



Shawnigan

Focus

Volume Three - Issue Six

JUNE 2013

A Non-Profit Community Publication

A BEAUTIFUL DAY IN THE NEIGHBOURHOOD



Kids Run at Triathlon Festival - Photo by Andrea Bingham

Shawnigan Parks and Recreation

By Margaret Symons
Parks Commission Chair

After several years of meetings and delays, the CVRD Parks Department has finally acquired Elsie Miles School as a local park to be managed and operated for the benefit of the Shawnigan community. Under the direction of previous Area Director, Ken Cossey, negotiations between the CVRD, the School District, and local volunteers began in earnest over five years ago. In collaboration with these various agencies and local volunteers, the current Area Director pursued the issue. Success was finally achieved this spring. On May 25, 2013, Area Director Bruce Fraser held a ribbon cutting ceremony on the grounds of Elsie Miles School to mark the occasion. The ceremony was well attended by local residents, CVRD staff, and local volunteers, including representatives

from the Parks and Recreation Commission, and Community Centre Commission. Timed to coincide with the Shawnigan Triathlon "Kids Run," the ribbon cutting ceremony reverberated with the happy whoops of scores of active youngsters.

What do we know about Elsie Miles? That question was answered at the ribbon cutting ceremony, where we were introduced to an alumnus of Elsie Miles. Janet Nielsen grew up at Shawnigan Lake, where she and her siblings, and all the children of other local families, attended Shawnigan Lake Elementary School (later renamed Elsie Miles School). Janet Nielsen provided a history of the school, and recounted interesting stories about Miss Miles. I am indebted to Janet Nielsen for

the following accounts.

In 1931, Miss Miles assumed her first teaching job on a remote island off the coast of British Columbia. She then took the position of governess for the family of Dr. Boyd, on the west side of Shawnigan Lake. When a new school was built to accommodate children on the west side, Miss Miles became the only teacher at the West Side School from 1934 until it closed in 1941. Miss Miles left Shawnigan for a year and returned to Shawnigan Lake Elementary, first on the site of Our Lady, Queen of the World Church, and later when it relocated in the Village. Miss Miles taught, and later became principal, for 40 years in the Shawnigan community. She retired in 1974.

Miss Miles taught Janet in

the 1960's. Janet recalls Miss Miles was an excellent teacher and "had a way about her that made her students proud to put the flag up each morning and sing Oh Canada at the top of our lungs before we started our classes." Miss Miles was strict, but regarded with great respect. She was always formally referred to as "Miss Miles," and never by her first name. Miss Miles never married; when she became principal, she lived in Victoria with her mother. Miss Miles drove over the Malahat every day to the little school at Shawnigan Lake. Janet said all the students hoped that the weather or the roads might one day prevent indefatigable Miss Miles from reaching her destination, thus affording them a holiday from school, but Miss Miles "always made it across the Malahat and

never missed a day."

Janet recalled Miss Miles "devoted her life to the community of Shawnigan Lake where she organized Christmas concerts and helped with the Flower Show and Girl Guides and Brownies." Janet's personal favourites were the Sports days. On Saturday, May 25, when the Shawnigan Triathlon held the Kids Race at our new "Elsie Miles Park", Janet remarked with pride that, "Elsie would have been proud. It is a tribute to her that the old school grounds will be used for sports days and many more community events."

As Janet says, "it is no wonder that Shawnigan Lake Elementary was named after such a remarkable person." Welcome, Shawnigan community, to Elsie Miles Park.

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Model A Club visits Shawnigan Lake Museum



May I Have a Word?

Monica Foster
Shawnigan Focus

Canadian English versus British English

The other day my friend was catching me up on the British soap opera *Coronation Street*, and we got onto the subject of British and Canadian word similarities and differences.

One of the ways we like to distinguish ourselves from our neighbours (not neighbors) to the south is in our spelling. We use the British 'ou' for words like colour, humour, labour; the double 'll' in labelled, modelled, cancelled; and we pay by cheque which is so much

more sophisticated than giving someone a check.

But, strangely, we adopted the New World spelling of other words: tire (tyre), curb (kerb), and draft (draught). Then we adopted different words entirely - the most commonly known are ones like truck (lorry), elevator (lift), apartment (flat), and fringe (bangs).

I once worked in a fabric store; an English tourist came in and asked me for cotton. I showed her our large selection of quilting, printed, batik, woven and knit cotton fabrics. She repeated her request for cotton, and as I tried to deduce what kind of fabric she needed,

she wailed in frustration "I just want some sewing cotton!!!" Ah. That would be thread. Same cotton word- different cotton-pickin' meaning!

In Canada when we say "phone" we imply the word telephone (Greek tele = distance, phonos = sound). We know it doesn't mean gramophone, xylophone, homophone or Francophone. In England, to "ring someone up" implies using a telephone ring to get their attention, just as getting their attention in person by knocking on their door is to, yes, "knock them up". A perambulator (Latin: per = through, along, over; ambulo = to walk

shortened to pram, lets you take the baby out, presumably for a perambulation. Here we have a stroller for strolling, and I'm sure that's more relaxing.

The hood of a car in Canada is a bonnet in England. It's interesting that both are words for head coverings. The body metaphor explains why the other end of the car would be the boot, but you can pack more groceries in a trunk than a boot, so I think our word makes more sense. Drawing pins will help attach paper to a drawing board; thumb tacks help attach paper to a drawing board, not to your thumb.

