

# Shawnigan Focus

Volume Four - Issue Seven

July 2014

A Non-Profit Community Publication

## SUMMER FUN AT SHAWNIGAN LAKE



Photo by Chris Clay



Photo by Georgia Collins

### Canada Day Festivities



Photo by Ed Wiebe



Photo by Chris Clay

Get NOTICED!

Advertise in the

Circulation 3200

# Shawnigan Focus!

Advertise for as little as \$24.98/month!! Contact Kim at [ads@shawniganfocus.ca](mailto:ads@shawniganfocus.ca)



SHAWNIGAN FOCUS  
JULY 2014

EDITORIAL TEAM

Lori Treloar  
Dave Hutchinson  
Brent Beach  
editor@shawniganfocus.ca

LAYOUT

Taryn Treloar

ADVERTISING

Kim Hennecker  
ads@shawniganfocus.ca

FOCUS TEAM

Linda Nelson  
Farrell Magnusson  
Monica Foster  
Sally Davies  
Peter Nash  
Bev McCoey  
Marcy Green  
Grant Treloar  
Janet Neilsen

ACCOUNTS

Kim Hennecker

COPY SUBMISSION  
DEADLINE

AUGUST 2014  
Issue: AUGUST 7  
Please send copy as an email attachment using Microsoft Word, text, RTF or Appleworks to: editor@shawniganfocus.ca  
Please do not send a PDF as it does not convert properly. Leave hard copies of articles in the Focus box at the The Chippery: 1- 2740 Dundas, Shawnigan Lake

AD SUBMISSION  
DEADLINE

The 8th of every month for mid-month publica-

tion. Ads should be sent in correct sizing, B&W, high resolution, and as a JPEG or PDF. Kim is also available to help create or reformat your ad. Contact Kim at ads@shawniganfocus.ca

CLASSIFIEDS

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

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 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 \$30 per year. Contact: editor@shawniganfocus.ca

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

Additional copies are available in The Village.

MAILING ADDRESS

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

literary corner, magician, popcorn, bean bag toss, egg races

cotton candy, photo booths, 3-legged race, Bocce, bowling

# Heritage Inspire! fest

August 17

Sunday, August 17th  
11:00 am ~ 3:30 pm  
Elsie Miles Park

Races Start: 12:00 in the middle field

Celebrate the heritage & creativity of our community, while sharing simple old style games and activities together!

Bring a family picnic and enjoy the artisan demonstrations, family fun races, literary corner, unplugged musicians, face painting and games. Don't forget to check out the heritage photo booth and Museum displays!

For more information visit the Inspire! Shawnigan website:  
[www.inspireshawnigan.com](http://www.inspireshawnigan.com)

shawnigan lake HISTORICAL SOCIETY

Inspire! SHAWNIGAN ARTS, CULTURE & HERITAGE SOCIETY

sack races, horseshoes, fire spinning, henna tattoos, stiffs, live music, snacks



## Summer!

Hair gets lighter. Skin gets darker. Music gets louder. Nights get longer. Life gets better. Enjoy!



Photo by Stephanie Harnett



# Editorial - Letters to the Editor

## WE ENCOURAGE YOU TO SEND US LETTERS... [EDITOR@SHAWNIGANFOCUS.CA](mailto:EDITOR@SHAWNIGANFOCUS.CA)

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 or groups.

### “I’m cheesed-off in several respects.”

As I was flipping through the June 2014 issue of the Shawnigan Focus I became properly miffed when I saw two pictures on page 4, taken on different days, of the work camp adjacent to Shawnigan Lake Rd a kilometer or so from the south exit to the Malahat.

The write up accompanying the pictures is clearly offensive to the inhabitants of the camp. The reader is asked to note their camp site, which I’ve seen many times on my weekday commutes. It is composed of a willy-nilly collection of portable buildings, RVs, autos, and equipment. There is a tone of judgement to the commentary as the site is referred to with quotations as a logging “Village” comprised of “housing options.” The author’s dim opinion of the camp is made certain when the reader is asked to check out what is presumed to be a sewage pipe from one RV presumed to be draining into the forest nearby. Otherwise, there is no other context; nothing else is written.

I’m cheesed-off in several respects. One, that the person or persons behind this project have taken their photos and sarcastic commentary and had them published anonymously. I have to wonder, and doubt, if the inhabitants were told that photos had been taken. Furthermore, it is irritating that the editors of this publication permit space for such

passive-aggressive activities. The whole thing is placed seemingly at random without a direct reference in any articles nearby.

Am I missing something here? What is the real point of this? Who’s next? Will the people behind this come out and apologize?

~Shawn Jacobson

### Editor’s Note:

*Mr. Jacobson has a point about a lack of context. This slipped through our final proofing process.*

*The photos were submitted by a concerned resident over what appeared to be an illegal discharge of sewage from one of the mobile units on the property. At the request of the Area Director, the CVRD and VIHA have since attended the site and, evidently, the owner is now working with them. The CVRD reports that a Building Permit has been applied for but is contingent on VIHA approving septic.*

### Lake Repair

For the last two years, we in Shawnigan Lake have been fighting a permit application by SIA aka Cobble Hill Holdings to dig and dump five million tons of toxic soil above Shawnigan Lake and directly above our main feeder creek. I have been actively expressing my opposition to this illogical idea that makes no sense; just dollars. We realize that the soil needs to be cleaned so let’s try bioremediating on

site instead of trucking it to our community to sit in a pit that is already leaking and will contaminate the lake in days.

A group of us concerned water lovers called Lake Repair are actively using nature to clean up the toxic soil that has already been dumped illegally by SIA. We are using oyster mushrooms which clean the toxic chemicals...Google Paul Stamens “6 mushrooms to save the earth”. We are creating floating gardens of bullrushes and lake Iris to clean the water in Shawnigan Lake. We have the solutions and are using them - they are there in nature and we need to encourage them. Stop clearing the shoreline of water plants. They are there to clean. We have a responsibility to protect our water from greed and stupidity of our Liberal Government and SIA as they seem to not care about drinking water. SIA even sells bottled water to us from the purple building in the village. Makes dollars and no sense. Time to stop the insanity and become the “Soulution.

We welcome all help and old docks can be dropped off at Haven Hammocks shoreline. If anyone is willing to help us please email laketrust@shaw.ca. We will take all the help and donations that are offered to clean the water. Please lend us a hand. It’s your drinking water too.

