



Shawnigan Pavillion - Grand Opening



October 7th from 12-3 p.m. in Elsie Miles Park

Come out and help celebrate the Grand Opening of the Shawnigan Pavillion. There will be food and entertainment.

The Shawnigan Lake Pavillion is the first phase of vision work that was started for Elsie Miles Park by the Shawnigan Village Committee in consulta-

tion with the community and with the support of the CVRD.

Money to fund the project was earmarked by former Area B Director, Sonia Furstenau, from Shawnigan's share of Federal Gas Tax money.

A Shawnigan Pavillion Steering Committee was

developed, and met regularly for nearly a year, to make sure that the pavillion was built on time and on budget.

The South Cowichan Rotary Club took on the administration of the financials in an agreement with the CVRD to disburse the funds as needed.

Steering committee members:

- ★ Steve Lawrence
- ★ Pat Lintaman
- ★ Angus McKay

- ★ Lori Treloar
- ★ Andrew Higginson
- ★ Will Duggan

Area B By-Election Results:

Acton, Sierra – 427 votes

Jorginson, Larry – 69 votes

Savage, Bill – 110 votes



After serving for four months as interim Director for Area B, Sierra Acton is now the elected representative. Congratulations, Sierra.

Thank you to candidates Bill Savage and Larry Jorginson for standing up in our community to prove that we live in a democracy and that voters have a right to choose their representative. Any candidate who is willing to put their name forward to represent an area like ours, is worthy of respect.

Nostalgia

Alison McKerrow

Recently, I had the opportunity to access the beautiful poetry of Alison McKerrow who now lives in Acacia Ty Mawr in Shawnigan Lake. Alison lived an idyllic childhood in England, but later moved with her husband to Salt Spring Island, British Columbia.

Alison was born in Durham in 1921. Her father was a General Practitioner. Her mother contracted polio and died in 1928 and left behind seven children.

Alison became a nurse, but perhaps her enduring legacy is in her words. I have had the privilege of reading through her large tome of poetry and insight. It is a pleasure to share a few with readers (editor).

Memories

Secretly I store away, in the limitless granary of my mind,
Memories of the best of life. Squirrel like, I hoard and glean
Toward that day, soon now to come, when I am old and my body

No longer heeds my bidding. Then can I pass remaining days,
Sitting and winnowing, as in dreams, and only the gold remembrances will endure.

On Seeing Beech Trees in a Canadian Wood...

It was the Beech trees...a great pang

Of unrequited homesickness, there

By forested lake in the northern chill,

With nostalgia assailed me, I could have borne

Letters, a call, familiar loving things

From distant homeland, unattainable and dear.

I could have quelled the longings for remembered scenes

And days of sunlit youth, or met

With reason, other reminders...;

But suddenly to come upon those English trees

By blue Canadian lake a hemisphere from home,

Startling my unsettled heart with abrupt pain

Was too much to bear. Inappropriate were the trees

Among the northern pines. Whence came they?

Did some forlorn exile carry beech-mast there

To plant and tend it, and raise three sturdy trees

For reminder of his native fields and woods,

And all he left behind when over seas he dared

To seek a better deal? And what made he of his life?

The trees cannot answer. Mute they stand

Rustling, beautiful, poignantly recalling

And diminishing the world, until only

I and the beech trees sigh in cold

Loneliness.

Trail away!



On September 26th, a small but enthusiastic group of walkers/ hikers had an opportunity to enjoy the newly minted sections of the Cowichan Valley Trail which forms part of the Great Trail (formerly called the Trans Canada Trail) network.

Under the auspices of celebrations coordinated by the CVRD and CRD, our group met

where the Cowichan Valley Trail crosses Sooke Lake Road and car-pooled up to Stebbings Road.

We then hiked back along the new trail. People were very positive and enthusiastic about the new addition to the network of trails in the area. People of all ages and pets were welcomed on the walk/hike.

