



Shawnigan-Showe'luqun Focus

Volume Fifteen- Issue Five

May 2024
"The time when blue camas blooms"

A Non-Profit Community Publication

Quw'utsun Nature Rambles

Genevieve Singleton
Genevieve is a wife, Mum, Nana, nature educator and biologist living in the Cowichan Valley.

All words in CAPS are Hul'q'umi'num' words, the ancestral language of the QUW'UTSUN (Cowichan) Valley. If you do not already, learn some words of the First Language used where you live. Your life and brain will be enriched.

Along the trails of Shawnigan in springtime you will see TTH'UXTTH'UX with bright green, scalloped edged leaves. TTH'UXTTH'UX is the Hul'q'umi'num' word for Stinging nettle, (*Urtica dioica*). This is an important plant found circumpolar around the world and has spiritual, medicinal, fibre and food uses.

"Well, that is all fine and good, but what about the stinging?!" you might say. Keep rubber gloves handy or in a pinch use bread bags as a simple hand covering when gathering this useful plant. The stingers are little hollow hairs on the stems and the back of the leaves contain formic acid. When the hairs are broken, this acid causes an itchy rash. If you see the plant called

T'UMASU, Common Dock (*Rumex sp.*), nearby, rub the leaf on the rash to take the pain away. Once the nettle leaves have been dried, simmered, frozen or put through a blender the stinging is gone.

The young leaves, flowers and seeds are all edible. The seeds have a nutty taste. Be sure to harvest only the young parts of the plants if eating. Under 12 cm tall for the leaves is ideal. Another option is to pick the very top fresh buds. The leaves are gathered in the spring. Sometimes in the fall one is lucky enough to have a second fresh crop. I enjoy the leaves in anything where one would use cooked spinach. Pesto, soup, cooked greens, lasagna and quiche are all yummy possibilities. For pesto just substitute the steamed or frozen nettles for the basil. One of my favourite uses of the leaves is to make tea. I drink it every morning, hot or cold. To make this, I dry nettles in my dehydrator for a few hours at low heat. Then I break them up by hand, into pieces, and grind them with mortar and pestle. Laying the leaves in the sun on a hot day or using an oven would also work. Be sure they are very dry. Store in a glass or metal container.

This is a free food, full

of nutrients! The United States Dept of Agriculture (USDA) has determined that TTH'UXTTH'UX has 20% of daily value of fibre, 9% potassium, 5% protein, 14% magnesium, 8% iron and a whopping 48% in calcium!

It is not my place to speak of QUW'UTSUN (Cowichan) spiritual uses. Medicinally, it is used in salves, tinctures and creams to be used on the skin for arthritis treatment.

Did you know the words net and nettle are related? Instead of picking the leaves when young, the plant can be left to grow until the fall to make fibre from. The old leaves are stripped from the stems and discarded. The stems are bundled up and hung up to dry. When dried, split the hard stalk and strip out the inside core. This core can be spun and made into thread. Fishing nets and cordage were made locally for millennia. Luschiim, QUW'UTSUN Elder, shares in his book, co-authored with Nancy Turner, "Lushchiim's Plants", that the cord could be used for making nets to catch fish, deer and ducks. The amount of skill and time it would have taken to make the cord is mind

boggling. I have tried making cordage and found it challenging. No doubt more practice would help! It is also used for making fabric and paper! Look online for the extraordinary story of "The Nettle Dress" to see a dress made from nettles.

As always, when foraging wild foods be sure you know how to identify the plant you are interested in. Pick away from roads and be sure to follow the rules in protected areas and private property when harvesting. Eat Local! Dress Local! :)



The Great Shawnigan Community Clean Up

Kim Barnard
Founder-President-StoryGatherer

We did it together...

Together we can keep it going! Whole families, little children, high school students, kayakers, and folks

that arrived with pickup trucks filled with trash. Vacuum cleaners, tires, windsurf boards, furniture and many, many take-away cups thrown out of vehicle windows along our roads. Our favourite gems of the day were the newly formed water contingent cleaning the shoreline, and the trucks arriving with large collections of trash from Thain Road and Rebecca Road.

Business and Community Support

Thanks to our major sponsor, Unsworth Vineyards, and additional financial sponsors this year: Shawnigan Gas, Shawnigan Lake Community Association and Shawnigan Lake Akikai and the CVRD's Community Clean-Up

fund, we were able to purchase our Registration Tent and supplies for our Participants. We are grateful to the many local businesses that generously provided us with Draw Prizes which we delivered to some very happy winners. Please Shop Local and let them know you appreciate them!