~Shelagh Bell-Irving - 250-744-7141



## What’s new at the Shawnigan Lake Museum?

We would like to thank everyone who has used a museum-dedicated Thrifty Foods Smile Card over the past few years. If you have a Smile Card, please continue to use it to raise funds for the current project at the Shawnigan Lake Museum. In 2013, we installed three large photos from our collection to the

exterior of the building. That was the beginning of an Exterior Photo Gallery. With Thrifty Smile Card funds from the past year we have recently installed six more beautiful pictures to the gallery. The funds we collect over the next year will add more photos to the gallery.

Please stop by and have a look.

If you would like to help, drop by the museum and we will be happy to organize a dedicated Smile Card for you. (It is essential to obtain this special card through the museum. The Smile Cards that you buy at Thrifty’s are

not part of the fundraising program). By purchasing your groceries with at Thrifty Foods with a Shawnigan Lake Museum Smile Card, you are helping us to improve the museum for the community and our visitors!

Thank you and eat lots!

*“I never “worry” about action, but only about inaction.” ~ Winston Churchill*



# Cowichan Lake water level 2014

**Brent Beach**  
*Shawnigan Focus*

I attended a workshop in Duncan on July 7 and 8 dealing with Watershed Governance in the CVRD. At least 2 other residents of Shawnigan Lake/Area B attended, as well as Director Fraser.

During his opening remarks, CVRD chairperson Rob Hutchins revealed that the Cowichan Lake Watershed (CLW) is in a crisis this summer. The CLW includes Cowichan Lake and Cowichan River. The Cowichan River goes from the lake, down south of Duncan and into Cowichan Bay. The Cowichan River is an important Salmon river.

**The Numbers:**

	CLW	SLW	x factor
Watershed Area (square km)	450	60	7.5
Lake Area (square km)	62	5	12.4
Average depth (metre)	50	12	4
Lake volume (million m3)	3100	60	52
Rainfall (mm per year)	2500	1200	2
Rainfall volume (million m3)	1150	72	16

This yearly rainfall for the CLW is my estimate from a rainfall map which shows high rainfall of 5 metres in the north west to low rainfall of around 2 metres in the south east. The estimate of 2.5 metres is probably low.

How can a watershed that gets 16 times as much rain as we get be in a drought? How can a lake that holds over 50 times more water than Shawnigan Lake have a summer water problem?

**The Need:**

The big difference between Cowichan Lake and Shawnigan Lake is the amount of water needed during the dry season to satisfy all water users. There are two main users: the Catalyst mill in Crofton and the fishery in the Cowichan River. When there is not enough water, the first user to suffer is the Cowichan River fishery. Water released to the river stops and fish in the river die. This year, the water level on May 1 was already below the top of the weir. And May rainfall was well below average. As a result, they will be unable to maintain necessary flow in the river between now and the fall rains.

**Weir Management:**

Lakes exist because there is a natural or artificial blockage at the outflow that holds back some water. In both Cowichan Lake and Shawnigan Lake we augment the natural blockage with a weir - an artificial blockage that we can manage. We raise and lower the weir to retain or release water. As a simple example, a weir with a maximum height of 1 metre will stop flow when the water level is 1 metre or less above the weir base. If the lake water level is 2 metres above the base, the weir still slows the flow by almost half. A more realistic example, is the water level is 2 metres above the weir top (1.2m above the weir base), it slows the flow by well 5 times - it will take much more than 5 times as long for the lake level to drop to 1m above the weir base.

**Weir Management Options:**

This example shows that it is possible to increase storage by raising the weir while the lake level is well above the top of the weir. Water continue to flow, but the lake level drops more slowly.

It appears from some charts that they begin to raise the Cowichan Lake weir in May. This works when they get rain in May and June. Not this year.

We start raising our weir much sooner if the lake level is low, as early as mid-March. This means higher than natural levels in the spring, but sufficient water in the summer.

With a weir that is only .97 metres tall, there is not sufficient water behind the Cowichan Lake weir to supply the dry season unless water is spilling over the weir on May 1 or they get rain in May. There is water in the lake, but the natural blockage at the outflow prevents it from running down the river.

**Mining the Lake:**

There is a proposal to pump water out of the lake into the river. It will be very expensive - millions of dollars to build, then yearly operations and maintenance.

**Reaching a New Level:**

A new balance between competing demands on Cowichan Lake must be struck. Those demands include the desires of waterfront property owners for low water levels, and those of the water users who need higher water levels. The CVRD is currently involved in court action with a few waterfront owners who do not want higher water levels.

Changes in rainfall patterns could affect us here in Shawnigan Lake as well. We will face similar competing interests. We have had droughts in the past, but the new weir has prevented any problems with low water in recent years.

Just as Lake Cowichan must now deal with the need for higher winter lake levels to maintain summer flows, we will face this problem in the future. We can learn by watching what is happening at Lake Cowichan now and thinking of applying those lessons to our future.



**ADAMS**  
TREE SERVICE

**Proud to Call the Island our Home**  
www.adamstreeservices.org

**ADAMS TREE SERVICE**

- Tree removal
- Spiral thinning
- Tree topping
- Lot clearing

- Stump grinding & removal
- Hedge trimming & shaping
- Fruit & ornamental pruning
- Excavating & Bobcat work

**24 HOUR emergency service**

Free estimates | 24 Hours **250-516-8315** Fully Insured | Since 2000

**Forest, lake and ocean view lots starting at \$199,000**  
**Phase I - Trailhead Hamlet - 50% sold**

Enjoy hundreds of acres of quiet, mature and protected forest, and open fields surrounded by parks, wetlands, hiking trails, equestrian and agricultural areas. Build your dream home in one of our residential clustered hamlets. Choose from eight model home designs or custom build your home according to our Forest Hamlet Design Guidelines.

Real Estate that Makes a Difference  
Protecting the Forest and the Shawnigan Watershed  
www.ElkingtonForest.com

Call 250-508-3299 for an appointment  
at the Sales Centre, 1760 Shawnigan-Mill Bay Road.

**ELKINGTON FOREST**  
**YOUR PLACE IN NATURE**



***In the Shadow of Kinsol***

Photo by Kerry Davis

In the June issue of the Focus, some of the great triathlon photos on the front page were credited to Sarah Malerby whereas they should have been credited to Kerry Davis, a very talented local photographer who has won many awards for his photos.

Check it out: <http://www.kerrydavisimages.com>



Directors Report for July 2014

Bruce Fraser  
Area Director

Welcome to Ashley Harry

Ashley Harry, who is featured elsewhere in this edition of the Focus, will be an intercultural bridge between the Malahat First Nation and Shawnigan Lake residents. Our two communities will be the richer for her journalistic work over the summer of 2014. Her employment contract is through the Malahat First Nation and is funded cooperatively by the Shawnigan Basin Society, Timberwest and an Area B Grant-in-Aid.

