



Shawnigan Focus

Volume Thirteen - Issue Five

May 2022 Punhwe'num

A Non-Profit Community Publication

Big Shift for Small Museum - A Million Dollar Story

Lori Treloar
Executive Director
Shawnigan Lake
Historical Society

The Shawnigan Lake Historical Society is thrilled to announce that funding, under the Investing in Canada Infrastructure Program (ICIP) - Rural and Northern Communities (RNC) Program, has been approved for the Shawnigan Lake Museum expansion project, Project Impact, to a maximum federal/pro-

vincial contribution of up to \$1,077,903.

Project Impact is a community supported capital expansion project to triple the size of the Shawnigan Lake Museum from 2100 sq. ft. to over 6000 sq. ft. The project will position the museum as the cultural hub of the community; it will grow tourism potential in the area; and it will provide space to invite the community and visitors in

for events and workshops led by the storytellers of the community.

The project will result in local spending of more than \$2m on construction

materials and labour in the local community(ies), create many new jobs during the construction, and generate new staff positions within the museum, post-construction.

“We have been working on the expansion project for over five years”, says Executive Director Lori Treloar. “we are honoured to be a recipient, and grateful, and we are certain that this project will significantly impact our community.”

Pre-pandemic, the museum welcomed more than 4000 visitors a year, and delivered cultural programming and events for youth, families and adults in the region with

a team of up to 75 volunteers who helped to deliver over 3500 hours of volunteer service each year.

The Shawnigan Lake Historical Society is a charitable organization located in the heart of Shawnigan Lake Village.

The Society was incorporated in 1977 and opened the museum in the original Firehall in 1983. For almost 40 years, the museum has been a go-to place to connect community and visitors with the Shawnigan Lake experience,



through heritage, culture and arts programming.

Note:
Summer Student position at the Museum starting May 10.

More details at shawniganlakemuseum.com or email: museum@shawniganlakemuseum.com



Rail with Trail gets Green Light

Sierra Acton
Area B Director

Two of our loudest requests are being realized through the Rail with Trail project that connects Government Wharf Park to Old Mill Park. This project moves the community towards our goal of getting people off our roads and onto safe walking and biking paths. Support for the project was strong across our schools, local businesses and the greater community, and especially for village residents. They are all concerned with safety, and supporting our local economy, and the walkability of our community. I'm so excited for our future as we share our lake in a very special way! I viewed this decision with 3 lenses: environment, economic and social. Environment is protected through the diligent work of qualified environmental professionals, monitoring/mitigating plans and our professional parks staff (who often work in sensitive areas).

Second, I know the community wants to support local business and showcase our area to friends, family and visitors of all abilities. And thirdly, the pandemic showed us that we valued walking and being outdoors more than ever. We can now connect safely right beside our gem Shawnigan Lake as we walk/bike from Mason's to Old Mill Park. Congratulations community!

There is no place like home

Shawnigan Lake is home to many diverse groups and perspectives with many different values, all valid and all important. Where do we meet in regards to environment, economic and social issues? Through the CVRD's Harmonized Official Community Plan and Modernization we can design our future for how we want to live, work and play. I have learned that if we give lots of input we have better outcomes for our

community and more strength at the CVRD Board table. I hope you will participate.

Overview

The Official Community Plan (OCP) for the Electoral Areas is being updated to envision a resilient future and to provide strategic land use policy for the nine electoral areas. Policies are being updated to plan for some of the most pressing questions the CVRD faces today, such as: How can we accommodate new housing? How can we ensure safe access to drinking water for current and future residents? How can we grow our local economy? How can we respond to climate change?

Area plans are the places in the OCP where area-specific policies emerge to capture and enhance the unique identities and characters of each community. Policies within the area plans will include: public realm policies, density for housing,

identification of lands for future housing and area-specific design guidelines.

There are Four different ways to participate in May. Two virtual (CVRD led) and two in-person sessions (Hosted by me);

CVRD Online:

- Local Area Plans for A/B/C May 14th 10am-noon and Local Area Plans B/E Tues. May 18th 6pm-8pm. For more details visit www.planyourcovichan.ca or email communitycircles@cvrd.bc.ca

In -person hosted by me

- Thurs. May 26th 5:30pm- 6:30pm at the Shawnigan Lake Community Centre
- Wed. June 1st 8:30am-9:30am at the Shawnigan Lake Community Centre
- Facebook Page @

AreaDirectorAreaB for ongoing events and RSVP

Just come ready to connect with your fellow Shawnigan residents and discuss our future. Go to <https://bit.ly/3kpVniv> for introduction video. I am also happy to help neighbourhoods host a Community Circle on any of the eight topics, please let me know. Sierra.acton@cvrd.bc.ca

Mark your calendar and dust off your business cards!

The Shawnigan Lake Community Association is hosting a meet and mingle for all local business owners (home based or brick and mortar) and associations.

SAVE THE DATE: Wednesday, June 8th from 5-7

Go to: ShawniganLakeCommunityAssociation.ca for more details.