Library Activities

Parent and Child Mother Goose

Join us for rhymes, stories and songs for babies, toddlers and a caregiver.

Please register when you join the group.

Toddler sessions: Wednesdays Sept. 20-Nov. 8, 10:30-11:30am Infant Sessions:

Fridays Sept. 22 - November 10, 10:30-11:30

Lego Club

Bring your imagination and get ready to build. We are going to play Lego Bingo this session. For children ages 6 and up. Drop-in.

Wednesday October 11, 3:30-4:30

Vancouver Island Regional Library

South Cowichan Library

Tel: 250 743-5283

SHAWNIGAN FOCUS - OCTOBER 2017

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ABOUT THE FOCUS

The Shawnigan Focus is an independent, local, non-profit publication, produced by the volunteer Focus team. Shawnigan Focus endeavours to inform, promote involvement in the community, and interest a broad cross-section of the residents of Shawnigan Lake.

The Shawnigan Focus is

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Additional copies are available in The Village.

MAILING ADDRESS:

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WE ENCOURAGE YOU TO SEND US LETTERS... EDITOR@SHAWNIGANFOCUS.CA

The Focus will publish your thoughts on Shawnigan issues, thoughts 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.

Bruce's writing

Dear Shawnigan Focus,

I would like to commend Bruce Fraser for a beautifully articulated article. He captures so well the absurdity of so many conflicts. Which in the moment seems so large of an inconvenience, but when actually viewed from a step back, for what they are, which is nothing but minor, short term nuances. He sums it up perfectly with "...you should consider living in a remote area" if all these minor nuances truly cause you grief. I often enjoy Bruce's writing and look forward to more of his views on the community, lake and incorporation.

~Jason Gargal

Take pride in where you live

I'm guessing I'm not the only one who has been saddened and disappointed with humanity these days. In the grand world picture, things are pretty ugly out there and too overwhelming for this pea brain to breakdown. I have to limit my focus on my little portion of our planet. Now, most people in our special part of the world are respect-

ful and honest ... they care for the environment and for the neighbours with whom they share our paradise. But then of course as we all know, there are other less considerate humans with whom we share it. I'm certain I'm not the first, nor will I be the last, to comment on how loathsome it is to encounter excessively rude behaviour, or come across the tracks these people leave in their wake ... tracks left behind like animals that leave droppings to mark their territory, declaring their presence to their neighbours.

Like so many others, bike rides or morning walks take me past piles of garbage strewn along the side of our roads, around our newspaper boxes and our mailboxes. One has to be ever watchful for speeding drivers who seem to entertain themselves by seeing how close they can place their side mirror to the side of my head as they zip past. Trail walks reveal truckloads of waste or recyclable materials dumped for Nature to dissolve or for some good neighbour to deal with. Quads and motorcycles turn donuts, churning up our trails. Cyclists ride side by side on narrow country

roads, creating life-threatening challenges for drivers.

Boats designed for racing on larger waters rear by, churning up and spreading the millfoil that is quietly choking our precious lakes ... millfoil likely brought in on an uncleaned hull or prop. Some power boats intimidate smaller craft, swimmers and paddle boarders, their wakes rocking docks until support brackets loosen and shear off. Evening cruises of crammed boats equipped with super-efficient sound systems pound out their music like midway DJs, for all their neighbours to "enjoy". A jet-ski zips close to shore, gives the finger to protesting observers, then pulls away at top speed.

I'm likely preaching to the converted, since I wonder if these inconsiderate bandits read local publications or attend community meetings. Certainly not all boaters, drivers, quadders or cyclists show such disregard, and some abusers are visitors who feel it is fine to let loose and relieve themselves all over our paradise ... but it only takes one imbecile to inspire another.