Future Funding of the Sportsplex

I support the continued funding of the Sportsplex as a strong regional component of our recreation and

public health infrastructure. The facility will be a necessary part of the emerging sports tourism initiative in the Cowichan Region, a feature of our overall economic development that is growing in importance as resource industries decline. The Sportsplex has been funded for several years now through the regional grant-in-aid function of the CVRD Board, a method that is certainly past its due date. But, funding the Sportsplex raises the thorny issue among the outlying electoral areas of who should pay for facilities that are centralized in Duncan and North Cowichan. We have joined many regional functions, like the 911 service, that are easily justified. It is more difficult to justify how much we pay for transit given how little service we receive. In the case of transit and the visitor information centre we were

included into the regional function as a result of population based weighted votes that overcame our dissenting voice. That is why I insisted at the Board table that the referendum for the Sportsplex be conducted area by area so that residents of Area B have the final word.

The EAB Hearing

The incredibly costly defense of the Shawnigan Watershed, now nearing half a million dollars, still has some critical steps to go. The legal teams are finalizing their concluding arguments in writing and exchanging them during early July. This is in preparation for their final verbal statements to the EAB that will be delivered on July 24th and 25th. We expect that the EAB will deliberate for some time before their decision is rendered. The

final arguments from the CVRD law team will be posted when they are ready.

Protection of Shawnigan Creek


The Engineering Division of the CVRD, with assistance from members of the Shawnigan Residents Association, has been examining how to prevent winter debris from plugging the outlet of the lake during high water. Logs, wharves and boats have all ended up in the narrow channel with the potential of creating sudden flooding of the lakeshore. The log booms that used to protect the outlet were removed due to liability concerns, but that left the lake at risk. The current plan is to install a floating boom that can if necessary be parked in the summer swimming season and re-established in the winter.

Shawnigan Weather June 2014

Stats courtesy of UVic Weather Network ~ complied by Grant Treloar

Did you know?

- ★ The hottest July ever in Shawnigan Lake was 1958 with an average temperature of 20.7 °. There were 13 days when the temperature rose over 30°. That year was also tied with 1922 for the driest ever July with no recorded rain for the month.
- ★ The coldest July ever was 1932. The average temperature was 14.3°. There were no days over 30° and only one day when the temperature reached 25°.
- ★ The wettest July ever was in 1998 with over 60 mm of rain (almost 3x normal) even though it only rained on 8 days of the month. On July 3<sup>rd</sup> that year there was 30 mm of precipitation.

	June Normal	Cigarmaker's Bay		Discovery School		Museum		Elford Road	
		2014	2013	2014	2013	2014	2013	2014	2013
Average High	19.6	21.5	21.6	20.7	20.7	21.7	21.6	20.6	20.6
Average Low	9.7	10.7	11.1	10.2	10.4	11.2	11.3	10.8	11.1
Extreme High	35.6	26.7	32.6	25.6	32.5	27.3	33.9	25.0	31.5
Extreme Low	0.0	6.1	7.3	6.5	5.8	8.1	6.8	7.5	7.5
Precipitation	40.2	10.2	61.0	9.8	43.5	6.5	35.5	9.2	43.9
Days w precip	10	9	12	8	13	9	13	10	13
Precip since Oct 1 (mm)	995.1	929.3	1447.6	829.4	1179.2	746.1	1163.2	820.9	1142.9
Since 1914: 25 <sup>th</sup> warmest 11 <sup>th</sup> driest									
Lake Temperature: June 1 <sup>st</sup> : 20° June 8 <sup>th</sup> : 20° June 15 <sup>th</sup> : 19° June 22 <sup>th</sup> : 20° June 29 <sup>th</sup> : 21°									



South Cowichan Community Policing

Alison Philp  
South Cowichan Community Policing

The Lake Watch signs have gone up at key locations around the lake and the RCMP boat has begun weekend patrols. If you observe unsafe or unseemly conduct on the lake please go to our website to make a formal Incident Report.

Bring scooters and walkers in for FREE maintenance and safety checks on the third Wednesday of every month starting on July 16 at 10am at South Cowichan Community Policing Office. Canada Scooters will be hosting their Community Outreach program where they will be pumping up tires, adjusting walkers and doing some general visiting. There is no charge for minor adjustments

and safety awareness tips

You may have seen the Community Policing van and Speed Watch volunteers out at the Shawnigan Lake Canada Day Parade. The Speed Watch program is always on the lookout for keen volunteers for this important community driven program.

We are up to 47 active Block Watches in the South Cowichan Region covering nearly 800 homes. One of our Block Watch Captains reported that she is saving over \$200 annually on her house insurance which is a really good reason to start a Block Watch in your area. Contact the SCCP office to learn more about how easy and fun it can be to start a Block Watch. 250 929-7222 [sccp@shaw.ca](mailto:sccp@shaw.ca) [www.southcowichancommunitypolicing.ca](http://www.southcowichancommunitypolicing.ca)

ACOUSTIC JAM NIGHT

(Thursday Night)  
Dust off the Instrument  
And Come and Jam  
6:00pm - 9:00pm  
(All Ages Welcome)

The Galley Grill  
RESTAURANT

Family Friendly Dining on the lake at the Shawnigan Marina  
250-896-1364

Advertise in The Focus - [ads@shawniganfocus.ca](mailto:ads@shawniganfocus.ca)



# Shawnigan Lake Adventure

**Garth Harvey**  
*Cowichan Family Caregivers Support Society*

The tenth anniversary of the Shawnigan Lake Walk, now the Adventure, was a great success for all who contributed to the day. All the smiles, laughter and happy chatter could only come from a community that was having a good time.

While sorting through the notes, reports, questionnaires and stacks of paper a big project generates, I did come across three adventures that amazed me. One lady had a private triathlon. She cycled, swam off west Shawnigan Park, ran, and came back to the hall for lunch. Kayaking was cancelled due to lack of registrants, but the people that did register chose geocaching instead and had a new experience. One interesting comment came for a rest stop report, "first runner in 9:10; first walker in 8:50." The one that blew me away was about two young boys. They registered for geocaching. They learned how the pledges they would collect would be spent and

they collected more pledges than any other participants. Only two adults that work for the Society collected more. Knowing why you are doing something is the first step to success. Good show Liam and Zack.

Cycling and geocaching numbers were up this year but there were fewer walkers, and, as mentioned, kayaking was cancelled. Although the total number of participants and total pledges were down, our gross and take home money was up - \$32,500.00 and \$9,900 respectively. This was due, in part, to more sponsors and lower insurance costs than last year.

Supporting family carers, those caring for a family member in the home, has been going on in the valley for the last 26 years. For the first twelve years it was under the guidance of the Senior Advisory Committee of Duncan, and the last 14 years by the Family Caregivers Support Society of Shawnigan Lake. About 92 or 93 percent of our budget of over \$200,000.00 goes directly to supporting carers.