Did you know that The Focus is a non-profit, volunteer run, free paper? Want to know more or get involved? shawniganfocuseditor@gmail.com

Cowichan South Arts Guild

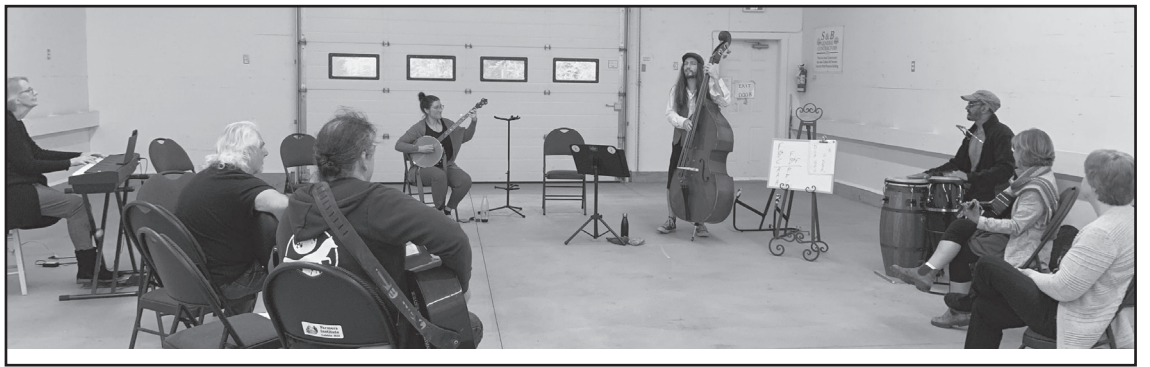
Diane Mellott

Sunday, April 24th was the date of the inaugural Cowichan South Arts Guild Acoustic Jam at Stu Armour Hall in Cobble Hill. A modest gathering slowly grew to a group of eight musicians with varying levels of experience, and an appreciative audience who, with encouragement, soon helped to fill the hall with music as they joined in with vocal backup to the many instruments, including banjo, string bass, keyboard, drums and guitars. Once everyone sensed the open accepting nature of the Jam,



the afternoon really got rolling!

Our musical facilitators Greg and Nemira were masterful at making everyone feel welcome and comfortable. They created a very 'safe' feeling atmosphere for everyone to join in. As the afternoon drew to a close, the community of music makers were smiling, chatting with folks they had just met, remarking on how much fun they had and eagerly looking forward to the next Acoustic Jam. Cowichan South Arts Guild has at its core the goal of engaging and connecting our south end community members through arts events and activities for adults and youth. We want to help build a vibrant community strengthened by the Arts and all the associated benefits. The Arts, and music in particular can enhance a sense of belonging and connection. Studies have shown that listening to and especially *making* music together releases endorphins



that result in the positive emotions that help to bring people closer together. We want everyone to experience the 'natural high' that we all experienced with the encouraging and inclusive guidance of our facilitators last Sunday! Hope to see you at the next Jam or one of our many events and series. For more information about community building through the arts see this great article: <https://www.percussionplay.com/the-benefits-of-music-making-within-the-community/>

Our new website (cowichansouthartsguild.com) should be up and running by the time you read this article, but if not, you can still con-

nect with us through facebook and by email hello@cowichansouthartsguild.com PLEASE NOTE: CSAG's AGM will be held at Shawnigan Lake Community Centre on May 27th 6:30 pm. Join

us for music, visual arts display and refreshments. Connect with other members and meet the Board who work so hard to design and deliver arts programming to our community!



Not just for the birds!
Photo by Ros Cuthbert

South Cowichan Library

Monica Finn
South Cowichan Library
250-743-5436
southcowichan@virl.bc.ca

LEGO® Club is back! Every Tuesday, 2-5pm. We provide the LEGO (and Duplo), and you provide the imagination every Wednesday afternoon. Come ready to build! This is a free, drop-in event best suited for children 6 to 12 years.

Please help us spread the word: Family Storytime returns in May. The fun will happen on Mondays at 10:30am, starting May 2, outside at the Mill Bay Centre playground. Get ready for sunshine, stories, and songs!

Did you know the library has thousands of DVDs? We display the most recent, so you won't have far to look for titles like Belfast, West Side Story, Dune, Spencer, and Nightmare Alley. All of the furniture is back,

all the chairs and three public computers. Bring in a coffee and read the newspaper in one of our armchairs with a light therapy lamp glowing beside you.

Have you gotten a new device recently? Contact us to book a Tech One-on-One appointment for help setting up eBooks, digital audiobooks, or other library eResources.

If you know someone unable to come into the library due to illness or injury, please let them know about our volunteer Home Delivery service. Books, audiobooks, and DVDs are delivered to your door every month.

The South Cowichan Library in the Mill Bay Centre is open

10am - 8pm on Monday and Tuesday

10am - 5pm on Wednesday, Thursday, Friday, & Saturday



CONTACT:

Mark Granfar
markgranfar@gmail.com 250 7447272

Tim Mock
tmock@bc.bahai.ca 250 748-2585

Ana Maria Pavon
anamariapavonmarin@gmail.com 250 216 5722

Amy Brooks
emailamybrooks@gmail.com 236 5948081

FOR IMMEDIATE RELEASE

On Sunday, May 22, 2022, the Bahai communities in the Cowichan Valley are hosting an all-day event that is free and open to all at the Cowichan Valley Performing Arts Centre in Duncan, with meals, refreshments, music, arts, and programs specific and concurrent for adults, youth & children and open for everyone in the community to participate. The Tzinquaw Dancers and members of the Quw'utsun' Tribes will open the program.