The webpage britishexpats.

com/wiki/Canada_english_words has a useful list of British English words and the Canadian English equivalents. I noticed in the Clothes section that Brits will put on knickers or pants and a vest first, then trousers with a jumper or shirt and waistcoat. Wearing the same clothes, we would put on panties or underwear and an undershirt first, then pants with a sweater or shirt and vest.

Returning now to the subject of *Coronation Street*, I was once perplexed when a character announced he was "stopping here!"; I finally figured out that it meant he was staying. I am stopping here too, in both senses.

SHAWNIGAN FOCUS

June 2013

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ABOUT THE FOCUS

The Shawnigan Focus is an independent, local, non-profit publication, produced by the volunteer Focus team. 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 for a fee. Contact: editor@shawniganfocus.ca

Views expressed in articles are not the opinions of The Shawnigan Focus, but of the authors.

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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 as 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

It's that time of year again

The peaceful, quiet lake is getting louder and dangerous. Put away your paddles and oars - the wake boats are back.

The other day, I was on the lake and witnessed an all too familiar event. A boater, who obviously doesn't know the rules or regulations regarding safe boating practices, sped through a narrow channel. Not only did he proceed without caution, he throttled up to full speed (approximately 40 km/hr). I guess that we are just lucky that there wasn't a canoe, kayak, or rowboat on the other end of the narrow channel - or a swimmer.

An hour later, a wake boat left Memory Island where it had been tied up to another boat. The boys were just having fun. A small rowboat with a male adult and two small children was enjoying a leisurely moment. The wake boat, idling along, suddenly accelerated within a hundred metres of the rowboat and raced by it, within ten metres, and then went back to puttering along the shoreline. The large wake boat almost swamped the rowboat and the children were screaming. Was the wake boat operator trying to swamp the small rowboat? No, I don't think so. He is just one of the many who shouldn't be operating a craft that has the capability of inflicting major harm or dam-

age to others.

Recently we had the Subaru Triathlon here at Shawnigan Lake - year seven, I think. On the Saturday before the event there were some athletes swimming in the water. A boater, whom I'm told is very experienced, has his boater's certificate and is very knowledgeable regarding all the laws and regulations on the water, was a little upset because, while cruising along in his boat, a swimmer suddenly appeared in his path like a breaching whale. The swimmer's head suddenly appeared out of nowhere. The boater exclaimed that the swimmer was in the wrong and shouldn't have been allowed to swim that far out from shore. "I could have easily hit him. They shouldn't have been there. I could have easily hit him. They shouldn't be allowed to swim that far from shore."

So another season begins. To the swimmers and the paddlers - be safe.

To the motorized boaters - pay attention. A swimmer, and/or any non-motorized boat has the legal right of way. You are responsible for your wake - read the book. And Daddies - before you give the keys to Junior, please make sure they know how to operate the vehicle and be responsible, courteous and aware.

Remember it's not how big your boat is that counts. It's

how you operate it.

Wishing Shawnigan Lake a fatality free year.

Your neighbour.

The CVRD plans to dramatically increase our taxes again

Dear Sir:

I attended the Kerry Park Open House only to find out the CVRD plans to dramatically increase our taxes again. This year's taxes are up more than 8% when we have almost no inflation - a lot of that increase going right into the pockets of highly paid CVRD staff and Directors and their generous expense accounts.

The first thing I noticed was a number of Acumen Communications employees running the Open House along with some of the \$100,000+ Club CVRD staff and a bunch of consultants eager to spend public money. Acumen is the same outfit from Victoria the CVRD hired for more than \$50,000 to try and hard sell the failed and discredited EcoDepot to South Cowichan residents. This time they are getting paid up to \$70,000 to sell a huge increase in taxes for Kerry Park.

Currently, Kerry Park is far and away the biggest CVRD cost item in South Cowichan representing 25% of all taxes. They spend over \$4.1 million each year and collect

only 20% of that from actual users. Essentially everybody who uses the place gets an 80% subsidy from the taxpayers of Mill Bay, Arbutus Ridge, Cobble Hill, Malahat and Shawnigan Lake. Most of the spending is on employee wages and ice costs.

The second thing I noted was that only 3 spending options were presented ranging from \$11.8 million to \$16.8 million of new spending and borrowing. These would increase local taxes by more than 10% for a facility that the vast majority of South Cowichan taxpayers do not use. The facility use numbers quoted are grossly inflated to include people who used the nearby ball fields or went to a hockey game. The Open House was all about the CVRD selling its proposal rather than listening to taxpayer concerns.

No one argues with the need to maintain community facilities but there is lots of room for the CVRD to stop giving away taxpayers money to a small number of lucky users. If the CVRD increased user fees to a reasonable level there is more than enough money going into Kerry Park already to fund necessary repairs and upgrades without any tax increase. Why isn't that option presented for a vote?

There's a good reason the last Kerry Park referendum in 2009 failed-- No realistic range of options for the taxpayer and spin doctoring the proposal-

same old story again this time.

Yours truly,

W.E. (Bill) Dumont

A personal bouquet to Patty Oldfield

I would like to send a personal bouquet to Patty Oldfield. Patty and her husband, John, opened a business in Shawnigan Lake four years ago. Since then, her enthusiasm, energy and commitment to our community has been outstanding. She is an indefatigable supporter of everything Shawnigan - businesses and people alike. She works tirelessly to promote Shawnigan to the community and beyond - often out of her own pocket. She is kind and generous. I have worked with Patty on many projects/events - she always makes sure that people are happy...and fed. She is also an endless source of ideas for community events (Family Day, the Scarecrow Trail and more) and for community building. I don't think she ever stops thinking of ways to raise the profile of the area. Patty recently won a well-deserved community award for her contributions. Shawnigan is fortunate to have such a passionate cheerleader!