Photo by Robb Johnson

The youth program, ages 13 to 25, started in 2010. It is one of first three in Canada. It is unique and has drawn national and international attention. We help carers in seven ways; support circles, support groups, one-on-one

emotional support, advocacy, information and referral, education, and community development. Our people are highly skilled but they do not take the place of professionals.

June 1st was a great day in

Shawnigan and I just wish I could hug each who had a part. The joy you shared with me, and all others, still brings a smile to my face and the feeling that there is just no place like Shawnigan. THANK YOU ALL!

## #protectOUR Ecovillage Forever Campaign:

OUR Ecovillage co-founder & Executive Director, Brandy Gallagher, is suddenly navigating a barrage of taxing treatments and pending high-

risk surgeries for an advanced stage of cancer. As a result, OUR Ecovillage community has come together to protect HER wellness, HER legacy,

and OUR land - but we urgently need your help.

For 25 years, Brandy has led the development of what is

now one of the most established, productive and developed sustainable community models in North America. About 5 years ago, she introduced an ambitious plan to have the education component of the village provide all the economic needs of the village - FOREVER.

The plan was big, but not complicated - if we built a big dorm space, and a huge kitchen capable of feeding hundreds, would our school programs and education partners start using the village for larger, multi-day programs? They lined up - the answer was a resounding YES.

Among lots of other recent new infrastructure, the dorms, and the new "Zero Mile Eatery", were nearing completion - bringing the village to a whole new place in its sustainability - and then Brandy started to get really sick.

We have a critical need to raise \$150,000, to create the space for Brandy to get well, and to buy the village the room to bring to completion these major projects. Specifi-

cally, these funds will:

1. provide Brandy's care & treatment over the next 6 months
2. pay the salary of a executive director to take on Brandy's role
3. pay for the monthly mortgage/insurance/utilities

### How you can help:

1. Share the campaign with all of your friends and networks. Share the Village love around the world!
2. Contribute to the cause - we've put together some awesome perks as another token of our appreciation. (Contributions over 25\$ may be partially tax-deductible; contact us for details.)
3. Visit [www.ourecoillage.org](http://www.ourecoillage.org) to learn more about us and how you can get involved in other ways, perhaps as a visitor, volunteer, student, intern, or new resident.

[www.protectour.ca](http://www.protectour.ca) to follow the campaign



**DWIGHT SCHOOL CANADA**  
*Igniting the spark of genius in every child*  
PERSONALIZED LEARNING • COMMUNITY • GLOBAL VISION

### Summer Programs Now Open!

**Dwight Global Leaders Academy:** An award-winning program for high school students with a passion for leadership and social entrepreneurship. Participants organize, plan, and implement their own community service project and gain essential skills as true entrepreneurs and young global leaders.

Apply today at [www.dwightcanada.org/summer](http://www.dwightcanada.org/summer)



**Dwight School Canada**  
Grades 7-12  
Weekday boarding is available

**Admissions Office**  
2371 Shawnigan Lake Road,  
Shawnigan Lake, BC  
250-929-0506  
[admissions@dwightcanada.org](mailto:admissions@dwightcanada.org)  
[www.dwightcanada.org](http://www.dwightcanada.org)



**LIKE us on Facebook**



# Shawnigan Basin Society



**Georgia Collins**  
*Shawnigan Basin Society*

Summer time is upon us and Shawnigan is once again bursting at the seams. Happy chatter and the excitement of children can be heard from every beach while the buzz-

ing of jet-ski motors emanates from the water. And water is still on the minds of all of us Shawnigan residents. The joy that it brings to the community is palpable at this time of year and yet the insecurity about the ongoing

health of the water is felt as well. Someone might report a funny smell, or a bit of algae that wasn't there before, and we hope that these are anomalies, not the sign of a declining trend in water quality. With all the threats

that the watershed faces, we have still got a pretty good thing going here. Visitors arrive from other provinces and countries and remark, "It's just so green here, the air is so fresh, the water is so clean." We, here in Shawnigan Lake, have not yet faced the impacts of an exploding population, nor have we yet been witness to the intense storms and flooding or massive droughts experienced around the globe. We are incredibly lucky, and instead of resting on our laurels, we've got to take advantage of what we already have here in our little watershed. We've got a community of engaged individuals; we've got drinkable water; we've got trees, and we've got to work to maintain these valuable qualities.

The Shawnigan Basin Society has been furthering its efforts towards local control of our watershed. There is now a dedicated Watershed

Management Office in our little Shawnigan village. We are fortunate enough to be working with Ashley Harry from the Malahat Nation, who will be working at the office and getting our communities acquainted through her writing and presence. There is extensive work going into the research of our water quality and the community will soon see a water testing station in our area.

We will carry out an exciting restoration project in the fall, which will require many volunteers to tear down a rock wall along the lakeshore and replace it with native riparian plants. Stay tuned, also, for some new signage in the community outlining our watershed efforts. And we are launching our new website which will detail all of these exciting activities in detail. Join us in creating a livable future for the Shawnigan community. Let's work to keep it green, fresh and clean!

## Introduction for summer internship

**Ashley Harry**  
*Shawniga Basin Society*

Hello! My name is Ashley Harry. I'm a member from the Malahat Nation. I will be working as a summer intern with the Shawnigan Basin Society.

In the summer of 2013, I obtained a job with the Malahat Nation in the Band office as an Administrative assistant. Some of the many tasks that were given to me were being orientated with the youth members, who also had a summer job with Malahat Nation. In some cases I even played a leadership role with the youth, from simple roles to where they should be at for work, to more complex tasks like helping the youth and the community with registration forms and the preparation for the Malahat Nations participation with the Tribal Journeys of 2013. I organized a two day field trip for the youth to go to Vancouver, to the Aquarium and Pacific Playland. I was given the opportunity to be trained on how to run the social media on behalf of Malahat Band office and nation, which was also where my blogs and interviews were posted.

As of this year I graduated from Frances Kelsey Secondary school, since last year I wasn't able to maintain my position as Administrative assistant because of my desire to complete high school but I was lucky enough this year to have the Chief and Administrator of Malahat refer me to coordinate with the Shawnigan Basin society.

I was referred because of the passion I share for writing. Over my years of attending school at Frances Kelsey I was able to collect myself a fan club amongst my teachers. I LOVED and still do enjoy writing poetry and short stories, and trying new things in writing to expand my experiences. I also have excellent leadership potential amongst the youth, and have a wide interest in saving the eco-system and preserving our clean water, and working with the community.