The main objective of these conferences now taking place in thousands of locations around the world and 80 locations in Canada is to bring about a unified vision for the betterment of the world. In it, we will explore together the power of communities to unify, heal, and transcend differences, where everyone feels empowered to contribute to the betterment of all, by releasing the potential that lies within each of us and transcending differences of background, culture, religion, or age.

Please contact the organizing team for more information and any interviews.

<https://www.youtube.com/watch?v=99jWCFGSsoxs>

<https://www.youtube.com/watch?v=BjC3P99pnno>

FOLLOW us on
TWITTER
& INSTAGRAM
LIKE us on FACEBOOK

Shawnigan Focus

Right to Roam

Eric Ronse ~ Opinion

Summer's almost here. Camping and out-of-doors activities will accelerate as Covid 19 regresses. Yet not all lakes and waters are available to the average camper or outdoor enthusiast.

First, define Right to Roam. It merely confirms rights that we all have, to share in the natural world. Not all is as simple as the words imply.

Second, our rights have insufficient legitimacy in law. For example, there are Minnie and Stoney Lakes near Cache Creek. They can only

be accessed by agreement of the company holding the Title/Deed to the Douglas Lake Ranch.

The matter has been adjudicated by the Courts. Most recently, Mr. C. Sandborn, director of the University of Victoria - Environmental Law Centre, observed that the BC Court of Appeal DOES have the right to refuse entry to the ranch lands, despite the two public lakes being completely within the confines of the Douglas Ranch. That is not to say that the public has no right of access - nor does it confirm that it does. Currently, the ranch prohibits entry to its land on the simply based comparison, that we do not

generally welcome strangers in our yards.

Third, The Court of Appeal explicitly stated that the provincial government is authorized to amend its laws to grant the right for the public to make use of lakes for all aquatic diversions. One minor impediment confronts the public's right. That is, that current legislation gives equal weight to the benefits accruing to the public as to the ranch owner. This means "business as usual" and neither side is inclined to forfeit its perceived rights.

The solution follows!

A review of parallel jurisdictions guides this thinking. Sweden appears to have

made the best law which ensures the rights of individuals to access lakes properly belonging to the Crown, by enshrining public rights in its constitution. Great Britain has passed legislation guaranteeing access to privately held land to reach publicly owned lakes and streams, since bodies of water remain within ownership of the government. Closer to home, Nova Scotia has passed a law which recognizes and respects the rights of privacy of land ownership and the public's right of "trespass" and enjoyment of Crown waters.

This is not simply a matter of "David vs Goliath". Voters in this Province must

pressure their local MLA and ask that he/she bring this unresolved matter to the attention of Premier, Mr. Horgan.

We are indebted to Justice Joel Groves for his summation of this issue, together with his recommendation that the province legislate the right of access to publicly owned bodies of water, guaranteeing the public legal passage over private land to reach their favourite swimming hole, fishing experience and other diversions. These lakes fall in the public realm. No fence

should extinguish the public's access to those public resources.

Uphill Both Ways Christle Pope Rotary Eco Club

I'm sure many of us remember hearing stories from elders of harrowing walks to school for hours in snow and sleet, uphill both ways. In an article from CTV news, citing Statistics Canada, in 1971 80% of children ages 7 and 8 walked or cycled to school compared with 34% of BC children in 2015.

There are many different factors that contribute to this decline, such as greater urban sprawl, hectic sched-

ules, lack of safe pedestrian and cycling infrastructure, as well as other safety concerns. However, researchers found that even if school was only 300 metres away, parents are still driving kids because 'it is on their way'.

I live near Discovery School in Shawnigan lake and can attest to the 8:15 am gridlock that ensues as parents try to find a place to pull over to let out children or watch as cars line up the hill waiting for a car to make the left turn into the school roundabout. Yet as I bike to work, I usually only see the same dozen or so kids walking or cycling.

The Public Health Agency of Canada in 2021 estimates that only 9.3% of children and youth between the ages of 5-17 meet the minimum guidelines of 60 minutes of physical activity per day. Walking to school not only helps to ensure our kids are getting the physical activity they need, but studies show children who walk to school do better with academics, have a longer attention span, lower stress levels. Walking or cycling to school can help promote a sense of confidence and independence, not to mention the environmental benefits of less cars on the road.

The CVRD is seeking public input right now for their Active Transportation Plan, which is looking to improve infrastructure to make walking and cycling safer and more convenient. Visit their site and have your say! While the plan is still in draft stage, we as a community can do things right now to help improve the safety on our roads by slowing down and being aware. Many of our roads do not have sidewalks or even safe shoulders for cycling or walking, so here's an opportunity to share our concerns.

Try planning to walk at

least one day a week to start. Map out a route, discuss a safety plan with your kids, find a buddy, take turns with other parents walking until you feel confident. Check out the Walking Bus program that some schools are trying across the province. Be an example, try taking the extra time to walk or cycle yourself to work.

All the kids who live east of Worthington Rd could have the opportunity to bore generations of upcoming kids with their stories of ACTUALLY walking to school, uphill BOTH ways!



Volunteers Build Healthy Communities:

By Sarah Davidge-Cardinal, Manager Programs & Volunteers
South Cowichan/Cowichan Community Policing & Engagement Society

Let's talk about how communities thrive and support one another. When you live, work and play in a community that supports one another it becomes an extension of family or for some who may have moved away from their original homes, it can be their new family.