The Village Chipperry will soon celebrate the 4th year anniversary. This is certainly an accomplishment in Shawnigan Village and in the recent economic climate. Congrats!

Sincerely,

Lori Treloar



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A Shawnigan Basin Authority

Bruce Fraser
Area Director

Whereas the Shawnigan Basin is facing an increasingly complex set of environmental conditions and human uses, and

Whereas the ecological function of the watershed that provides the Shawnigan community with its potable water supply is experiencing the cumulative impacts of historic and ongoing residential, recreational and industrial developments, and

Whereas responsibility for management of the basin is distributed among many federal, provincial and local government agencies that would benefit from coordination, and

Whereas the Shawnigan community has been awakened to the necessity of a more effective mechanism for integration of watershed management effort, and

Whereas the Shawnigan community has already established a Watershed Roundtable, A Basin Society and an Ecological Design Panel that can form the

nucleus of a civic organization capable of working toward a formal basin authority capable of participation in decision making, and

Whereas the Cowichan Watershed Board has created the precedent of a basin level governance model under the stewardship of the Regional District and the Cowichan Tribes,

Be it resolved that the Cowichan Valley Regional District in Collaboration with the Malahat First Nation, establish a “**Shawnigan Basin Authority**” with the following mandate.

Shawnigan Basin Authority Mandate

“Ecological Watershed Governance is defined as: Land and water use management that is based on maintenance of ecological integrity and sustainable ecological services as a primary goal, with dependent human uses consciously designed to remain within

the carrying capacity of functionally intact watershed ecosystems.”

The purpose of the **Shawnigan Basin Authority** is to lead development of ecological governance of the Shawnigan watershed. In order to achieve this mandate, the SBA is provided with the following mandate:

1. Develop the concept and function of ecological governance of the Shawnigan Watershed Basin in collaboration with the Malahat First Nation the citizens of the basin, the CVRD, and the relevant federal and provincial regulatory agencies responsible for basin resources
2. Work in collaboration with the Cowichan Watershed Board and other similar watershed stewardship organizations to achieve a suitable balance of local authority with the agencies of senior governments
3. Collect and create publicly accessible summaries of all the existing geographically based information that characterizes the character, condition and state of the Shawnigan Basin
4. Initiate social, scientific, technical and traditional studies needed to provide additional information leading to a more complete understanding of the ecological dynamics and human uses of the basin
5. Based on the social, scientific, technical and traditional information assembled, develop a Shawnigan Basin Management Plan that augments and complements the general prescriptions and policies of the Official Community Plan currently in force by providing criteria to guide environmental monitoring, development, conservation and restoration initiatives within the Shawnigan Basin
6. Seek, manage and disburse funds to create and implement the provisions of the basin management plan

Shawnigan Basin Authority Structure

At inauguration, the SBA has the following membership structure:

1. Representatives of the Malahat First Nation appointed by the MFN Council with whom the Basin Authority will maintain a consultative relationship, with the opportunity being held open for direct

participating membership at a time of their choosing and in consideration of their capacity to engage

2. Area Director and members nominated by the Director for Area B to represent the interests of citizens of the Shawnigan Lake catchment area, and appointed by the CVRD and members nominated by the Director for Area A to represent the interests of citizens of Mill Bay and the watershed area lying below the Shawnigan Lake catchment boundary and appointed by the CVRD
3. Members at large, appointed by the CVRD in consultation with the Malahat First Nation, drawn from the Vancouver Island Region, based upon watershed and environmental expertise
4. A supporting Basin Technical Advisory Team made up of the established Shawnigan Ecological Design Panel, appointed CVRD staff and government agency representatives to include the MOE, VIHA, DFO, MOTI, RCMP, PFLA, MFLNRO and the Shawnigan Improvement District
5. Basin Authority Chair at inauguration to be the Area Director for Shawnigan (Area B) with provision for the Chief of the Malahat Nation to assume the role of Co-Chair at a time of his choosing and as capacity for engagement permits

Note: The Malahat Nation has been invited to be a full participant from the outset and is considering the opportunity in the light of their existing commitments and interests.

CVRD Support to the Shawnigan Basin Authority

Five areas of support from the CVRD are requested:

1. Assignment of a staff person to act as liaison between the SBA and the CVRD professional staff and to participate in the work of the Technical Advisory Team, and to provide assistance with identification of existing basin records and rendering them into publicly accessible folios
2. Recognition of the SBA as the partner of record representing Shawnigan Basin interests in and participation requirements of the existing South Cowichan

3. Integration of the SBA Basin Management Planning process as a locally specific component of the Regional Sustainability Plan and the South Cowichan OCP
4. Liaison with senior governments in seeking the participatory authority necessary to provide active multi-agency coordination and formal engagement in resource decision making
5. Establishment of a Basin Security function within Area B to provide core financial support for the coordination of the SBA and its Technical Advisory Team, development of a Basin Management Plan and financial contributions to implementation projects consistent with the plan

Components of a Shawnigan Basin Plan

A Shawnigan Basin Plan would address these general elements as a starting point, leading to development of a more detailed and specific agenda as the work of the SBA proceeds.