I believe my position with the Shawnigan basin society will be to help benefit and expand my experiences. I'm looking forward to learn many new things and I will do my best to be beneficial towards the Shawnigan Lake and Malahat Nation communities.



Photo by Georgia Collins

**Village  
chippery** .com  
*'a menu as diverse as our customers!'*

- Poutine
- Wild Fish & Chips
- Chicken Tenders & Chips
- Burgers & Fries

OVER 2 DOZEN BURGER CHOICES  
CHICKEN  
GROUND CHUCK  
FISH OR VEGGIE

UK CANDY • WAFFLE CONES • MILKSHAKES

**250-929-8886**



.com/VillageChipperry

*In Shawnigan Village, where friends meet . . . at the purple building !*

The place to go when . . .

**'You want fries with that ?'**

We hand chip local potatoes for the best tasting fries.



FULL MENU & SPECIALS ON-LINE @  
**www.villagechipperry.com**

**OPEN DAILY from 11**  
( Call for Closing Time - We're here for You! )

**DINE-IN OR TAKE-AWAY**  
**LUNCH • DINNER • LICENSED**



# Young Seniors Action Group Society

Ed Wiebe  
Y.S.A.G.S.

## Gigantic Garage Sale and Canada Day Celebrations

The month of June turned out to be very busy for all of us in YSAGS. The garage sale was held June 7 but the preparations and organizing began weeks before. With generous donations of saleable articles from YSAGS members and local community members the whole open area behind the Legion was covered with rows of tables chock full of items of every kind and description. Our area in the Legion building was packed with donated clothing. Our members, 44 of them, turned out to organize, price and sell items. With super low prices there were many bargains to be had. The weather cooperated, so we had a record year for sales. The money raised went to the Legion in recognition for their ongoing support and allowing us the use of their facilities. Thank you to all YSAGS members and local members of the community for

your hard work and support.


Our other big project was the preparation of carpentry kits (3 models-birdhouse, bird feeder and tool kit) for the Canada Day celebrations in Shawnigan Village. These kits were geared towards the budding young carpenter and senior “carpenters”, as needed, gave assistance. All materials needed for the kits were very generously donated by our local RONA store. Thank you RONA! It was great to see these youngsters about 5 to 6 years old (some younger, some older) proudly walk away with their projects.

Many of our activity groups are winding down for the summer months and will start up again at the beginning of September. Others are planning to continue through the summer but at a more relaxed pace. One trip, a Picnic to Beacon Hill Park is planned for July 15.

*If you are a senior 55+ years and want to find out more about us and how you can become a member check out our Blog: <http://blogysag.ca/>, send us an email: [ysagssl@gmail.com](mailto:ysagssl@gmail.com) or phone: Ed 250 743 8344.*



Declan building a birdhouse with two Y.S.A.G.S. members on Canada Day



Edie Wragg, R.D.  
Denturist  
BUS: 250.743.3311  
Fax: 250.743.0737  
  
Valleyview Centre  
#18-1400 Cowichan Bay Rd.  
Cobble Hill, BC V0R 1L3

# Digging Up The Past

Mark Woloszczak  
Shawnigan Focus


I’ve been looking at some of the artifacts that I’ve dug up over the years. Some things are amazing if you sit back and observe each individual item. Recently, I found a Nanaimo soda bottle that’s over 100 yrs. old, with stopper still intact, and it actually still has a small bit of content left in the bottle. It was buried stopper side down so it didn’t have a chance to evaporate. I think that’s awesome.

Whenever I dig up a toy gun I get excited, convinced that it’s real, until I get home to give it a good cleaning. These could fool anybody with their huge cast barrels, their weight and their life-like appearance. How could these young pioneers play with these things for long? These were tough little fellows that probably had to work hard all day...that’s how!

Whiskey bottles are definitely prevalent in dumps, especially logging camp dumps. It appears that the harder the work, the more whiskey bottles are to be found. One gallon to five gallon whiskey jugs were a common sight at the turn of the century. In just about every western movie you watch, the cowboy walks into the saloon and asks for, of course,...a whiskey.

Milk bottles, mason jars and fruit jars are common as well. Today, if you took every plastic milk jug, fruit can or container of any other food that’s mass packed and turned it into a glass container, it’s hard to imagine the amount of refuse that would be piled up. Transporting these breakables must have been a huge task considering the inferior vehicles with mass amounts of weight to bring to the buyers. It’s no wonder that they just tossed them in the closest place possible.






RBC Royal Bank®

## Get instant results with our Rate Loss Program.

Switch to an RBC Homeline Plan® credit line and pay only prime + ½% vs. prime +1% at your bank.

Join the thousands who have lost rate and saved thousands of dollars.

Introducing the RBC Rate Loss Program: a fast and easy way to go from paying 4% (prime + 1%) at your bank to 3.5 % (prime + ½%) by switching to an RBC Homeline Plan® credit line. You could save as much as \$5,000 in interest payments\* and worry less, sleep more and feel better. **And we'll even cover your switching costs!** So get with the program – and lose the rate you've been carrying today.



Contact me today to find out more:  
Emily Black  
Mortgage Specialist  
250-715-7692  
[emily.black@rbc.com](mailto:emily.black@rbc.com)

Advice you can bank on™

\* We will pay the basic title insurance fee (not including migration fee), appraisals/property valuation fee and one discharge/switch out fee at another financial institution (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$50,000. \* Savings based on \$100,000 secured line of credit with interest being paid over 10 years comparing a 3.5% annual interest rate to a 4.0% annual interest rate. The interest rate will fluctuate with the Prime rate and is subject to change at any time without notice. Rate is effective as of September 20, 2011. Personal lending products and residential mortgages are provided by Royal Bank of Canada and are subject to its standard lending criteria. © / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. 39106 (09/2011)



Take a Hike!

Robin Massey  
Shawnigan Focus

No question, there is a plethora of areas to explore right here in our ‘valley’ – but the Island as a whole has so many other gems to discover as well. Personally, my goal is to get out and enjoy a new area every couple of months to explore and share with you. Today I am writing about the joyous pleasure I had to be introduced to Witty’s Lagoon Regional Park. It is sincerely fabulous and I cannot wait to go again!

With kiddies packed in the car we headed out to Metchosin and began our venture at My Chosen Café, where I had one of the best Mediterranean Salads ever! Then, with happy tummies, we headed down the beach trail just off Metchosin Road.

Passing the Nature House at the start, we strolled about 1 km down to the soft sandy beach. The trail was through the most wonderful clusters of trees (douglas fir & maple), boardwalks, marsh lands and waterfalls. And of course the amazing Sitting Lady Falls – reported to be especially cool during winter months at its most voluminous.