The Cowichan Valley is home for so many quality,

caring, committed, community-minded people. People who give their time cleaning up the shorelines, who take action against invasive millfoil and derelict boats, people who explore options that will provide fairness to all who use our roads, trails and waters. People who helped build the Shawnigan Pavilion. Brave people who stood up against a contaminated waste dump in the battle to protect our water for now and for the future. People who donate their money for community-minded causes, for organizations such as the SRA, the Shawnigan Basin Society, the Museum, or the purchase of Mount Baldy. People who stand against those who come to exploit and diminish our sweet Cowichan Valley. People who check on their neighbours and offer a hand if needed, who would rather pick up the mess left behind by those who don't give a damn, than step over it. People who believe that we are blessed indeed to live in such a wonderful part of the world.

Take pride in where you live ... it's really damn beautiful here. Don't toss those beer cans and sandwich wrappers out your car window. Don't

toss flyers on the ground like they don't exist ... just take them with you and put them in your garbage or recycle bins. Don't dump your old couch, drywall, soiled diapers or broken microwaves on a trail or on the shoulder of a road like an idiot who doesn't know the difference between a toilet and a living-room. Show what separates you from how baboons behave and deal with your waste like you can avoid where you live. Don't taunt and flash your high beams because the car in front of you isn't going twenty K over the speed limit ... be patient and they'll pull over when they can to let you pass. Chill.

That's my rant. When one person has a change of heart and feels that being an idiot is not better than being someone who takes pride in their home and their community, maybe it'll influence one more person to pick up after themselves. I promise to try my best to help look after my part of our community, to respect our beautiful paradise on a crazy planet and to be a good neighbour. I have to, because this is home ... and that's what neighbours do.

~Paul Jolicœur

Meet Remy...she needs your help!

Remy Bainto

International Association for Transformation (IAT)

My name is Remy Bainto, I am the Social Worker/Program coordinator of IAT Philippines Programs.

With my 15 years of working with the families and communities, I have seen the need for educating indigent families and children within numerous tribal areas.

There are lots of children not attending school simply because their family cannot afford to buy them basic needs such as school supplies, clothing or food.

IAT's sponsorship program creates partnership between sponsor and child. The program provides educational assistance as well as obtaining the knowledge, skills, confidence and competence to take leadership roles in co-creating future positive socio-economic change.

IAT - PHILIPPINES also provides venue, trainings, seminars, and conferences for empowerment of children, women and sometimes the

entire community.

The tribal conflicts that are occurring, even to this millennium age, have devastating and negative impacts on socio-economic life. Once a tribal war breaks out, the students on both sides may have to leave school and employment ceases. So, in 2006, we started the gift for peace program with the aim of trying to bring and solidify peace among tribes.

The "Gift for Peace" program is based on the concept of giving a lasting gift of love to an enemy tribe. The gift of lasting love takes the form of an offspring of large cattle: either a carabao (water buffalo) or a cow, plus small livestock such as pig and others like chicken and duck.

The gift giving is done in a significant event called a pass-on ceremony. The event is of much significance in that it always involves two different hostile tribes. This is IAT Philippines' conscious effort in seeking lasting peace among Kalinga tribes in the mountainous northern part of the Philippines. It aspires to create

a ripple effect through program gains in the entire province of Kalinga. Peace can bring hope, economic, social progress and development in the lives of the Kalinga people - such awareness which is being deeply embedded within the consciousness of the participating ever-hostile tribes.

With our deep desire and passion to help our people, we are appealing to **YOU** to make it all possible and make a difference in the lives of families and entire communities.

We need fundraising ideas, organizers and a pool of volunteers to raise money for IAT - PHILIPPINES so that we can continue conducting the GIFT for Peace program.

There are also poor, but deserving children who are in need of opportunity to attend school to get a basic education.

Sponsor a child to change the course and meaning to their LIFE!

You will be updated monthly on the progress of your child. Tax receipts can be issued for your donation.



IAT Background-A local Non-Profit Charity:

David Duranac, Cobble Hill local, sponsored Petra Anguas, a Filipino orphan through nursing school in the 1970s. Petra graduated with the intention of assisting others like herself.