1. Assembly and completion of the basic information set that fully describes the character, condition and development trends that influence the state of the Shawnigan Basin
2. Establish and implement a systematic engagement process to involve the resident public of the basin, including First Nations interests
3. Identification of the areas of management focus of greatest concern for ecological integrity of basin ecosystems and related issues facing the community
4. Development of management objectives and strategies for addressing areas of concern
5. Development of targets for desired future condition of specific components of the basin
6. Articulation of actions and projects that will lead to realization of the objectives and achievement of identified targets
7. Assign contributory functions and duties to all the participants in the SBA and its technical partners
8. Monitor, evaluate and report publicly on the outcomes of the management plan, actions and project initiatives undertaken
9. Renew the plan objectives, targets and projects on a regular basis

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Our Voice ~ Our Thoughts ~ Our Community



Cheryl Martin Bakke
Inspire!

Activities and interest at Inspire! Shawnigan continues to grow. The Community Gathering Space is alive with people, events, workshops and new artwork. We were happy to support the Shawnigan Triathlon by hosting their registration, and by participating in their street festival the same day.

Our walls are currently displaying a stunning solo show of Soleil Mannion's landscapes and poppies called Lux Mundi to June 27th. On June 29th we will celebrate the extraordinary and moving work of the late artist Leokadia Alexander which will be showing over the summer. This will be followed by CVAC's traveling show, "The Best of The Best" on August 15th.

Many exciting things are being planned by Inspire! Shawnigan Arts, Culture and Heritage Collective's new board members. With all this new potential activity, we have all kinds of new opportunities for volunteers who love Arts, Culture and Heritage and who want to see these kinds of activities grow and flourish in the community. You can help us in a number of ways:

Join as a member of Inspire! - Single membership for the year is only \$10. You will become a voting member, will be supporting all the activities Inspire! is engaged in, and will also receive discounts at supporting local businesses in the village as well as to events held in our space.

Become a volunteer in The Community Gathering



Space to help keep it open to the public longer hours. We have both regular shifts from 2 hours - half or full days or you can be on our "on-call" list to be called in on days when the regular volunteers are unavailable.

We have a number of small projects that need completion, such as building a donation box, finishing and painting a bathroom mirror and a lamp, prepping card tables for painting, etc.

Scouting for chairs that can be used in our upcoming "Chair-ity" project

Our chairs have become somewhat "famous." They certainly catch the eye of patrons that come to visit. And we can't tell you how many times we have heard the words, "Wow! Are those chairs for sale?!" So, we've created a project that will see chairs like ours

be created by local artists and made available to the public. The "Chair-ity" project is in its very beginning stages. We are keeping our eyes out for chairs in good condition that would work well painted. And, we are also looking for artists that would like to showcase their work in a unique way. Watch for the unveiling at the upcoming Inspire! Shawnigan Festival of Arts, Culture and Heritage, where they will be auctioned off to the lucky few who will get to take a unique piece of artistic furniture home with them. Artists, if this sounds like fun...please drop us an email indicating your interest in being involved. We anticipate this will become an ongoing event, with a handful of chairs being completed each year. We look forward to connecting with you!

Please drop in and say hi or pop an email to us: cheryl@inspireshawnigan.com



Notable Neighbours

Seventeen year old Jed Leech, is making a name for himself, and his Shawnigan Lake home, as the top-ranked waterskier in Canada. Recently profiled as "CTV Island MVP" on that T.V. network's sportscast, Jed states that he has been water-skiing and competing since he was eight.

He says that he practices on Shawnigan year-round with the support of his Dad, Gene, who drives the boat and travels with him to competitions. His father coached him in earlier days but Dad advises that Jed has far surpassed anything he could teach him now.

Jumping, Slalom and Trick are all areas that Jed excels at, and the proof is his domination at

the national level where he swept the competition in all three classes in 2012. He won at the BC Summer Games, then Western Canada and finally the Nationals where he placed first in all three categories.

This won him a spot at the Can-Am Nationals in St. Louis. He then skied for the Junior World Championships in Australia. He presently attends Frances Kelsey and is in the process of securing a scholarship to the U.S. where he will go to train and study.

His hope is that he will represent Canada, should skiing become more than a demonstration sport in the Olympics.

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Shawnigan Residents Association

Jason Walker
SRA Director

The Coming Together of Our Community

It's quite revealing what brings us together as a community. At times, it's about taxes and other problems. Other times, it's to celebrate success. Lately, it has been about protecting our drinking water. It's a fundamental issue really - an expectation of safe, clean drinking water is something that is at the very heart of our health, economy and way of life in Shawnigan.

On May 24th, the SRA hosted our first ever Water Protection Benefit at Steeples. Thanks to our speakers, volunteers, Darren Cole and his amazing team, the sold out event brought residents together to share a fabulous meal and some incredible conversations with proceeds going to the SRA

Legal Action Fund.

Our guests included CVRD Board Chair and Mayor of Ladysmith, his Worship Rob Hutchins, CVRD Area C Director Gerry Giles, Area B Director Bruce Fraser, documentary filmmaker Paul Manly and the SRA's legal team Sean Hern and Robert Anderson QC from Farris LLP. The common message from our speakers was that the need to protect our drinking water is of key importance and that this is a fight that we cannot lose. The SRA is committed to ensuring the protection of our drinking water and is set to oppose any application that will endanger it now and/or in the future.

The SRA is about representing the community at all levels, on a range of issues, and bringing people together to have the voices of residents

heard. Our ultimate goal is to ensure that the best interests of the people of Shawnigan Lake are front and centre with government and business leaders so that decisions that impact us as a community are not lost.