The lagoon was pretty marvellous I must say! I’ve never actually seen anything quite like it in its size and capacity before. And for those birders out there, you will find that most of the websites boast that the lagoon is home to over 160 species of birds.

At the bottom of the trail the horizon opens up to a breathtaking view of Parry Bay, Straits of Juan de Fuca, Tower Point, and the Olympic Mountains. And conveniently available is a public facility right on the beach if you didn’t have time to change at home. The water is relatively shallow this time of year which can easily tempt you and/or the kids to walk out for quite a distance while remaining within eyesight from the beach.

Witty’s Lagoon Park has been around for many, many years - from the Salish Peoples thousands of years ago, to the Hudson’s Bay Company in the 50’s, to today’s park which was established in 1966. For the avid pupil, the nature house next to the parking area offers volunteers (during certain hours) to answer any questions you may have. For the reader learner there are informational board displays regarding



the area’s history, vegetation and animals.

An easy to moderate grade makes this trail accessible by most explorers. In addition, the carefully constructed wooden sidewalks have been installed

over most of the wet areas, however, there are some ups and downs and decent footwear is advised.

There are three main trails at Witty’s Lagoon. Although I’ve written exclusively about my

experience on the beach trail, you have a choice from either the Lagoon Trail or the Tower Point Trail as well! (maps available online)

Get on out there!  
[www.theomtree.com](http://www.theomtree.com)

Check out our website: [Shawniganfocus.ca](http://Shawniganfocus.ca)

Shawnigan Players

The Shawnigan Players’ latest outdoor production hits the stage at the end of the month in Cowichan Station. The group will perform Shakespeare’s Romeo and Juliet in the orchard of the Gem o’ the Isle, a beautiful 100-year-old farm near the Koksilah River. The play is under the direction of Shawnigan Lake resident Alex Gallacher, and features Breann Landry as Juliet and Austin Frykas (a graduate of the Frances Kelsey Theatre program) as Romeo.

According to Gallacher, the production is designed for all ages, with a mixture of slapstick comedy, romantic tragedy, realistic swordfights, and bawdy humour.

The Shawnigan Players have presented plays to the community every year since 1977. Their most recent outdoor performances were Pride and Prejudice and Twelfth Night, also at the Gem o’ the Isle, which played to good reviews and large audiences.

Performance dates for Romeo and Juliet are July 31 and August 1, 2, 7, 8, and 9 at 7:30 p.m. There will be a matinee on Sunday, August 3 at 2:00 p.m.

Tickets are available at Masons Store and Ten Old Books in Duncan at the advance price of \$15 each. Tickets can also be purchased at the door for \$20.

Family tickets are available at the advance price of \$30 (maximum five family members). These tickets will be \$40 at the door.

A rebate of five dollars will be given to audience members who arrive by bicycle for the August 3 matinee.

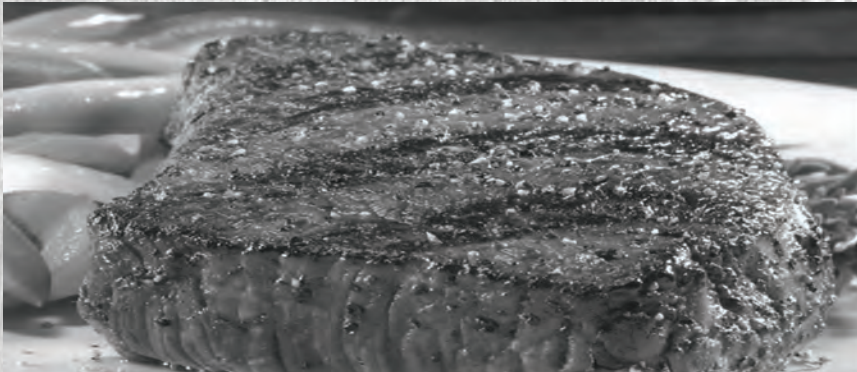
Tickets can be reserved at the advance price by contacting [gallacher\\_alex@yahoo.ca](mailto:gallacher_alex@yahoo.ca).

A dinner theatre performance of the play will be presented at Unsworth Vineyards and Winery in Mill Bay on Sunday, July 27 at 5:00 p.m. Tickets can be reserved by calling the vineyard at 250-929-2292.



MEAT SHOP LTD.

We offer the best cuts in town with the greatest variety to chose from, all your grocery needs!



YOUR LOCAL MARKET  
In the Heart of Shawnigan Village!

778-356-3313  
2740 Dundas Road  
[www.steersmeatshopltd.com](http://www.steersmeatshopltd.com)

NEW SUMMER HOURS	Tuesday thru Friday	10 - 6
	Saturday	9 - 7
	Sunday	9 - 3
	Monday	CLOSED

Coming soon...

The Shawnigan Focus website is in the process of being re-designed. This will make the site easier to navigate; and to find information from past issues. Stay tuned. - [www.shawniganfocus.ca](http://www.shawniganfocus.ca)



# Shawnigan Fire Hall - Open House

On July 5th, 2014, the Shawnigan Fire Hall hosted its annual open house. There were a dozen different demonstrations that the Firefighters presented to the welcomed community members. The "Jaws of Life", fire extinguisher, and high rope rescue demonstrations were exciting to witness as an adult, so I can only imagine how amazed the children must have been. If you didn't make the event this year and you have children, plan ahead to be sure that don't miss it next summer!



- BCAA Certified Auto Repair Facility.
- Certified Government Inspection Facility & Out of Province Inspections.
- Certified Mechanics At The Best Rate.
- Alignment Specialists.
- Tire Sales & Repair.
- Diagnostics for Domestic, Import & All Make Marine Services & Repairs.



Summer Hours - Open 7 Days a Week, 7am-7pm

Full Service Save-On-Gas Station  
Loaner Vehicles and Door-to-Door Service when available.

Call now and make appointment today!