When we ask why do you volunteer in your community these are some of the answers we hear:

- It feeds my heart.
- Through volunteering the community has become family to me.
- I think it's important to give back.
- It's a great way to meet other people at my age.
- It's just something I have always done, I like to give back.
- I get to be part of something outside of myself.
- I like to call the Friendly's, I like to brighten their day!

I can tell you, we at SCCP & CCP & ES are thankful to those who have made the choice to be a part of bringing safety and awareness to our communities; whether it be our dedicated team of Friendly Phone callers that 7 days a week call our senior clients, to say a "good morning" which for some is not only vital but as they say "so special to them" a testimony from a 92 year old client "Your callers are all so darn important to me each one of them, as he names them off one by one" This brings a huge smile to our faces.

Our dedicated Speed Watch volunteers new and 10+ years, all providing education and safety to our community.

Our Block Watch members who build community in their neighbourhoods and promote active communities which work together to help prevent and report criminal activity to the RCMP. Each one doing their part for the betterment of all.

Last but not least our incredible Directors who keep the ship afloat in the rough weather, they say when things get tough, it can make or break you. I have to say that we have a very strong team of Directors who have supported Community Policing and met each challenge with dignity and respect.

As the Volunteers throughout the Cowichan Valley continue to give back, we all reap the benefits of being part of growing and thriving communities.

As I always say "Volunteers are the heart of Community Policing" and to all Volunteers we could not do what we do without you. With heart felt gratitude we want to say "Thank you"



Book Review

Marcy Green
Shawnigan Focus

These Precious Days
by Ann Patchett
Published by Harper ~
Copyright 2021 by Ann Patchett

Fans of Ann Patchett, rejoice! She has published a new book of essays and, like her first one, "This is the Story of a Happy Marriage", it is a wonderful, exuberant collection.

Some of her topics include: life lessons learned running a book store; her love of Snoopy; knitting through hard times; memories of being a graduate student; and,

and being questioned about choosing to be a childless woman. Other relationship and family essays show us the warm and generous nature of the author, and one can't help wishing she lived nearby to meet with for coffee.

I have several favourites of the 22 selections. The first is called "Three Fathers", as her mother married multiple times. She includes a photo of herself with them and relates that one of the men jokingly predicted she would include it when she wrote about them. And so she does, lovingly recounting the unique gifts she received from each one. Such a thoughtful way to eulogize her fathers,

as they are now all deceased.

"Flight Plan" is a fascinating description of her husband Karl, a medical doctor, whose lifelong hobby of buying and flying used, sometimes rickety small planes is his passion. Ann's patience with flying into remote areas with him, and her terror in worrying about his life when he doesn't arrive on time, is a real adventure story. Their acceptance of their different interests gives a clue to their love and enduring marriage.

My favourite and longest story is "These Precious Days". This one is about the wonderful and talented Sookie, the personal assistant of Tom Hanks, whom Patchett met through an interest in his book of short stories.

The two women find com-

mon ground and enjoy getting to know each other through e-mails, at first business-oriented, and then more personal as a friendship begins to grow.

Shockingly, Sookie develops pancreatic cancer. By coincidence, Ann's doctor husband is involved with the research trials being run through his hospital in Nashville. He arranges to have Sookie enrolled in the trials, and he and Ann offer their house in Nashville for what they all assume will be a reasonably short time period.

But Covid enters the picture, with the result being an unexpected year's stay together, where they develop the strongest of bonds. The author describes their friendship as, "What it means to be

seen, to find someone with whom you can be your best and most complete self".

The story unfolds, full of love and courage and, in the end, acceptance and memory.

We learn that Sookie is an accomplished and brilliant artist, and it is her cover work on the front and back of this latest book. The last essay, "Epilogue: A Day at the Beach" also tells us more about Ann's beloved friend. It is very moving.

Recommended for those who love short stories and reading about a fascinating and delightful author who opens up about her life with such vulnerability. Laughter and tears are abundant.

Rating: 5/5 stars

Shawnigan Basin Society

Shirley Astleford
Shawnigan Basin Society

What's shaking at The Shawnigan Basin Society?

SBS AGM was held on April 5th Our existing Board members renewed their commitment to continue volunteering their time and expertise toward the stewardship of ecologically sound practices in South Cowichan. Please join us in welcoming our new Director, Amy Clinton-Baker and returning Director Dave Hutchinson. Visit our website for more information about our directors and the projects we have underway. <https://www.shawnigan-basinsociety.org/shawnigan-basin-society.html>

A very important opportunity to engage in planning community zoning and regulations is happening

May 14th Area Specific CVRD Official Community Plan – Community

engagement Circle Activities Community Circles for OCP for the Electoral Areas (Bylaw 4373) <https://www.planyourcowichan.ca/community-circles>

This is a very important opportunity to engage in planning community zoning and regulations.

May 22nd 1pm – 3pm International Biological Diversity Day – Family Scavenger Hunt & Cedar Planter Raffle. Join us at our office for some fun activities and directions for a self guided scavenger hunt.

Brettany Flowers, our Administrative Assistant since 2019 has decided to pursue other career opportunities. We thank her for her hard work and dedication and wish her well in the future.

We will be welcoming Kim Barnard (also of Shawnigan Lake Rotary Eco Club) to the Admin-

istrative Assistant position at our volunteer centre in the 1st week of May. This is an exciting opportunity to keep the office well organized and accessible to community. Open hours going forward will be 10am – 2pm Tuesday, Thursday & Saturday. General Meetings held on the 1st Tuesday of every month 7pm – 9pm. Community Education events on the 3rd Tuesday of every month 7pm – 9pm.