On June 15th, the SRA will be hosting a community party & dance. 'Rock for Clean Water' will feature the Smiley Band at Kerry Park. Tickets are \$20 for early birds (up to June 6th) and \$25 after, with proceeds going to our Clean Water Fund. You can purchase a ticket on our website at shawniganresidentsassociation.com or at Kerry Park, Shawnigan House Coffee & Chocolates or Dewar McCarthy & Company. Come out for a night filled with great entertainment, dance and fun! To become an SRA member, visit our website. www.shawniganresidentsassociation.com

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Joan Wachtin

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Take a Hike!

Robin Massey
Shawnigan Focus

If it wasn't for the little notes at the bottom, each month, you may be on the edge of your seat thinking 'I wonder where the Iron Butts went last month on their hiking fieldtrip?'. Well, let me tell ya! Our group stepped outside the comforts of our happy little area and made way to Maple Mountain in Maple Bay.

It is our great fortune that we have this mountain to play on. It's beautiful, and every level of hiker can enjoy any

of the several trail routes to explore. Due to our group's various abilities, we took the safe and sure bet on blue which has rolling terrain and magnificent scenery but is not entirely exhausting. May was a wet month for us which made this hike one of those days where the sky opened up on and off... but one of the joys of being in nature is that the forest canopy provides a very suitable umbrella!

This mountain's spectacular views are out there for you to see right off the start inspiring and motivating

us to get higher and higher where the scenery gets even better. It also boasts large moss covered boulders and trees, succulents, Gary Oak, rocky cliffs and stunning views of Sansum Narrows, Maple Bay, Mt. Prevost and Quamichan Lake.

To get to the Maple Mountain 'blue' trailhead, turn left at the ocean front village of Maple Bay (Arbutus Ave). Follow and curve through the residential area and go left on Maple Mountain Road. Go up over the huge hump. At the end of the road is a parking turnabout.

From there follow the main trail staying left which will take you up a vertical bank via a lovely switchback and onto the blue trail. If you google Maple Mountain, choose North Cowichan's map which has a superb rendition of the five trails to choose from.

A lot has changed on the trail since the last time we visited. Big kudos to all the hard work that the municipality has done to make the trail more visible and manageable, by easing up the boulder obstacles and steep slippery slopes. Blue trail is

a long loop. Therefore, our group chose to picnic on the rocky bluff above a pretty little Gary Oak forest on the trail, and then returned the same way as we came making this adventure approximately a two hour trek. Indeed it is a bit of a drive for us Shawnigan folks, but take it from us – most definitely worth it!

Next month: Mt. Provost, Duncan... Our motto: don't let fear and common sense stop you!

Robin frolics in Cowichan Valley's viewpoints with The Iron Butts (www.theomt.com)



Yoga for the elderly

Nicola Cusi
KaliYoga Studio

I never thought it would come to this. Proud that I can still kick ass in my AcroYoga classes compared to my much younger fellow Yogis, I never thought I would honestly say that the class I enjoy teaching most is my bi-weekly sessions with the elderly at Acacia Nursing Home.

While I certainly appreciate the efforts of the young, strong and flexible, I can't help asking myself "what comes after that?" As I grow older myself, realizing that joints don't move that smoothly any longer, they strain quicker and take much longer to heal, I am looking deeper into the teachings of Yoga to find answers. I have always considered Yoga as a tool that in some way is helpful for me, in a very practical sense, to lead a healthier, happier and more fulfilling life. If the goal was simply to be bendier - shouldn't we have a lot of enlightened people living in this world?

Unfortunately, it's not that simple. Still, Yoga offers us

a lot of useful guidance for growing older with grace, with strength, with power.

keep moving: Yoga offers adaptations for EVERY health/age and fitness level. We can do Yoga sitting down or even lying in bed. Even if it takes more effort, as we grow older, keep moving! Regular exercise will help maintain healthy body weight and blood circulation, prevent diabetes, arthritis and many other age related diseases.

keep breathing: bad posture, inflexible spine, and weak core muscles all influence our breathing. The simple practice of deep complete breathing will protect the spine and strengthen the core. More oxygen improves the mental functions and makes us feel more energized.

start early in life - make Yoga a regular habit. It's never too late to start, but I see so clearly how much easier it comes to people who established the routine of regular practice through their stronger days in life. Establishing a daily habit of taking care of your physical, mental and

emotional well-being will pay back in times you need it most.

Yoga teaches us about balance. Exercise is as equally important as rest. Often I see elderly who are not very strong any more, but have also lost the sense of how to completely relax muscles. Chronic pain and a life long habit of stress and tension makes us tense and increases symptoms. Deep relaxation techniques can help in pain management, are useful in insomnia, and reduce blood pressure.

If Yoga is meant to help us focus on what is the right thing to do, death is a most powerful teacher. In the face of death we ask ourselves "is there anything left to do, anything left to say to make things right? If I am leaving this place today, can I do it in peace, without regrets?" That's the ultimate Yoga practice. In that sense, an aging body is the best Yoga teacher.

In deep gratitude for all residents, day patients and the wonderful employees at Acacia that teach me Yoga.

Celebrate Canada "Shawnigan Style" Monday, July 1st

Enjoy Canada Day with the whole family

9:00am - 11:00am

Pancake Breakfast @ the Legion

Provided by Malahat Legion & Mill Bay Lions

11:00am

Flag Raising

Cairn Park on Shawnigan Mill Bay Road

11:30am

Canada Day Parade

12:00am - 3:00pm

Canada Day Carnival

Elsie Miles School Grounds

Featuring Music by "Pony Club"

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shawniganlakeonline.com

Got something to say?
Send your articles to:
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Shawnigan Lake wins!!

Sarah Mallerby
Race Director, SLT

Congratulations to the Shawnigan Lake Community for hosting a very successful 2013 Triathlon weekend and showing incredible support and generosity to our triathletes.