Booned through a shared belief that destiny had brought them together for the purpose of helping others, David and Petra married in 1980 and together began the task of building and developing the International

Association for Transformation (IAT) as a non-profit organization for initiating positive change.

In addition to supporting their IAT Charity from Canada, David and Petra run two very successful Daycare Centres in the Shawnigan Lake and Cobble Hill area called StarChild.

If you are interested in volunteering or would like to sponsor a child, please contact Taryn Treloar for more information: taryntreloar@gmail.com

Talk about a walk

Robin Massey
Shawnigan Focus

Have you heard of McKenzie Bight? I hadn't until a couple months ago, and when I did, I immediately added it to my must see list.

Because I'm not from the Island, my first thought was ... what on earth is a Bight? Google tells me that a Bight is a bend or curve in a coastline and usually indicates a large, open bay, and is typically shallower than a sound.

McKenzie Bight is on the southeast side of Saanich Inlet and is within Gwlland Tod Provincial Park, a beautifully scenic area.

We arrived at the parking lot off of Ross Durrance Road with eager anticipation. I was so excited to get down and see the Bight that I almost zipped past the large detailed map of the trails available at Mt. Work and the surrounding area. As this was a new hike, I did, however, stop long enough to embrace the safety measure of taking a photo of the map for those "just in case" moments.

From the parking lot we crossed the road to the big large sign affirming we were indeed at the right place. The path is very straightforward (and very straight down) on what is called the McKenzie Bight Trail. It would be a grand challenge to get lost on this trail as it leads you right down to the water in a direct fashion. And because we explored this trail during September it was very dry and no waterfalls were active. I can imagine in wetter months that the falls would be roaring.

The Bight was as expected; gorgeous and amazing! Once at the bottom of the main trail you should attempt to continue up to the short path to the right and take in some breathtaking views. From the rocky bluffs you may even distinguish the ghost of the old Ramberton Cement Plant buildings in the distance. And in case you are in need, there is also a pit toilet for your use. Picnic, rest and swimming spots are aplenty and apparently this is a great



location to SCUBA dive.

You can choose either to return up the extreme butt blaster of the McKenzie Bight Trail, or cross over the little wooden bridge ascending the Cascade Falls Trail back to the parking lot. The latter is not as intense but is an equally a heart lifting experience.

The entire hike (round trip) took us 1.5 hours with ample time for a stop and look about. I am now pleased to report that I not only know what a Bight is but that I've actually seen one my with own eyes and I really hope that you can too!



The Om Tree

*"Justice will not be
served until those
who are unaffected
are as outraged
as those who are."
~Benjamin Franklin*

Book Review

Marcy Green
Shawnigan Focus

The Nightingale
by Kristin Hannah

Published by St. Martin's Griffin
Copyright 2015 by Kristin Hannah

Several years ago my Book Club read "Suite Française", a novel about World War II. Two of our older members were deeply affected by the book and our discussion became heavily charged. One had been raised in Hamburg, Germany, a city that was firebombed by the Allies with a great loss of lives. The other had been in Holland during the German Occupation and remembered hunger, mixed with pervasive fear. Both still had vivid memories of their war-torn youth, and there were tears as they told their stories to us. We sat in silence, deeply touched by these personal revelations. This was followed by an embrace of understanding and forgiveness by the two women who had carried such long-lasting emotional scars from their experiences. Even though my father had served in the RCAF, that was the night war became real to me.

"The Nightingale" tells the story of two sisters in occupied France and how they each managed to survive the unbelievable deprivation and horror my friends had experienced. Isabelle played a part in the Free French Resistance, guiding downed British and American airmen across the high Pyrenees, saving countless lives. She was known as the Nightingale and became a legendary figure whom the Germans tried to locate and capture for several years. She was beautiful, young and fearless. Arrogantly, she scorned her more conservative sister, Vianne, who lived with her children in a small village, trying to stay alive while her husband was far away in a military prison. This married sister's life was made even more insecure by the forced addition of billeted German officers, one who was kind, and the

other who was vicious.

