elford Road
- Saturday, July 21 - 1st Responder on Renfrew Road
- Monday, July 23 - Burn Pile with Explosion in the Beach Estates
- Monday, July 23 - Moss Fire on Private Island on the Lake
- Wednesday, July 25 - MVI on S Shawnigan Lake Road
- Wednesday, July 25 - 1st Responder off Cameron-Taggart Road
- Saturday, July 28 - 1st Responder off W Shawnigan Lake Roa
- Sunday, July 29 - Boat Explosion on the Lake
- Sunday, July 29 - Smoke Sighting near Glen Eagles Road
- Monday, July 30 - 1st Responder off Renfrew Road

Department Officers attended 5 burning complaints in July.

Shawnigan Focus

SHAWNIGAN FOCUS

AUGUST 2012

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EVENTS & CLASSIFIEDS

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SEPTEMBER 2012 Issue: September 5th

Please send copy as an email attachment using Microsoft Word, text, RTF or Appleworks to:

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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 SUBMISSIONS & DEADLINE

The 8th of every month for mid-month publication. Ads must be sent in black & white, as a high resolution JPEG or PDF and in the correct sizing.

Graphic Designers are available (for an additional fee) to create or reformat your ad.

CLASSIFIEDS

editor@shawniganfocus.ca - \$10 (under 30 words)

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. Note: *Views expressed by individual authors are not the opinion of Shawnigan Focus, but of the comment writer.*

Additional copies are available at:

Style Centre Barber Shop, Subway, Village Chipperry, Moziro's Coffee Shop, Aitken & Fraser Store, Mason's Store, Kinsol Market, Cafe Crème, West Arm Grill & Olde School Coffee.

MAILING ADDRESS

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Shawnigan Lake, V0R 2W0

WHAT IS IT? WHERE IS IT? WHY IS IT?



First correct answer sent to editor@shawniganfocus.ca wins

WHAT IS IT? CONTEST WINNER: JUNE ISSUE

Congratulations

The winner for July was John Roberts.

It is a statue of Buddha on Glen Eagles Rd. A resident on Glen Eagles Rd. set it out on a bank on the edge of his property for everyone to enjoy as they drive past. Throughout the year, it is adorned with flowers, pumpkins and other seasonal dressings. It was stolen once and replaced with a new one.

Winners receive two specialty coffees at Moziro's

Shawnigan Weather June 2012

(stats courtesy of UVic Weather Network) - compiled by Grant Treloar

	Shawnigan Normal	Cigarmaker's Bay	Discovery School	Shawnigan Museum	Kelsey School
Average High	22.9	24.5	23.0	23.9	22.4
Average Low	11.7	12.6	12.1	12.7	11.8
Extreme High	37.2	29.7	28.8	30.2	27.4
Extreme Low	3.9	7.1	6.1	7.9	7.1
Precipitation	24.7	21.5	15.7	14.9	15.1
Days with Precip	6	5	5	5	5

Lake Temp: July 1st: 19° July 8th: 21° July 15th: 24° July 22nd: 22° July 29th: 23°

Annual September Festival

FREE admission

St John's Anglican Church
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Saturday, 15th. September
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Shawnigan Focus

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(Next to the Shawnigan Lake Community Centre)
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View Our past issues & Twitter feed

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www.Shawnigan-Lakewatch.com

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