Not even the slightly soggy weather could dampen the infectious, joyful spirit shown by this community and a great experience was had by everyone.

The Triathlon weekend has become a winning event for Shawnigan Lake in so many ways.....

Building Community

The Shawnigan Village Triathlon Festival brought entertainment, artisans, a marketplace and 100+ local children in the Kids Fun Run to the streets of Shawnigan for a lively public celebration that everyone could enjoy.

Supporting Local Charities

The Triathlon added an

athlete fundraising program for Rotary Club for local trail building. The Kids Fun Run added a fundraising program for KidSport Cowichan. The pre-race dinner party at Camp Pringle is a camp fundraiser and had a record 160 people attending this year. These fundraising programs will continue to grow and to ensure that the community benefits

Supporting Trail Building Initiatives

If you haven't had a chance already, check out the new trail connecting West Shawnigan Provincial Park and the TransCanada Trail – thanks to Rotary, CVRD & BC Parks!

Visitors and Tourism

Triathletes love to visit and train in Shawnigan Lake. (What could be more fun than a leisurely bike ride over the Malahat?) Tourism in this area benefits from international marketing and race promotion and the local businesses benefit from visiting triathletes who frequent



the local restaurants, B&Bs, and shops.

Promoting Sport & Healthy Lifestyle

You might not realize that many of the participating triathletes are from our local community. Having this great event in our backyard, also encourages regular folks to consider getting fit and taking the opportunity to try a triathlon. The newly established "Aspire" Triathlon Club was formed by members of the race organizing committee, in support of locals who are interested in triathlon training.

The newly added Western Canadian High School Championships encourage youth involvement and will help grow the field of potential athletes for the 2018 BC Summer Games (triathlon event to be held in Shawnigan Lake).

The Triathlon Race winners were:

- ★ Half Iron:
Justin Bierks, 4:07
(Tenille Hoogland, 4:37)
 - ★ Olympic:
Wade Carson, 2:09
(Brit Cooper, 2:28)
 - ★ Sprint:
Robert Johnson, 1:00
(Elsabet Lapointe, 1:10)
- High School Divisions:
- ★ Super Sprint:
Noah Beglaw, 44:30
(Desirae Ridenour, 47:51)
 - ★ Sprint:
Carsten Lapointe, 1:03
(Megan Kinghorn, 1:09)

The big race news was a new record set by female Half Iron athlete Tenille Hoogland, who completed the 1900 metre swim in 24:55 – the fastest

time ever recorded for this open water swim.

Thank you Shawnigan Lake!

Thank you to the 27 Local Race Committee Captains, our dedicated leaders who all worked very hard to make the Triathlon a success for the athletes and for the community. Thank you to the 300 volunteers who helped out over the weekend. Thank you to all community members for your support, involvement and participation.

Looking forward to Shawnigan Triathlon 2014!
In the meantime, maybe I'll see you at the Shawnigan Canada Day Celebration, where we will be hosting the very fun and very wet "Twisted" Tri Races. Definitely worth checking out!





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A real Shawnigan Lake Adventure!

Sunday, June 2nd 2013 was a great day for an Adventure! Some 130 walkers, bikers, kayakers and geocachers, 60+ volunteers and community spectators came out in support of caregiving families at the Shawnigan Lake Adventure (formerly The Shawnigan Lake Walk). Even the sun came out in grand style and brightened everyone's spirits.

Participants started pouring in just after 7:00am to check in, or register, and were led in warmups for their activity by one of Shawnigan's fitness experts, Michelle Clayton. Bill Levity started everyone off on their adventure at 8:30am. The walkers walked on the Trans Canada Trail (TCT), or around the lake with portions on the TCT. For the first time, at this nine year old event, cyclists were invited to ride either 22k from Glenora Park back to the

Shawnigan Lake Community Centre (SLCC) or the longer 77k from Duncan to Lake Cowichan on the TCT back to the SLCC. Those preferring to be on the water, strode off to the Shawnigan Wharf to start their paddle, guided by Cowichan Bay Kayaks. Enthusiastic geocachers were bussed to the West Shawnigan Provincial Park to begin their treasure hunt – another new activity.

Meanwhile back at the SLCC, Ron Ingram pumped out the energizing sounds of live music. Several musicians, including Shawnigan's Malaika Marimba band, entertained and encouraged participants as they came home. The community centre was a hubbub of activity as scrumptious vegetarian food, donated by local eateries and grocery stores, was served at the Caregiver's Cafe (aka the

SLCC lounge). An Artisan's Market was underway, and a care room offered foot soaks/massages and energy treatments. It was great to see happy smiling faces all around!

Cowichan Family Caregivers Support Society thanks everyone who participated and supported in some way to make this fundraising event such a success. This means that families struggling to cope with illness or disability will be supported. The society can continue to meet the demands of an increasing elderly population and develop support for newly discovered youth who are caring for family members. Services are provided throughout the Cowichan Region but the Society's home and roots are right here in Shawnigan Lake where the Adventure takes place. See you all next year!