Interested in volunteering to improve foreshore integrity on Shawnigan Lake? Would you like us to assist you to restore your foreshore? In partnership with Watersheds Canada, we have 3 more sponsored site projects available. More information is available <https://www.shawniganbasinsociety.org/natural-edge-program.html> Contact us at (250) 929-4076 to register.



Welcome Aboard, Kim!

<p>JUN'S BEAST MANN EXCAVATING LTD.</p> <p>Edward Jun 250-886-9623 hkjhb@msn.com</p> <p>4170 Goldstream Heights Drive Shawnigan Lake, BC V0R 2W3</p>	<p>SERVICES INCLUDE</p> <ul style="list-style-type: none"> • TRENCHING & DITCHING • BACK FILL • ROAD CONSTRUCTION • ROCK BUILDING • LAND CLEARING • DEMOLITION • LANDSCAPING
	<p>Certified Machine Operator Excavations at an Affordable Rate</p>

Shawnigan Rotary Eco Club

Dinah Clark
Shawnigan Rotary Eco Club

Shawnigan's Earth Day Clean-Up Event brought all ages out to collect 780 kg of garbage from our roads, pathways, waters, and forests. We were especially heartened to have students and families join in, fostering a life-long attitude of respect and care for our beautiful landscape. Several lucky participants, including some happy kids, won draw prizes donated by our community businesses.

We were supported by Fisher Road Recycling/DL's Bins and P.A.N. Disposal. More highlights and photos at www.Shawnigan-RotaryEcoClub.ca

If you would like to join our LitterWatch Group to adopt a section of road or area to keep litter-free year-round

contact ShawniganRotaryEcoClub@gmail.com

www.ShawniganRotaryEcoClub.ca or join FB LitterWatch - Shawnigan/SouthEnd



TOM WOOD
REAL ESTATE

CURIOUS ABOUT THE REAL ESTATE MARKET?

Contact us today for a
Complimentary Home Valuation
or Buyer Consultation.

☎ 250-886-8236
✉ tom@twre.ca

Proudly brokered by

Everywhere you see used to be a forest

Jared Qwustenuxun Williams
Elders Kitchen Manager at Cowichan Tribes, writer and educator

Massive towering cedar trees that were once big and strong enough to turn into hundred foot long, six foot wide, canoes. Strong Oaks that weathered the annual burns of the fields. Tall fir trees shadowed the undergrowth that grew moss that was a foot thick. Creeks, like capillaries, ran down the mountains and hills and poured into rivers, the arteries of the world.

The world we see now, where buildings tower over us like trees, where creeks and rivers are replaced with ditches and sewers, is a false environment. Prioritizing a false system we call the economy. Cars and roads rush us to jobs that give us little meaning and next to no connection. Yet, we seem to naturalize this landscape in our mind. So much so, that many cannot even go into

the wild spaces that are left. Due to lack of transportation, lack of knowledge, or even lack of experience.

There is this story about when the colonists arrived on Vancouver Island, I call it the cow story. In the 1860's, when colonization was still newish here on the west coast. Governor Douglas saw fit to send 200 settlers into the Cowichan Valley to settle the stolen land. Many didn't make it through the first year, complaining of the rugged terrain and lack of arable farmland. But one family stayed, and brought their cattle. This family found one of the few "natural" meadow spaces and moved their cattle in. Little did they know this place was an indigenous camas and potato farm in a Garry Oak ecosystem. So, naturally, when the indigenous land owners returned to reap their harvest and found cows grazing on their traditional harvesting site, they instead laid claim to the cattle. From what I recall they even killed

and took a few cows back to their families. The settlers were distraught and fought back by reporting the theft to their authorities while protecting themselves with guns.

Now that story goes deeper, but you can tell from that part how rare a "natural" meadow or field was here in our territory. These places were made by generations of hwlmuhw people maintaining the land to grow Camas. But when Europeans arrived these were the first places they'd settle, as the land was already "cleared". But when that wasn't enough they started clearing more land, diverting more creeks, and channeling the rivers. Now, I would forgive you if you thought there were lots of free cleared meadowlands before colonization. But that's a myth.

Every meadow, every forest, every creek and river, had a family that looked after it and had the honor of reaping its bounty. Now

these places are gone and replaced with cities, roads, and cut blocks.

There is this place on Koksilah road that was cleared about a decade ago. From a 10 acre lot of 100 year old trees to a field of grass and fodder within a decade. I witnessed the change and it opened my eyes to the reality that this took place, and is still taking place, across British Columbia.

But so many of us have mentally naturalised this new world, as if it has always been this way. But I

promise you that every city, every town, every field and cut block, was once a thriving old growth forest that was owned and taken care of by indigenous people.

So next time you look out the window, try and picture the land that once was. Try and break the idea that this new world is acceptable or normal, it's not, it's a landscape of colonization, of capitalism, of climate change.

It's time to take it back, to return the forest, and to save the world.