We would not have had success without the infrastructure support of the Shawnigan Fire Department, DL's Bins/Fisher Road Recycling, and P.A.N. Disposal who offered their services and equipment for free.

Can We Keep This Going? Yes! Join our Adopt-an-Area Map

We are gradually building a team of people who Adopt-

an-Area year-round. How about you...would you like to Adopt an Area? It can be as simple as looking after the street you live on. We also need volunteers with trucks that we can call upon when a particularly large mess is discovered, to arrange for proper disposal.

Please let us know you can join our efforts and we can put you on our Litterwatch Map.

Email us at ShawniganRotaryEcoClub@gmail.com

We are a small-but-mighty environmentally-based Rotary club looking for new members. We will celebrate our 3rd birthday on Saturday, June 15 in the Village!

To find out more about our club or events: www.ShawniganRotaryEcoClub.ca



Shawnigan Focus

South Cowichan Library

Monica Finn

South Cowichan Library
250-743-5436

southcowichan@virl.bc.ca

www.facebook.com/VIRLSouthCowichan

Family Storytime is happening on Mondays at 10:30am, through May 13. We meet outside at the Mill Bay Centre playground for songs, stories and rhymes, weather permitting. For ages 0-5 and their caregivers. Siblings welcome!

Learning with Syeyutsus Speaker Series continues with presentations every other Wednesday, noon to 1pm. You can register online to watch from work or home or you can call or visit the branch to sign up to watch in the library!

May 8: Shalene Wuttunee Jobin will talk about her book, *Upholding Indigenous Economic Relationships: Nehiyawak Narratives*

May 22: Larry Chartrand will explore the historical denial – at both federal and provincial levels – of outstanding Métis concerns and Aboriginal rights claims. He and Yvonne Boyer edited *Bead by Bead: Constitutional Rights and Métis Community*.

LEGO® Club happens every Tuesday, 2-5pm. We provide the LEGO (and Duplo) and you supply the imagination. Come ready to build! This is a free, drop-in event.

Tech Help is available most Mondays, Fridays, and Saturdays. Drop-in or make an appointment for one-on-one help with your mobile device or laptop.

Conversational Spanish meets from 6:30 to 7:30pm every Tuesday. Drop in to practice Spanish in a casual setting. Beginners welcome.

Conversational Scottish Gaelic is a fun way for people interested in learning Scottish Gaelic to practice together. Tuesdays, 6:30-8pm.

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**. They can get books, audiobooks, and DVDs right at their door monthly.

The South Cowichan Library in the Mill Bay Centre is open:

10am - 8 pm, Monday and Tuesday

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

Shawnigan Weather - April 2024

Stats courtesy of UVic Weather Network and Weather Underground
Reported by Grant Treloar

Icons	April Normal	Cigarmaker's Bay		Butler Road		Discovery School		Museum		Elford Road	
		2024	2023	2024	2023	2024	2023	2024	2023	2023	2022
Average High	13.5	14.3	11.9	14.5	12.3	14.6	12.3	14.5	12.3	14.5	12.2
Average Low	3.8	3.5	3.0	1.3	1.4	3.2	3.0	3.5	3.6	2.9	2.8
Extreme High	30.0	21.2	25.8	20.3	26.5	19.8	25.2	20.4	25.3	20.4	25.7
Extreme Low	-5.6	0.1	-0.8	-1.6	-2.2	-0.7	-1.2	0.0	-0.1	-0.6	-1.1
Precipitation	71.9	66.7	118.1	60.8	103.5	42.8	90.4	49.2	82.0	54.9	98.5
Days w precip	16	10	22	12	22	14	24	10	23	11.5	22.75
Year Precip	541.1	673.8	539.1	570.9	490.1	520.6	410.9	522.1	393.1	571.9	458.3
Precip since Oct 1	1075.8	1359.5	1077.2	1200.2	993.2	1156.9	815.7	1032.3	797.3	1187.2	920.9

Rank since 1914: 41st warmest, 50th wettest

	Apr 7	Apr 14	Apr 21	Apr 28
Lake Temperature	9°	10°	13°	12°
Lake Level Change	-9.5cm	-2.5cm	-1.3cm	+4.0cm
Surface Elevation	116.45	116.42	116.41	116.45