Geocacher group enjoying each other's company at the Shawnigan Lake Adventure



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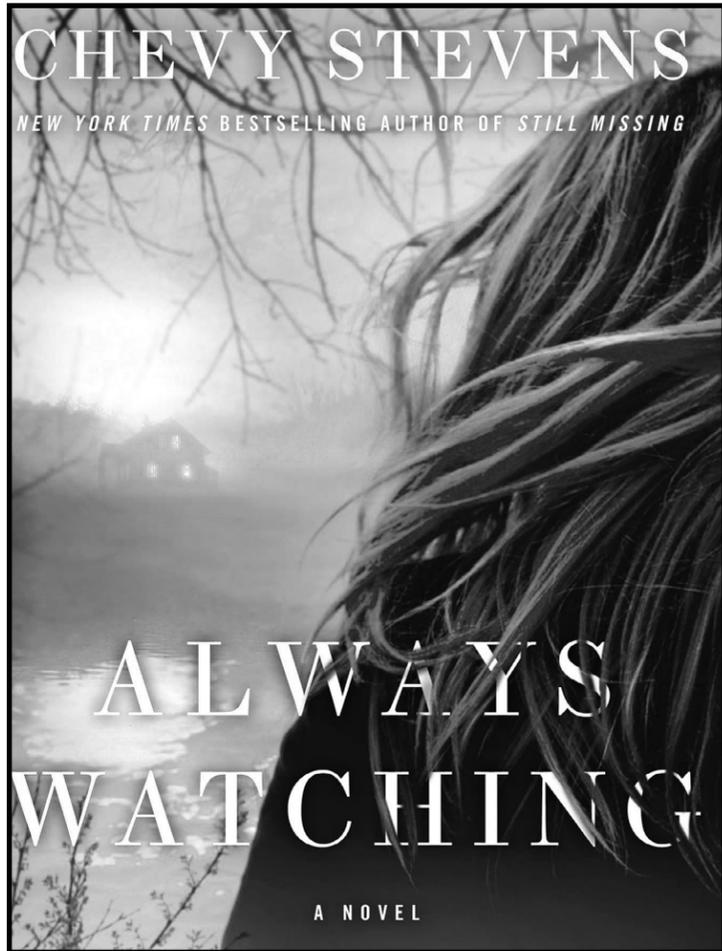
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Bestselling author Chevy Stevens highlights Shawnigan in her new book!



“In *Always Watching*, Chevy Stevens begins with a shivery premise – a family ensnared by a religious cult led by a madman. Stevens lights that fuse and lets it burn all the way to an explosive ending. A chilling, compelling read.” – William Landay, bestselling author of *Defending Jacob*.

Former Shawnigan Lake resident, Chevy Stevens, now an international best-selling author is launching her new thriller, *Always Watching*, at Chapters in Nanaimo on Saturday, June 22 at 2:00 pm. Chevy Stevens (aka Rene Unischewski) will be interviewed on stage by Susan Juby, another well-known Vancouver Island writer. Susan is the author of *Miss Smithers*; *Alice, I Think*; and *The Woefield Poultry Collective*.

Stevens’ 2010 debut novel, *Still Missing*, spent four weeks on the New York Times best seller list and has been translated into more than thirty

languages, a rare achievement in a very competitive business. It also won the International Thriller Writers Award for Best First Novel. Her second thriller, *Never Knowing*, was published to great acclaim in 2011 and hit the best seller lists as well.

In *Always Watching*, family secrets and missing memories collide as psychiatrist Nadine Lavoie examines her own childhood and her family’s involvement in a cult. Nadine Lavoie appeared in Chevy’s first two books, and is the star of *Always Watching*. There are many layers to this suspenseful tale involving cults, street kids, and repressed memories.

Always Watching is set in Shawnigan Lake and Victoria. Shawnigan residents will recognize many local landmarks including the Kinsol Trestle, the museum, Mason’s Beach and the police station. Chevy’s proud mother still lives

in Shawnigan and is very excited about the release of this new book.

Told with the trademark powerful storytelling that has critics praising her work as “Gripping” (Kirkus), “Jaw-dropping” (Publishers Weekly), and “Crackling with suspense” (People Magazine), *Always Watching* shows why Chevy Stevens is a mesmerizing new talent.

For more information about *Always Watching*, and Chevy Stevens’ previous books, check out chevystevens.com, Facebook/[chevystevens](https://www.facebook.com/chevystevens), and @ChevyStevens on Twitter.

Always Watching will be available in bookstores (and in BC Ferries gift shops!) across Canada and the U.S. on June 18, 2013. Chevy will be signing copies of *Always Watching* at Chapters Nanaimo (Woodgrove Centre, 6670 Mary Ellen Drive) on Saturday, June 22 at 2 pm.



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Department Members Attended 18 Calls in May
Department Officers attended 4 burning complaints.

- ★ Sunday, May 5 – MVI on Shawnigan Lake Rd
- ★ Monday, May 6 – 1st Responder off W Shawnigan Lake Rd
- ★ Monday, May 6 – Alarms Activated in the Beach Estates
- ★ Tuesday, May 7 – Unknown Fire near Silver Mine Rd
- ★ Tuesday, May 7 – Structure Fire on Merridale Rd
- ★ Wednesday, May 8 – 1st Responder off Cameron-Taggart Rd
- ★ Friday, May 10 – 1st Responder in the Beach Estates
- ★ Friday, May 10 – Vehicle Fire on Shawnigan Lake Rd
- ★ Sunday, May 12 – MVI on Shawnigan Lake Rd
- ★ Monday, May 13 – MVI on Renfrew Rd
- ★ Tuesday, May 14 – 1st Responder in the Village
- ★ Wednesday, May 15 – 1st Responder in the Beach Estates
- ★ Wednesday, May 15 – Unattended Fire on W Shawnigan Lake Rd
- ★ Thursday, May 16 – Mutual Aid MVI with Mill Bay Fire Dept
- ★ Thursday, May 16 – Structure Fire on Silver Mine Rd
- ★ Monday, May 27 – 1st Responder off Elford Rd
- ★ Tuesday, May 28 – 1st Responder off Cameron-Taggart Rd
- ★ Friday, May 31 – Mutual Aid Rope Rescue with Malahat Fire



Open Burning - regulations are in effect in the Shawnigan Improvement District until June 15th, 2013. Effective June 16th, there is a total ban of outdoor burning, including burn barrels until October 1st, 2013.