YarrowGunWorks.com
Serving Cowichan & Southern Vancouver Island

Gord Frost : INSTRUCTOR | EXAMINER
Canadian Firearms Safety Course • CORE Program
Canadian Restricted Firearms Safety Course
Want to Buy Your Un-used, Unwanted Guns for Cash
Estate Appraisals • Live-Fire Exercises on Request
CONTACT : gord@yarrowgunworks.com **778.676.7253**

**ONE MEMBERSHIP...
YOU GET IT ALL!**



*Did you know?
Your membership at Valley Health and Fitness includes Cycle Fit, Yoga, Pilates, Zumba, Fit Camp and more!
Access to cardio equipment, strength equipment, functional training equipment and free weights.
As well as infrared sauna and towel service.*

VALLEY
HEALTH and FITNESS

#1-1400 Cowichan Bay Rd. Cobble Hill
Call (250) 743-0511
www.valleyhealthandfitness.ca

That thing that makes you "not fit in".

Be proud of it. Nurture it.

Because that's your extra in the ordinary.

~Myra S.

Shawnigan Lake
celebrates

CANADA DAY - July 1ST, 2022

Join the Parade! Meet at the Pavilion in the Park!
Family Fun! Games! Prizes! Live Entertainment!

An In-Person Event!
Business and Community Groups are encouraged to participate in the Parade or in Elsie Miles Park!

See our website for more information :
www.shawniganlakecommunityassociation.ca

Sponsored by the SLCA - Shawnigan Lake Community Association




Royal Canadian Legion Malahat District

Gloria Solley

On Sunday April 24th, the Royal Canadian Legion Malahat District Branch 134 held its monthly General Meeting where Comrade Dwight Grieve, the Military Veterans and Senior Chairman for B.C. Yukon Command, presented a Command Certificate of Merit Award to Cde. Robert Collins. This was in recognition of outstanding contribution and dedication to the overnight vigil at Cobble Hill Cenotaph B.C. to honour Canadian Soldiers Who Lost their Lives in a Non-combatative role in the Service of their Country. Weekly activities continue in May and June with Drop-

in Crib on Wednesday and Euchre on Friday afternoons and, of course, our Meat Draws on Saturday afternoons. The Galley is open Fridays 3:00-5:00 pm and Saturdays 1:00-5:00 pm. The Bar is open Fridays 1:00-7:00 pm and Saturdays 1:00-7:00 pm. Legion General Meeting is on the 15th and YSAG Monthly Meeting is on the 17th. We would like to wish a Happy Mother's Day to all the Mothers out there.

During the month of May, we will also be working on a full drive every Saturday. Donations for the BOTTLE DRIVE, FOOD BANK and BROKEN PROMISES RESCUES would



be appreciated. June is going to be a very busy month. Plans are underway for the return of the annual Walter Hall Community Fishing Derby on the 18th, and the annual Canada Day Pancake Breakfast, followed by the raising of the flag by the Malahat Honour Guard. Starting at 1:00 pm everyone is welcome to come to the Legion for free

entertainment and Canada Day cake. The Galley and Bar will be open. And anyone wishing to become a member of the Malahat Legion may purchase a membership for half price. Be sure to check our website and Facebook for further information. www.malahatlegion.com.

Shawnigan Lake Fire Department

PO Box 201
Shawnigan Lake, BC
V0R 2W0

Department members attended 25 incidents in April

- ★ Monday, Apr 4 – Burning Complaint on Heald Rd
- ★ Wednesday, Apr 6 - 1st Responder off Shawnigan Lake Rd
- ★ Wednesday, Apr 6 - 1st Responder off Renfrew Rd
- ★ Saturday, Apr 9 - 1st Responder off Shawnigan Lake Rd
- ★ Sunday, Apr 10 - 1st Responder off Shawnigan Lake Rd
- ★ Tuesday, Apr 12 - 1st Responder off Shawnigan-Mill Bay Rd
- ★ Tuesday, Apr 12 – MVI on Shawnigan Lake Rd
- ★ Tuesday, Apr 12 - 1st Responder off Shawnigan-Mill Bay Rd
- ★ Wednesday, Apr 13 - 1st Responder off Silvermine Rd
- ★ Wednesday, Apr 13 - 1st Responder off
- W Shawnigan Lake Rd
- ★ Friday, Apr 15 - 1st Responder off Shawnigan Lake Rd
- ★ Saturday, Apr 16 – MVI on Shawnigan Lake Rd
- ★ Monday, Apr 18 - 1st Responder off Shawnigan Lake Rd
- ★ Monday, Apr 18 – Unknown Fire on Shawnigan Lake Rd
- ★ Tuesday, Apr 19 - 1st Responder off Wallbank Rd
- ★ Tuesday, Apr 19 - 1st Responder off Shawnigan Lake Rd
- ★ Friday, Apr 22 – Duty Investigation on W Shawnigan Lake Rd
- ★ Friday, Apr 22 - 1st Responder off Sylvester Rd
- ★ Friday, Apr 22 - 1st Responder off Shawnigan Lake Rd
- ★ Saturday, Apr 23 - 1st Responder off Renfrew Rd
- ★ Monday, Apr 25 - 1st Responder off Shawnigan Lake Rd
- ★ Tuesday, Apr 26 - 1st Responder off W Shawnigan Lake Rd
- ★ Tuesday, Apr 26 – Burning Complaint on Bonnie Pl
- ★ Thursday, Apr 28 - 1st Responder off Briarwood Dr
- ★ Friday, Apr 29 - 1st Responder off Meadowview Rd