Cowichan South Arts Guild



Jennie Stevens
CSAG

If you were in the Village during the recent EARTH DAY Clean Up, organized by Shawnigan Rotary Eco Club, you would have seen Cowichan South Arts Guild's cheerful new custom designed and locally built Community Arts Caravan. Affectionately called 'Whimsy' by her people, she provides a much-needed mini storage/transport/mobile gallery - essentially a long waited little home for Cowichan South Arts Guild's belongings and a unique way to bring her many 'gifts' to the three communities which CSAG serves. Keep an eye out for Whimsy as she brings many creative opportunities to various locations in the south Cowichan Valley. Exciting times are ahead for this new addition to the arts community, and to top it off, Whimsy will soon be wearing CSAG's upcoming fresh new logo which has been designed to reflect the inclusive vision which CSAG strives to uphold...celebrating the creative potential in us all! For more information contact hello@cowichansouthartsguild.com and consider becoming a member of this friendly community minded organization.

COWICHAN EMERGENCY PREPAREDNESS EXPO

SATURDAY MAY 11, 2024
10AM to 2PM

Commons Park - 1461 Fisher Road, Cobble Hill

FREE, FUN FAMILY EVENT!

- Make a family emergency plan
- Win a FREE emergency generator
- Meet emergency responders

EMC EMERGENCY MANAGEMENT COWICHAN

CVRD MUNICIPALITY OF NORTH Cowichan DUNCAN LOAN LAKE COMMUNITY LADYSMITH

Great Ad Rates!!
Contact Kim:
shawniganfocusads@gmail.com

Shawnigan Focus

Why Save Riparian Zones?

By Dave Munday,
Shawnigan Basin Society

First, let's define what a riparian zone is and why they are important. The riparian zone is the area adjacent to water features – lakes, rivers, streams, and wetlands. For a lake, this area is defined as the area above the high-water mark of the lake to a defined distance – usually 15 to 30 meters depending on the location around the lake.

This area is theoretically protected by various regulations. Provincially, there is the Riparian Area Protection Regulation (RAPR), and Federally there is the Fisheries Act, assuming that the lake is fish bearing, or contributes to a fish bearing

stream.

The RAPR provides a good summary of the beneficial functions provided by a natural riparian zone for lakes and streams:

- Sources of large woody debris such as fallen trees and tree roots;
- Areas for stream channel migration;
- Vegetative cover to help moderate water temperature;
- Provision of food, nutrients, and organic matter to the lake or stream;
- Bank stabilization; and
- Provides a buffer from excessive silt and surface runoff pollution.

All these important functions keep our water clean and help in the fight against climate change.

Although the regulations are clear about preserving riparian zones, the current situation finds both the Provincial and Federal regulatory bodies with scarce resources to respond to infractions under these regulatory requirements. The onus is on us to recognize these important functions and try to restore these functions where the riparian zone has been damaged. Features like lawns, created beaches, retaining walls and hydroseeded slopes do not provide natural riparian zone functions.

Shawnigan Basin Society can help restore normal riparian zone functions. We are associated with Watersheds



Canada and can help with the Natural Edge program. There are subsidies for native vegetation, and we have experts that volunteer their time to help plan proper functioning riparian zone features. Planning your riparian zone can be both fun

and educational.

You can get more information on Watershed Canada's Natural Edge program at our website: Natural Edge Program (shawniganbasinsociety.org) Contact us at Director@shawniganbasinsociety.org

Shawnigan Lake Museum

Lori Treloar
Executive Director

As the expansion project heads into the last few months of construction, the museum will close to the public as of May 1st. The openings between the old and new spaces will happen in the near future and, therefore, it will all become a restricted site.



After the handover takes place, hopefully in late July/early August, we will need some time to set up the new spaces. We hope

to re-open in August. In the meantime, we will be working on new exhibits and organizational tasks behind the scenes.

We will continue to offer access to the Gift Shop online. Picking up orders at the museum will be arranged.

We will also hold volunteer recruitment sessions in the next few

months. It is a great way to become involved with the community and meet new people – and it is fun. If you have ever thought about volunteering at the museum, now would be a great time to consider it. The first Recruitment event will happen on May 24th around 3:00. Check our website and Facebook as there will be more details to come.

We will be hiring a summer student, through

Canada Summer Jobs, for eight weeks starting in late June. If you know of a student who is between 15 and 30 who will be looking for a summer job, and would be interested in working at the museum, watch for details coming soon – on our website and Facebook.