Ministry of Forests and the Shawnigan Improvement District allow campfires .5 m x .5 m (18” x 18”). Please use extreme care and don’t leave the fire unattended.

Thank you in advance for your compliance!

Thank you to our Advertisers!
We really appreciate your support.

Join the fun on July 1st! Celebrate Canada and your community!

Lori Treloar
Shawnigan Lake Museum

The annual Canada Day event will take place on the Elsie Miles School grounds again this year. Use of this field follows a tradition of community use that dates back to the 1930s.

Gala Days, an annual community event, began in the early 1900s. The celebration, originally held on the activity fields at Strathcona Point, moved to the village in the mid 1930s.

The village playing fields, currently home to the School, Centennial Park and the Museum, were originally part of a large piece of property owned by Mrs. Kingsley, the owner of the nearby Shawnigan Lake Hotel. She and the subsequent owner, James Finlay, kindly allowed the community and visitors to use the playing fields.

Through the 1930s and 1940s, the playing fields were a favourite destination for large excursion groups from Victoria. Annual company picnics at Shawnigan Lake were com-

mon. The merrymakers, which usually arrived by train, picnicked and enjoyed activities on the village playing fields. A major attraction for these groups was the refreshing lake, close by.

Gala Days continued until approximately 1941. The event always included a parade, sports for all ages, a softball game and, later, a dance at the community hall. For a few years after Gala Days, annual sports days were held on the grounds. Then, around 1947, Kiddies' Karnival took up the torch as the annual community event. This event, sponsored by a series of different community groups over the years, continued with some breaks until 2005.

After 2005, the Kiddies' Karnival was retired. In the same year, a new annual celebration was initiated for Canada Day. Hopefully, the community will still be celebrating with an annual event, on the village playing fields, a hundred years from now.

The museum will be open on Canada Day from 10:00am - 4:00pm.



Kiddies' Karnival Parade - c1940's

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Oops! In the May issue, in the article about the local Catholic Church, the Church was incorrectly referred to as Mary Queen of the World. The correct name is Our Lady, Queen of the World. We apologize for this mistake.

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



WE STUMPED YOU!

MAY

Taken from a boat on May 4th, the photo showed a portion of a lake-level gauge on a wooden piling in Strathcona Bay. The level on that date was just over 116.4 meters (elevation from sea level). 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 lowest level to highest.

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COMMUNITY CALENDAR

- ★ **Area B Director's meetings**
1st Monday of each month – 7 pm at SL Community Centre (SLCC)
- ★ **Shawnigan Advisory Planning Commission**
1st Thursday of each month. 7 pm at SLCC
- ★ **Shawnigan Parks and Recreation Commission**
3rd Thursday of each month 6:30pm at SLCC
- ★ **Shawnigan Improvement District**
2nd Monday of each month 7 pm at #1 Fire Hall
- ★ **Shawnigan Residents Association Board meeting**
3rd Tuesday of each month 7pm - www.shawniganresidentsassociation.com
- ★ **Shawnigan Lake Business Association**
1st Tuesday of each month 7 pm, currently at the Village Chippery
- ★ **Shawnigan Lake Community Association**
4th Monday of each month 7pm. Contact bburr@shaw.ca to get on the mailing list. Anyone interested in joining is welcome.
- ★ **Shawnigan Village Development Council**
As announced. Everyone welcome!
- ★ **Shawnigan Watershed Roundtable**
See website for details: www.shawniganwatershedroundtable.ca
- ★ **Inspire! Arts, Culture and Heritage** Info at: www.inspireshawnigan.com
- ★ **Shawnigan Lake Facebook** <https://www.facebook.com/groups/129586433786330/>
- ★ **Malahat Legion:** 1625 Shawnigan–Mill Bay Road - For more info: 250-743-4621
- ★ **Young Seniors Action Group (YSAG)** A group for active seniors around Shawnigan Lake, Cobble Hill and Mill Bay. Info at: www.ysag.ca email: ysagssl@gmail.com
- ★ **Local Talent:** DFH home-based business directory. Will meet again in September
- ★ **Shawnigan Lake Museum** - Hours: Friday, Saturday, Sunday 11:30-4.
www.shawniganlakemuseum.com email: shawniganlakemuseum@shaw.ca

Shawnigan Weather MAY

UVic Weather Network ~ by Grant Treloar

	May Normal	Cigarmaker's Bay		Discovery School		Museum		Elford Road	
		2013	2012	2013	2012	2013	2012	2013	2012
Average High	16.9	18.6	17.4	17.7	16.6	18.7	17.4	17.9	16.9
Average Low	6.8	8.2	6.2	7.6	5.5	8.2	6.4	8.2	6.2
Extreme High	33.9	29.6	27.2	29.0	26.6	31.7	27.9	28.0	26.0
Extreme Low	-3.9	0.8	1.7	0.2	0.7	1.7	2.7	1.0	2.0
Precipitation	48.7	106.1	49.3	90.7	30.9	84.2	30.5	85.6	43.0
Days w precip	10	19	10	19	10	19	11	19	11

Lake Temperature: May 5th: 16° May 12th: 18° May 19th: 17° May 26th: 18°

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