Shawnigan Weather - April 2022

Stats courtesy of UVic Weather Network & Environment Canada
Reported by Grant Treloar

	April Normal	Cigarmaker's Bay		Discovery School		Museum		Elford Road	
		2022	2021	2022	2021	2022	2021	2022	2021
Average High	13.5	10.8	16.2	11.5	16.3	11.1	16.5	11.2	15.5
Average Low	3.8	2.1	3.8	2.0	3.7	2.6	4.8	1.9	3.6
Extreme High	30.0	18.3	25.9	17.9	25.8	17.6	26.3	17.0	23.5
Extreme Low	-5.6	-1.2	-1.4	-1.6	-1.9	-0.5	-0.6	-1.0	-1.5
Precipitation	71.9	232.9	47.1	168.9	43.1	155.1	25.9	166.8	42.2
Days w precip	16	22	7	22	8	23	7	26	9
Year Precip	541.1	660.6	513.9	542.3	471.6	91.6	370.6	548.0	454.6
Precip since Oct 1	1075.8	1310.1	1183.6	1343.1	1110.8	1215.5	895.1	1322.2	1082.2

Rank since 1914: 12th coldest, wettest ever

	Apr 3	Apr 10	Apr 17	Apr 24
Lake Temperature	7°	7°	7°	9°
Lake Level Change	+9cm	+23cm	-13cm	-8cm
Surface Elevation	116.74m	116.97	116.48	116.76

"Spring Cleaning" Special \$129.95

plus applicable taxes

- Replace Engine Oil & Filter
- Inspect Brakes, Rotate Tires, Test Brake Fluid
- Test Battery & Charging System
- Inspect Wipers & AC for correct operation
- Inspect Electrical System & Lights
- Inspect Front End, Steering & Suspension
- Inspect all Belts & Hoses
- Lubricate Chassis & Drive Train
- Inspect Cooling System & Anti-Freeze Condition
- Test correct operation of 4WD or AWD where applicable

* Includes up to 6L of semi-synthetic oil
* Offer expires end May

250-743-2122
www.shawnigangarage.com



COMMUNITY GROUPS

- ★ **Area B Director's meetings with Sierra Acton**
Email sierra.acton@cvr.bc.ca
- ★ **Shawnigan Advisory Planning Commission (APC) Meetings TBA**
- ★ **Shawnigan Parks and Recreation Commission**
Meetings are held bi-monthly on the third Thursday of the month.
- ★ **Shawnigan Lake Community Centre Commission**
Meetings TBA. Held at the Shawnigan Lake Community Centre
- ★ **Shawnigan Improvement District**
2nd Monday of each month 7 pm at #1 Fire Hall
- ★ **Shawnigan Residents Association (SRA)**
For info: check www.thesra.ca
- ★ **Shawnigan Lake Community Association (SLCA)**
Contact: bburr@shaw.ca
- ★ **Shawnigan Basin Society**
Unit 4-1760 Shawnigan Mill Bay Road. Contact: info@shawniganbasinsociety.org
- ★ **Young Seniors Action Group (YSAGS)**
Contact: blog.ysag.ca - email: ysagssl@gmail.com
- ★ **Shawnigan Lake Museum**
Open Wed - Sat 10:30 - 3:30
Contact: shawniganlakemuseum@shaw.ca www.shawniganlakemuseum.com
- ★ **South Cowichan Community Policing (SCCP)**
Contact: 250-929-7222 - www.southcowichancommunitypolicing.ca
- ★ **Royal Canadian Legion Malahat District Branch 134**
Saturday Meat Draw 3:00-5:00pm. Contact: Gloria.gsolley@shaw.ca
- ★ **South Cowichan Arts Guild**
Contact: hello@cowichansouthartsguild.com <https://cowichansouthartsguild.com>
- ★ **Shawnigan Quilters** - Wed. 9-2 at Lion's Hall (former Sylvania School)
- ★ **Note:** Covid restrictions may affect regular meetings. Check before you go...

Classified

GENERAL INTEREST

WE ARE PEOPLE OF ECO-ACTION
Join caring neighbours, friends,
leaders, and problem-solvers to grow
VIBRANT ideas for lasting impact!
Find out more at
ShawniganRotaryEcoClub.ca
ShawniganRotaryEcoClub@gmail.com

FOR SALE MISC

SHAWNIGAN FOCUS CLASSIFIED
are your classifieds of choice.
Your message delivered to every
address in the Shawnigan Lake area.
\$12 for the first 30 words
30¢ per additional word
shawniganfocusads@gmail.com
Telephone : 250-743-2197

JOB OPPORTUNITIES

RENTALS

CHILDCARE

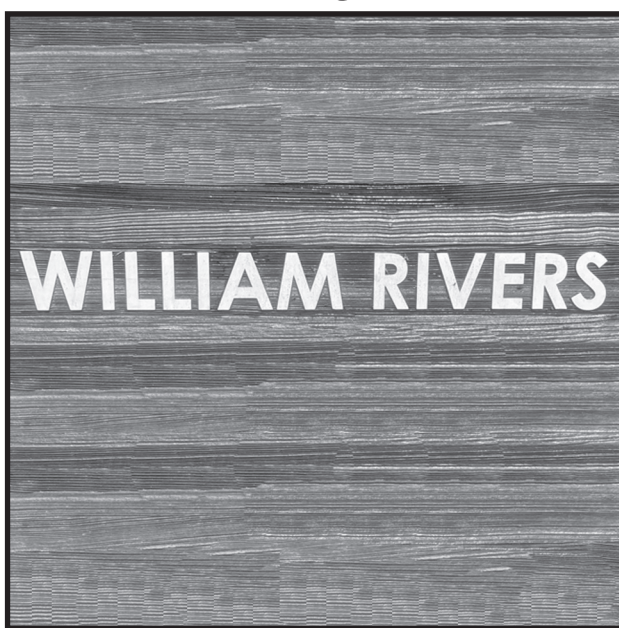
AUTOMOTIVE

LOST - FOUND

HOME SERVICES

PROPERTY SERVICES

What Is It? Where Is It? Why Is IT?