If you have any questions, please contact Lori by calling 250-743-8675 or with email at museum@shawniganlakemuseum.com



St. John's Academy Spotlight



Visit our website for additional information:

www.stjohnsacademy.ca

Event Details

St. John's Academy Campus
2317 Shawnigan Lake Road
Shawnigan Lake
Saturday, May 25, 2024
11 AM to 2 PM

Join us for lunch - served from 11 AM to 1 PM
Let's play ball! Meet the Pacific Football Academy.

Visit the "Clothing Swap & Shop" held by SJALA's Parent Community Engagement Group (PCEG).

See interesting ideas at the **Young Entrepreneur Fair.**

Plus, more... games and prizes, campus tours, meet the faculty and staff!



SHAWNIGAN LAKE YOU ARE INVITED SJALA's 3rd Annual Community Fun Fair

St. John's Academy Shawnigan Lake

Saturday, May 25th, 2024

11 AM to 2 PM

Join **St. John's Academy Shawnigan Lake** at its **3rd Annual Community Fun Fair** – a fun and family-friendly event for SJALA students, families, teachers, Shawnigan Lake residents and neighbouring communities.

For further details, please contact: *Jenny Boomer*, Director of Admissions, jenny.boomer@stjohnsacademy.ca. We look forward to seeing you there!

Beside the Koksilah River

Robert Amos
Artist & Author

The Koksilah River is a small river which empties into Cowichan Bay on Vancouver Island. It is near the town of Duncan. A certain little bit of this stream, with shapely trees beyond, was one of the favourite sketching sites of artist E. J. Hughes. He first painted it in watercolour in 1966 and then in oil in 1970 and again in 1980.

When Hughes sent his painting to his exclusive dealer, the Dominion Gallery in Montreal, the Gallery's reaction was immediate: "We are all delighted with this particular painting," wrote Assistant Director Michel Moreault (April 23 1970). Ever modest, Hughes felt the need to improve. "I must concentrate more on seeing and a little less of remembering and imagining, in order to improve my type of realism," he responded. (May 5 1970)

On October 10 1974 Hughes sent another oil painting of the site to Montreal, this one titled

Maples by the Koksilah River and, as usual, he wrote a label for the back of the picture: "Not visible on the far distant edge of the flat farm land is the mouth of the Cowichan River," he explained, "and on the far distant right is a glimpse of a Cowichan Bay, and in the distant center is lumber waiting for a freighter which will dock at the wharf on the right centre. The flat fields are part of the Robson beef farm. The mouth of the Koksilah is just out of the picture to the right."

On the label for his 1980 oil painting titled Beside the Koksilah River he went further: "In the past I have produced three other paintings from sketches done at this viewpoint. The viewpoint and scenes depicted are just to the right of a little white bridge (not shown) over the Koksilah River on the Cowichan Bay Road. In the earliest painting (1970) there was a cottage and also a shed behind the trees on the left. The buildings have

long since disappeared."

In the letter to Dominion Gallery, on January 3 1980 he went on to explain: "This is a view from Cowichan Bay Road, looking north-east toward Mt. Tzouhalem. Just out of the picture to the left, the road goes over a bridge and near it, across the river, there stood until a few years

ago a little ivy-covered store building, where at one time the poet Robert Service worked. A small stone monument, on this side of the bridge, honours his memory, and a similar monument honours the first women pioneers that landed near here. The pale shapes at the bottom are thistles going to seed."

The mirror-smooth water of the river in the foreground lends a serene feeling to the scene, enhanced by black cattle grazing in the fields beyond. A distant glimpse of the mill at the mouth of the Cowichan River standing at the base of Mt. Tzouhalem brings a touch of industry to this tranquil rural scene.



Beside the Koksilah River (1980) 32 x 48 inches (98.1 x 124.5 cm)

Sonia Furstenau
MLA for Cowichan Valley

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a (250) 715-2792
P.O. Box 509 Duncan, BC
V9L 3X8

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We're Looking for Writers Who Have Stories or Articles About Shawnigan!

Email:
shawniganfocuseditor@gmail.com

Send your article in Word, not pdf
Maximum word count 500 words

If you include a photo, send as separate jpg or png file

"A Shawnigan Clean Up Day Success!" Thank you to the community members, students and families who came out to restore the beauty of Shawnigan - and to our local businesses for their support.