**250-743-2122** Located at the 4-way in Shawnigan Lake Village.

### SHAWNIGAN LAKE VOLUNTEER FIRE DEPARTMENT

PO Box 201, Shawnigan  
Lake, BC V0R 2W0

Phone: (250)743-2096

Fax: (250)743-2096

Non-emergency Phone:  
(250)812-8030

Email:  
shawniganfire@shaw.ca



*Department Members  
Attended 21 Calls in  
June and Four Burning  
Complaints*

- ★ Sunday, June 1st – Alarms Activated in Cougar Ridge
- ★ Sunday, June 1st – 1st Responder in Burnum Mobile Home Park
- ★ Tuesday, June 3rd – MVI on Renfrew Rd
- ★ Thursday, June 5th – 1st Responder in the Beach Estates
- ★ Friday, June 6th – Structure Fire - Lavinia Rd
- ★ Saturday, June 7th – Lift Assist off Renfrew Rd
- ★ Saturday, June 7th – 1st Responder in Burnum Mobile Home Park
- ★ Saturday, June 7th – 1st Responder in the Village
- ★ Monday, June 9th – 1st Responder in the Beach Estates
- ★ Monday, June 9th – Unattended Fire in the Quarry
- ★ Wednesday, June 11th – Electrical Fire on Heald Rd
- ★ Thursday, June 12th – Extinguished Fire in the Beach Estates
- ★ Friday, June 13th – Lift Assist on Shawnigan Lake Rd
- ★ Monday, June 16th – 1st Responder on Shawnigan Lake Rd
- ★ Wednesday, June 18th – Alarms Activated on Baron Rd
- ★ Wednesday, June 18th – Structure Fire on W Shawnigan Lake Rd
- ★ Thursday, June 19th – 1st Responder in the Village
- ★ Sunday, June 22nd – 1st Responder in Shawnigan Mobile Home Park
- ★ Friday, June 27th – MVI on Renfrew Rd
- ★ Saturday, June 28th – 1st Responder Rope Rescue on Renfrew Rd
- ★ Monday, June 30th – 1st Responder on Shawnigan Lake Rd



# Shawnigan Focus

SHAWNIGAN FOCUS

## COMMUNITY CALENDAR

- ★ **Area B Director's meetings**  
1st Monday of each month – 7 pm at SL Community Centre  
[www.fraserforshawnigan.ca](http://www.fraserforshawnigan.ca)
- ★ **Shawnigan Advisory Planning Commission (APC)**  
1st Thursday of each month. 7 pm at Unit 4 - 1760 Shawnigan Mill Bay Rd.
- ★ **Shawnigan Parks and Recreation Commission**  
3rd Thursday of each month 6:30 pm at SLCC
- ★ **Shawnigan Improvement District**  
2nd Monday of each month 7 pm at #1 Fire Hall
- ★ **Shawnigan Residents Association (SRA) Board meeting**  
3rd Tuesday each month 7pm [www.thesra.ca](http://www.thesra.ca)
- ★ **Shawnigan Lake Business Association (SLBA)**  
1st Tuesday each month 7pm at the Village Chipperry
- ★ **Shawnigan Lake Community Association**  
4th Monday of each month 7pm. Contact [bburr@shaw.ca](mailto:bburr@shaw.ca)
- ★ **Shawnigan Village Development Council**  
Meeting times TBA. Everyone welcome!
- ★ **Shawnigan Basin Society**  
See website for details: [www.shawniganwater.org](http://www.shawniganwater.org)  
**Art Show:** July 24th 6-9 at the Watershed office, called "Heart on the Line"
- ★ **Inspire! Arts, Culture and Heritage**  
Gathering Space hours: Mon-Sat 1-4 [www.inspireshawnigan.com](http://www.inspireshawnigan.com)
- ★ **Young Seniors Action Group (YSAG)**  
Info at: [www.ysag.ca](http://www.ysag.ca) email: [ysagssl@gmail.com](mailto:ysagssl@gmail.com)
- ★ **Shawnigan Lake Museum**  
Hours: Friday, Saturday, Sunday 11:30-4. (Thursday-Sunday in July & August)  
[www.shawniganlakemuseum.com](http://www.shawniganlakemuseum.com)
- ★ **Victoria Aqua Ski Club**  
August 9th and 10th - Novice Tournament. Open to the public.  
Concession, silent auction and 50/50 draw. Join the fun.

## July ~ What Is It? Where Is It? Why Is IT?



First correct answer sent to [editor@shawniganfocus.ca](mailto:editor@shawniganfocus.ca) wins two Specialty Coffees at Shawnigan House!

Congrats to June's winner, **Maureen Turenne**. The photo showed part of the new controlled crosswalk on Renfrew Rd. at Shawnigan Lake School. A very worthwhile improvement which should get drivers' attention!



**VALLEY HEALTH and FITNESS**

Group Fitness | Personal Training | Weight Loss  
Supplement Centre | Infrared Sauna | Tanning  
Strength & Cardio Equipment | Free Weights

Valleyview Centre  
#1-1400 Cowichan Bay Rd, Cobble Hill  
Email: [info@valleyhealthandfitness.ca](mailto:info@valleyhealthandfitness.ca)  
Web: [www.valleyhealthandfitness.ca](http://www.valleyhealthandfitness.ca)  
Phone: 250-743-0511



## Mason's Store

Family owned since 1956  
Your one-stop convenience store.

We have everything:

Subs & Hot-Dogs - Slush - Instore Bakery - Lottery  
Giftware - Greeting Cards - Balloons - Fax & Photocopy  
Dry Cleaning - Rug Doctor - Hunting Licenses - Fishing Tackle

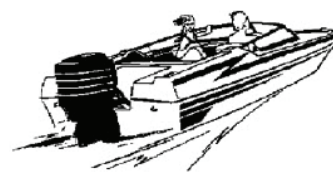
1855 Renfrew Road

Ph: 250-743-2144 Fax: 250-743-7883

## SHAWNIGAN MILL BAY

**AUTO PARTS (1992) LTD.**

**743-3355**



**Mill Bay's  
Auto/Marine  
Parts Store  
Pioneer Square**

**ADVERTISE IN THE SHAWNIGAN FOCUS!**  
Great rates, great exposure!  
[ads@shawniganfocus.ca](mailto:ads@shawniganfocus.ca)

Whether you

*Live to Dance,  
Love to Dance*

or simply wish to

*Learn to Dance*

we have the commitment,  
drive and support to ensure you achieve your goals



**LTDANCE**  
studio

Classes for  
ages 2 to Adult

Shawnigan Lake Village | [www.LTDANCESTUDIO.com](http://www.LTDANCESTUDIO.com) | **250.661.1767**  
2744 Shawnigan Lake Rd ~ below Steeples Restaurant

**EUTHBERT**  
**CONSTRUCTION**  
GENERAL CONTRACTORS

**This could be your View!!**  
**Shawnigan Lakefront Lots - FOR SALE!!**



**Sunny South Facing Building Lots.**  
**Beach and deep water for moorage.**  
**May build to suit. Will have septic approval.**

**250-743-9000**

Custom Homes, Custom Docks, Pilings, Concrete Piers,  
Excavations, Foundations, Drainage, Retaining Walls



# Contaminated Waste Permit Status July

**Brent Beach**  
*Shawnigan Focus*

The Environmental Appeal Board (EAB) hearing into an Appeal of Permit 105809, which allows South Island Aggregates (SIA) to bring 5 million tons of contaminated waste into the Shawnigan Lake Community Watershed is almost over. Only three phases remain - written rebuttals, oral arguments and the decision of the EAB.