Eventually Vianne's courage is tested, too, as she sees her best friend, who is Jewish, herded onto a train. In the confusion, she grabs her friend's young son and promises to save him. The story of how she does this, as well as eventually saving the lives of eighteen other Jewish children, makes her as much of a heroine as her sister.

The narrator of this story, who now lives in the safety of America, is elderly and is about to move into a home for seniors. As she goes through her possessions, she remembers those war years, years she has not shared with her son. He carefully looks after his fragile mother and has no idea that she was a heroine. That is, until a letter arrives with a Legion of Honour citation. He assumes it is something to do with his father and she smiles to herself at his ignorance of her exploits. Eventually he follows her to Paris to the awards ceremony, and we finally hear which sister is telling the story as it moves back and forth from the present to the past.

One of the sisters is caught and goes to the concentration camp of Ravensbrück. The descriptions are harrowing and tragic. It is hard but important to read about the inhumanity that existed in these camps. Both sisters survive the war, but one dies shortly after. The author does a masterful job in keeping us guessing which sister lives to tell the story and which one does not.

This is a suspenseful and historically accurate novel which should appeal to history buffs and those new to such stories, as well. It is also a love story, as each sister experiences passion and tenderness in the midst of evil and life and death experiences. Prepare to have your heart broken, especially as one remembers how many died in the war and in the terrible concentration camps. And yet love survives, and so do the generations.

Rating: 4.8/5 stars

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On the eve of the election- I have already won!

Sierra Acton
Area B Director

I am writing this on the eve of the by-election for Area B Director. Win or lose I am grateful for the support of this community! Five years ago I would never have imagined I would be running for a position of Area B Director. I have not taken this honour lightly from the moment that Sonia Furstenau entrusted me with the privilege. Being the Area Director over the last few months has been thrilling. Although I admit, initially intimidating; building consensus with a board of 14 other members, sitting at board table and having to speak into a microphone. Thank you to all the community teams for

the warm welcome and trust as we collaborated towards the many community goals. I am also grateful to Director Ian Morrison who, on numerous occasions, came out to support the community and it's new Director. Thank you Ian.

The campaigns have been a great experience. I especially loved knocking on doors. I always knew I would get a warm welcome at the door when I saw the "Save Shawnigan Water" bumper sticker on the car in the driveway. It was exciting to meet new comers to the community and lovely to hear from those who have been here for decades. Door knocking solidified for me that we all are so alike and want what's best for our



community and families.

Thank you to all the familiar faces who came out to the all-candidates debates. A big thank you to my supporters who have handed out my cards and endorsed me to their friends and neighbours. I can not express how grateful

I am to my Campaigns Team, thank you Esther, Lorraine and Netta. They were there to design flyers, knock on doors, deliver signs and support in any way they could.

By the time you read this, the election will be old news. No matter the outcome I feel

like I have already won because I have had the honour to be your Area Director for the past five months. Win or lose I am committed to continuing to serve the Shawnigan Community.

Love it, Share it, Protect it! In community, Sierra Acton.

Cowichan Valley MLA, Sonia Furstenau, sued by Cobble Hill Holdings



Sonia Furstenau, who fought tirelessly against a contaminated soil dump in Shawnigan Lake, has been sued for defamation based on comments that were made at a rally in March 2015 at the Legislature. The suit was filed on September 28th, 2017.

Marty Block and Mike Kelly, from Cobble Hill Holdings, have alleged that Sonia "falsely and maliciously" spoke about them at that rally.

The suit claims that the speech damaged their credit, their character and their reputation. They are seeking "general damages, special damages, punitive damages, aggravated damages, removal of the speech from Furstenau's website, a public apology and special costs".

The allegations have not been proven in court.