"You Are Our Heroes!"

Thank You
to our Event Partners and Sponsors!

For Event Photos and MORE go to www.ShawniganRotaryEcoClub.ca



Transforming Easter Seals Camp Shawnigan

For more than 40 years, Camp Shawnigan’s summer experiences for campers—and vital respite for families and caregivers—have enriched tens of thousands of lives in the Cowichan Valley and across Vancouver Island. However, the needs have changed for the people we serve, while the camp has not evolved to serve their needs, as well as the community of Shawnigan Lake. Additionally, there are many challenges with the buildings, infrastructure and landscaping that must be addressed for the site to remain safe, accessible and inclusive for all.



Through ongoing conversations with families with disabilities, individuals and groups with lived experience, and the greater community, we know:

- The demand for an inclusive space to serve both visible and invisible disabilities has grown exponentially. Over 4,000 children and youth on Vancouver Island are living with a disability—up 15% in three years.
- There are not enough programs to meet the needs of those with disabilities and their families, including fully accessible tourism opportunities.
- Camp Shawnigan does not have the infrastructure to operate as a year-round facility, which limits our ability to serve the greater community of Shawnigan Lake.

The Need for More Accessible and Inclusive Spaces

What was considered accessible and acceptable in 1979 does not meet today’s standards and cannot accommodate people of all abilities. A complete transformation of Camp Shawnigan is required.



BUILDINGS

The camp’s buildings are currently not equipped to handle people with various (ALL) disabilities.



INFRASTRUCTURE

The camp needs new ramps, lifts, and wayfinding connections that provide ease and comfort to the future campers/users.



LANDSCAPE

The camp has an undulating landscape which needs to be redesigned to add/remove elements so that everyone can enjoy the outdoors.



OTHER

Other features such as signage, WI-FI enabled lanyard systems, and new applications are needed to keep track of and communicate with each other and improve the camp experience.



The Vision

The transformation of Camp Shawnigan will create North America’s first year-round, purpose-built retreat for children, youth, and adults with physical and intellectual disabilities, their families, and caregivers. Designed with accessibility and inclusivity in mind, we will accommodate all people and groups no matter their abilities, mobility, or sensory sensitivities, while serving the larger community’s needs.

The new Camp Shawnigan will leverage Universal Design Principles to achieve a new standard of accessibility and inclusivity that will be **Life-Changing, by Design**.

- Ten brand new two-bedroom cabins with kitchenette, loft, shower room, covered deck, and fireplace in living area.
- A hotel-style building including 12 double-occupancy suites and multi-purpose rooms for learning and recreational programs and gatherings.
- A west-coast inspired lakeside dining hall with a fully accessible commercial kitchen, food preparation and serving areas.
- New waterfront access and dock to enable fun and adventure in an inclusive and safe environment, providing access with dignified and easy beach entry into the lake.
- A barrier-free gymnasium, outdoor swimming pool and hot tub, and creative arts studio.
- An amphitheater and BBQ space will serve as a focal point for campers, staff and other groups who choose to access the space, e.g. corporate retreats, weddings, school groups.



Open House

On March 8 & 9, we held an Open House at the Shawnigan Lake Community Centre. We would like to thank the residents who attended and provided their valuable feedback on the project. We will continue to work with the community and keep the lines of communication open so we ensure camp meets not only our needs, but those of the greater community.

For more information, email info@campshawnigan.ca



Malahat Legion

Gloria Solley

On April 12th the Malahat Legion celebrated their 90th Anniversary with a full house in attendance.

During a special ceremony, Rena Gardner, who is also 90 years old, received a Life Time Membership for all her work in helping our little Legion grow. She served on our Executive, worked on many committees and is still helping us fundraise. Dwight Grieve, our Sgt. at Arms, received his Legion 60-year bar and lapel pin.

This picture is the current Executive on the night of the 90th Anniversary. Not all could make it to this special event but they were still involved and we thank all our volunteers who made this such a wonderful evening!