The written arguments stage finished on July 9, 2014.

The questions to be answered in an Appeal of a Contaminated Waste Permit:

1. Did the Ministry of Environment (MoE) Statutory Decision Maker (SDM) follow the procedures required of him?
2. Will the Permit protect the environment?

In their final written arguments, the 4 appellants answered both of these questions with emphatic NO!

Appellants John and Lois Hayes wrote, based on their lifetimes in business, that the Permit process failed when it did not examine SIA as a business. Lois says that, when leasing office space, they require more corporate documentation from the client than MoE collected about a company they were permitting to operate a contaminated waste site.

Appellant Rick Sanders discussed the unsuitability of the site and the errors in the documentation on which the Permit was based.

The CVRD legal team looked closely at the material provided in support of the permit application - the known bias shown by the Qualified Professional (QP) that supplied the scientific basis of the application, and the failure of the Ministry of Environment (MoE) Statutory Decision Maker (SDM) to appropriately weigh the contrary evidence provided by unbiased experts. This brief made the additional important point that operation of this contaminated waste site relies on compliance - the operator will make changes as requested by MoE during operation. It noted that SIA has not complied with orders from the Contaminated Sites regulatory branch in the past and has ongoing multiple violations of its Mines Permit. In fact, no owner of a contaminated waste site has complied with a MoE order in our area since at least the year 2000.

The Shawnigan Residents Association (SRA) legal team argued powerfully that all of the information supplied by SIA in support of this permit should be considered inadmissible. They also argued that the site would not be acceptable for two other types of landfills that

accept waste less contaminated than this site will be accepting.

In reply, the MoE legal team (lawyers from the Ministry of Justice (MoJ)) argued that the permitting process was followed without flaw, over a longer period than required by regulations, with the SDM consulting widely. They fail to mention that almost all of the current science arose from experts hired by the residents, through the Shawnigan Residents Association, and the CVRD, at a cost of over \$500,000.

Finally, the SIA legal team supplied (1 day late) their written explanation of how a process, based on bad science from a company which has been non-compliant in the past, will result in a safe contaminated waste storage facility in the Shawnigan Lake Community Watershed. This argument is actually a rebuttal of the appellant arguments, since the SIA lawyers had the appellants' arguments for 2 weeks before submitting their argument (1 day late).

The written submissions are for the most part readable. Occasionally, a submission delves deeply into legal arguments. Those sections appear to be written in a foreign language - extra-terrestrial in fact. I think those sections are there so lawyers can show off to other lawyers. I hope they don't affect the outcome. I skipped those parts.

If you take the time to read all of these submissions you will be saddened and gladdened. Saddened that the Permitting process could be so thoroughly abused by both the SDM and the proponent. Gladdened that the appellants have so thoroughly exposed that abuse.

The written rebuttals are due on July 16 (or perhaps July 17, since the SIA lawyers were 1 day late).

The oral arguments will take place July 24 and 25 at the EAB hearing room, 747 Fort Street, 3rd floor.

No new developments in the CVRD suit, in the Supreme Court of BC, arguing that the zoning of the quarry does not allow a contaminated waste processing site.

No further developments in the CVRD request to the Ministry of Mines that all property line violations between the SIA quarry and the CVRD land west of the quarry be immediately remedied.

No further developments on the contaminated soil on SIA property Lot 23.

Links to all the documents at [Brentatthefocus.blogspot.com](http://Brentatthefocus.blogspot.com)

## Heritage Inspire!fest Sunday, August 17th, 2014 11:00 am - 3:30 pm

### **Heritage Inspire!fest**

is a collaboration of Inspire!Shawnigan and the Shawnigan Lake Museum.

It will be a day of low tech entertainment and fun for the entire family and it happens right beside the Museum on Centennial Park and Elsie Miles Park.

Our vision is to celebrate the heritage and creativity of our community, while building neighbourly connections and inspiring families to find fun in sharing simple old style games and activities together!!

Bring a family picnic. Relax and enjoy the artisan demonstrations, family fun races, a

literary corner, musical buskers, a magician, photo booth (dress up in period clothing and have a photo taken) face painting, old-fashioned games, a food stall and much more.

Fun and surprises for young and old! Mark your calendars - you don't want to miss it!

Ben  Kotler, MA  
REGISTERED  
CLINICAL COUNSELLOR



[www.feelchange.ca](http://www.feelchange.ca)

SHAWNIGAN LAKE 2721 Shawnigan Lake Road **250-634-1634** [info@feelchange.ca](mailto:info@feelchange.ca)

和

**HARMONY TAILORS**

Shawnigan Lake

**Repairs & Alterations  
Custom Creations  
Fine Dress Making**

Nina Wang : 250-466-4206 / 250-929-4685

*Finding the perfect harmony between pattern, design & you.*



*Health - Fitness - Strength - Peace of Mind*



**Daily Yoga for Every Body  
Open All Summer**

All Levels - Drop-in welcome!

**KALI YOGA**

Nicola Cusi Yoga Centre

[nicolacusi@yahoo.ca](mailto:nicolacusi@yahoo.ca)  
250 466 0006

[www.kaliyoga.ca](http://www.kaliyoga.ca)



**Rachel Allen**

TELLINGTON TTOUCH PRACTITIONER

**250-882-4198**

[beingsinbalance@gmail.com](mailto:beingsinbalance@gmail.com)

*Are you dealing with unwanted canine behaviour problems such as leash pulling, excessive barking and reactivity? Does your dog carry fear and anxiety from a past experience? Are you looking to deepen your relationship with your dog and improve your canine communication skills? If so, then TTOUCH is for you. The TELLINGTON TTOUCH METHOD is a gentle and respectful approach to working with physical, emotional and behavioural challenges in animals.*

**PRIVATE CLIENTS PRESENTATIONS WORKSHOPS**

*The Galley Grill*

Family Friendly Dining  
on the lake at the Shawnigan Marina  
**250-896-1364**

**Breakfast, Burgers, Pasta, Wings,  
Salads, Ice Cream and Milk Shakes**

*July Features*

### **Thursday is Pizza Night**

Family size pie with two toppings \$12  
Two slices with a glass of beer \$8

### **Friday is Wing Night**

Chicken Wings .55¢ each  
6 Wings with a glass of beer \$7.50

### **Saturday is Pasta Night**

Spaghetti, Meat or Veggie sauce \$7  
Chicken Parmesan with Spaghetti \$10  
Lasagna, side salad \$9  
Glass of local wine \$5

**Hours : 9AM - 9PM Every Day**  
Located at the Marina, E. Shawnigan Lake Rd

**Follow us on Twitter**