One lucky respondent with the correct
answer will be randomly selected to win two
Specialty Coffees at Shawnigan House.
Reply to: editor@shawniganfocus.ca

CONGRATULATIONS!

to *Kristy Haug*,
whose name was drawn from
submitted correct answers

The image was a homemade sign
on Shawnigan-Mill Bay Rd

**Cheap Ad
Rates!!**

Contact Kim:
shawniganfocusads@gmail.com

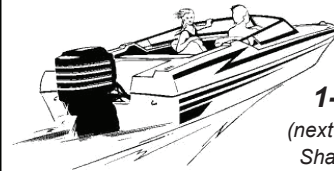


1350 Fisher Rd. | islandreturnit.com | Tues-Sat 9-4

**SHAWNIGAN MILL BAY
AUTO PARTS (1992) LTD.
250-743-3355**



South Cowichan's Auto & Marine Parts Supplier



NOW LOCATED @
1-3740 Trans-Canada Highway
(next door to RONA on the same frontage road)
Sharing a building with Accent Screen Printing

Mason's Store

A PART OF SHAWNIGAN LAKE FOR 65 YEARS
YOUR LOCAL STORE

Our Famous Instore Bakery – Sandwiches & Subs
Lottery – Greeting Cards – Balloons
Fax – Propane Swap – Rug Doctor – Dew Worms

1855 Renfrew Road
Ph: 250 743 2144 Fax: 250 743 7883

Shawnigan Cemetery



EST 1965
"A Community Resting Place"
Information 250 929 6100

Maintained by
MALAHAT LIONS



250-SHOPNOW
(250-746-7669)

D&D Your local repair facility!
Direct Distributors Est. 1990



Repairs to all Makes & Models

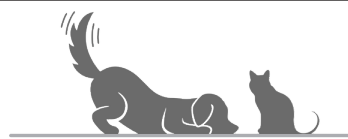
Diagnostics & Maintenance
Gas, Diesel, Electric, Hybrid
RV, Marine & Heavy Duty

**NEW & USED PARTS
FINDING SERVICE**

Located at 3330 TCH
(the long green hedge before Mill Bay)

Visit & follow @ [250shopnow.com](https://www.250shopnow.com)
✉ 250shopnow@gmail.com

VALID WITH \$100 MINIMUM PURCHASE



**KINSOL
VETERINARY
CLINIC**

(FORMERLY SHAWNIGAN VET)
We have moved to our new
location at the
CROSSROADS CENTRE.
Koksilah Road @ Trans-Canada Highway

VETERINARY SERVICES
including

Dentistry • X-Ray • Surgery
Wellness Exams • Vaccines
In-House Lab Machines

Monday-Friday 8:30-5:30

250-929-5888

info@kinsolvvet.ca
www.kinsolvvet.ca

DR. Karena Skelton - DVM
DR. Janet Sunstrum - DVM
DR. Georgina Lorimer - DVM

MATTHUW RONALD-JONES REALTY

**PEMBERTON
HOLMES**
ESTABLISHED 1887

250-732-5232
mronaldjones@gmail.com
www.mrjrealty.ca



St. John's Academy Spotlight

Visit our website for additional information:
www.stjohnsacademy.ca/shawniganlake



Event details:

Saturday, May 28, 2022

11 AM to 2 PM

St. John's Academy Campus
2371 Shawnigan Lake Road

St. John's Academy Annual Community Fun Fair

Join us for the 1st annual **St. John's Academy (SJA) Community Fun Fair** – a fun and family-friendly event for SJA students, families, teachers, Shawnigan Lake residents and neighbouring communities. Take a tour of the campus, grab some lunch, check out the entertainment and learn more about SJA's new Education Plan, which includes a proposal to expand the existing campus to welcome students from grades K to 3 through the addition of new academic and recreation space.

For more information, please contact: *Matt Jonah*, Director of Admissions, matt.jonah@stjohnsacademy.ca

Summer is Coming Now is the Time to Get Your Heat Pump Serviced!

Your heat pump should be serviced at least once a year to maintain efficiency and proper operation.

QUALIFY FOR UP TO
\$11,000

IN REBATES & GRANTS
WHEN YOU INSTALL
A NEW HEAT PUMP

to find out more, call us at:
250 748 0170
www.mercuryrefrigeration.ca



Mercury Refrigeration

HEAT PUMP SPECIALISTS

BASED IN SHAWNIGAN LAKE SINCE 2007 • SERVING AND EMPLOYING THE COMMUNITY • AT #15-102 700 SHAWNIGAN LAKE ROAD

FOLLOW us on TWITTER & INSTAGRAM - LIKE us on FACEBOOK