Special events are planned for May and June. Make sure you mark your calendar for them. Better still, pick up one of our May calendars near the front door. Check our website for more information: <https://malahatlegion.ca/events>

Our meat draws continue every Saturday from 3:00 – 5:00 pm
May 2nd and 16th
Lions Dinner & Meeting

- 5th - 11:00 - 3:00 pm - we will be commemorating the Battle of the Atlantic (soup and sandwiches will be available.)
- 17th - 7:00 – 10:00 pm Turnip the Beet Jam Night (No Cover Charge)
- 24th - 5:30 – 10:00 pm – Steak Dinner with the band Doctors of Rock & Roll and Music Trivia
- 25th - 10:00 – 1:30 pm - Flea Market and Tailgate Sale (sorry no

vendor spaces available) this is a fund raiser event. All Flea Market and Tailgate Sale rental revenue will go to

support Tour de Rock Cops for Cancer.
• 26th - 1:00 pm Legion General Meeting



Legion Executive

Reader Responses

Opinion - Artificial Intelligence (AI)

Jeff Wright
Teky.ca

I don't work with AI every day, but I expect I am what Jared calls a "tech bro". I enjoyed his article in the Focus March issue, and wanted to offer a response. First, I agree with Jared that Indigenous culture is largely in AI's blind spot as it is mainly stored and shared in the verbal and physical world, and not on the Internet. In its unique way, I think this is a good thing; Scientists like to catalog every possible thing to make the results searchable, but in the case of Indigenous culture, maybe we should leave well enough alone. Secondly, I wholeheartedly agree that AI, at least initially, is a new, and huge, colonial hazard. I didn't come up with that conclusion myself - I gleaned it from the last minute or so of this video I watched more than a year ago: <https://youtu.be/kgCUn4fOJsc> ("Google Engineer on His Sentient AI Claim").

And, in case you were wondering, I've got my own general opinions around AI. One, we must realize that we are creating something that is more intelligent than ourselves...and that alone is scary. Two, it isn't something that we can pause, slow down, or avoid...it is here, and advancing quickly. Three, we really need to put our best minds, or collective minds, into AI checks and balances...much sooner than later. Four, AI will create issues around encryption as it will soon become smart enough to break our current levels of encryption...we'll have to do something about that. Five, I'm keen to see the great advances in our world that result from our new AI tool. And six, I think that every human should practice phrasing our questions very meticulously, because, when conferring with AI, the more precise and accurate the question, the more precise and accurate the answer. I have already enjoyed many responses I have received from ChatGPT when I ask it tough questions.

Opinion Jared Ponath Shawnigan Lake

This is a response to Eric J. Ronse's letter citing the opinion piece in the Times Colonist by Gerald Hartwig. It is noteworthy that Gerald Hartwig is not a journalist but a real estate developer. He comes to his conclusion that "as much as 43% of the cost of a new residence goes to one or more levels of governments" without showing how that number was determined. His only citation is the Urban Development Institute, a think tank that represents the interests of the urban development industry. Assuming that this mystery math from the development industry lobbyists is correct, are we to believe that the savings will be passed on to the consumer? Or, would most of that money go toward increased profits for the development industry while the burden of paying for healthcare, schools, roads, police, etc. is then shifted to the rest of us taxpayers?

Thank You To Our Dedicated Volunteers

Ethan Posom South Cowichan Community Policing Advisory Society

In celebration of National Volunteer Week, South Cowichan Community Policing extends heartfelt appreciation to its dedicated volunteers who tirelessly contribute to fostering a safer environment through a range of programs. From April 14th to April 20th, the organization acknowledges the invaluable efforts of its volunteers, as well as those from various other community-based organizations and agencies.

South Cowichan Community Policing's diverse programs, including Speed Watch, Friendly Phones, and Office Ambassador, are integral to promoting community safety. Speed Watch volunteers, trained by ICBC, utilize speed reader boards to monitor and report vehicle speeds, aiding in traffic safety efforts. Meanwhile,

Friendly Phones volunteers provide vital check-ins with community members, ensuring their well-being and fostering a sense of connection.

Additionally, Office Ambassadors play a crucial role in administrative tasks, maintaining the smooth functioning of community policing offices. Together, these committed volunteers form an amazing team dedicated to enhancing road safety, education, and awareness within the community.

Ultimately contributing to South Cowichan Community Policing's goal and collaborative efforts alongside the RCMP serve to bridge the gap between law enforcement and the community, fostering mutual relationships, understanding and cooperation. Through their unwavering dedication, volunteers contribute significantly to creating a safer community environment.

As National Volunteer Week ends, Community Policing extends its gratitude not only to its volunteers but to all individuals who selflessly give their time and energy to bettering communities across the nation. Their collective efforts serve as a beacon of hope and unity, building the fabric within our communities across Canada. Are you looking to volunteer? Community Policing is searching for Speed Watch Volunteers and Directors.

Volunteers are the heart of Community Policing. Working together towards crime prevention where we live, work and play.

The police are the public and the public are the Police
Sir Robert Peel

Email: sccp@shaw.ca 250-929-7222

<https://southcowichancommunitypolicing.ca/>



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Shawnigan Focus

COMMUNITY GROUPS

- **CVRD Director for Shawnigan Lake Area B**
Sierra.Acton@cprd.bc.ca
- **Area B Parks Advisory and Area B Advisory Planning Commission**
https://www.cprd.ca/list.aspx# (sign up for meeting notifications)
- **CVRD Public Input to the whole Board**
LegislativeServices@cprd.bc.ca
- **Shawnigan Improvement District**
2nd Monday of each month 7 pm at #1 Fire Hall
- **Shawnigan Lake Museum**
Contact us for information: 250-743-8675
museum@shawniganlakemuseum.com (web): shawniganlakemuseum.com
- **Shawnigan Residents Association (SRA)**
For info: (web): *www.thesra.ca*
- **Shawnigan Lake Community Association (SLCA)**
Contact: *bburr@shaw.ca*
- **Shawnigan Basin Society**
#102-1760 Shawnigan Mill Bay Road. Contact: *info@shawniganbasinsociety.org*
- **Young Seniors Action Group (YSAGS)**
Contact: *ysagssl@gmail.com (web): blog.ysag.ca*
- **South Cowichan Community Policing (SCCP)**
Contact: *250-929-7222(web): southcowichancommunitypolicing.ca*
- **Royal Canadian Legion Malahat District Branch 134**
Saturday Meat Draw 3:00-5:00pm. Contact: *rc134@shaw.ca 250-643-4621*
- **Cowichan South Arts Guild (CSAG)**
Contact: *hello@cowichansouthartsguild.com (web): cowichansouthartsguild.com*
- **Shawnigan Quilters** - Wed. 9-2 at Lion's Hall (former Sylvania School)
- **Rotary Club of Shawnigan Lake Eco Club**
Meeting Info & Contact: *ShawniganRotaryEcoClub.ca*
- **Malahat Lions Club**
Contact: *250-743-0569*

Shawnigan Cemetery



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

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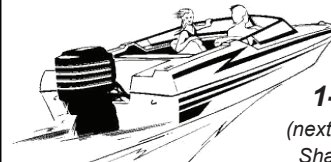
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Congratulations!

Beverley Gerwing was
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correct responses: The orange
chair lift seat (from Mannung
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Lake School's Sport Village.

Malahat Lions Club

Raye Pinder
Malahat Lions

The Lions Clubs are known world-wide. We are fortunate to have a total of

ninety-three clubs in British Columbia with forty-five of those on Vancouver Island.



Most of the clubs on the Island are small, but fierce in their effort to provide support to those in need.

In 1969, the Malahat Lions Club was formed and some of the original members are still with us. Only recently have we lost two of the longest attending members, Clifford Merriam, who was Treasurer for most of his thirty-six years and Malcolm Smith, who was a member for almost as long. My husband George Pinder, who passed away four years ago, also served for thirty-six years. All are greatly missed.

Despite the losses, we gain new members who become active in the community, and work with the rest of the very dedicated members who manage the Kook Kar, tend the Shawnigan Cemetery and provide food service at events. The Kook Kar is quite recognizable with its bright orange colour and will be found yearly at the Cobble Hill fair; Providence Farm Special Woodstock and Cody Classic baseball tournament just to name a few. This year began early with an employee recognition event at

Catalyst Mill, in Crofton, and then a 4H event in Cobble Hill.

The funds from these events goes to support camperships at Shawnigan Easter Seal Camp, bursaries for deserving students at Frances Kelsey School, donations to the Children's Hospital, therapeutic riding at Providence Farm, and many, many more.

We make sure that it is not all work with no play. The conventions are always fun and the same with visitations between clubs. There is a yearly zone picnic, which this year will be held at the Mill Bay Lions Den. We meet on the second and third Thursday of each month at 6:30 p.m. to share dinner meetings at our den at the Shawnigan Legion #134.

There is one problem that needs fixing, for all charitable groups. We especially need the youth to step up and join us. We know you are already busy, but that is so with everyone. It has always been said, that if you need help... ask a busy person. Come join us. Please! Call the number below. You will be warmly welcomed.

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