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Shawnigan Weather SEPTEMBER 2017

- Stats courtesy of Uvic Weather Network - compiled by Grant Troloar

	Sept Normal	Cigarmaker's Bay		Discovery School		Museum		Elford Road	
		2017	2016	2017	2016	2017	2016	2017	2016
Average High	20.2	22.5	20.4	22.3	19.6	22.2	20.2	22.3	19.9
Average Low	9.2	11.3	9.7	11.0	8.9	11.6	9.9	11.4	9.1
Extreme High	32.5	33.1	26.4	33.7	25.6	34.3	26.4	34.0	25.0
Extreme Low	-3.9	6.5	5.1	5.5	3.7	7.4	5.9	7.0	5.0
Precipitation	37.6	28.6	46.2	25.9	48.8	27.1	43.1	26.5	44.0
Days w/ precip	9	10	14	11	14	9	12	11	12
Year Precip	720.8	758.6	775.3	701.0	634.0	617.0	558.3	686.8	794.0

Rank since 1914: warmest ever, 43° driest

Lake Temperature: Sept 3rd: 24° Sept 10th: 22° Sept 17th: 19° Sept 24th: 19°
Lake Level Change: Sept 3rd: -2.5cm Sept 10th: -1cm Sept 17th: -1cm Sept 24th: -1cm

COMMUNITY GROUPS

- ★ **Area B Director's meetings with Sierra Acton**
Office hours by appointment. Email sacton@cvtcd.bc.ca For meeting updates check Facebook at Sierra Acton Area B
- ★ **Shawnigan Advisory Planning Commission (APC)**
Meetings TBA at Watershed office: #4-1760 Shawnigan Mill Bay Rd.
Contact: Bruce at jenniebruce1@gmail.com
- ★ **Shawnigan Parks and Recreation Commission**
Meetings are held bi-monthly on the third Thursday of the month, 7pm at the Shawnigan Lake Community Centre.
- ★ **Shawnigan Lake Community Centre Commission**
TBA as needed. 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.shaw.ca
- ★ **Shawnigan Lake Community Association (SLCA)**
Contact: blair@shaw.ca
- ★ **Shawnigan Basin Society**
1st Tuesday of the month in Watershed office: Unit 4-1760 Shawnigan Mill Bay Road. Contact: lufife@shaw.ca
- ★ **Young Seniors Action Group (YSAGS)**
Contact: www.ysag.ca email: ysagsul@gmail.com
- ★ **Shawnigan Lake Museum**
Open Fri - Sun. 10:30-4 For info, contact: shawniganlakemuseum@shaw.ca
- ★ **South Cowichan Community Policing**
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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!!!

The winning answer for September
was submitted by Valerie Salewicz who
identified the "dairy cans at Shawnigan
House Coffee, tucked around the side
patio, awaiting restoration."

Have a Safe and Happy Halloween

Oriana Parker,
SCCPAS

South Cowichan Community Policing would like all trickier treaters to have a safe and happy Halloween. As is expected the streets will be filled with superheroes, princesses, fairies, ghosts, and endless other characters looking to have a spooktacular time! Certain safety measures should be in place, one in particular is the use of reflectors on costumes and loot bags. In complete darkness, a vehicle driver can barely catch a glimpse of a pedestrian at less than 50 meters. It would be wise for children to carry a flashlight or glow stick and wear glow in the dark necklaces and reflective tape on their costumes. Here are a few more safety tips from the RCMP:

Children:

- ★ Never trick-or-treat alone. Always walk with an adult or a group of friends.
- ★ Make sure you can be seen. Wear reflective, bright colour costumes, or fasten reflective tape to your costume or bag. Avoid masks that restrict your vision.
- ★ Only visit well-lit houses.
- ★ Don't go into the house for your treats; always wait outside.
- ★ Don't eat any treats until an adult has

inspected them.

- ★ Carry a flashlight so you can see where you are going.
- ★ Don't criss-cross the street or run out from between parked cars. Always go down one side of the street, cross at the corner, and then go down the other side.
- ★ Watch for cars pulling out of driveways and backing up.
- ★ Watch for open flames from jack-o-lanterns and displays.
- ★ Don't trample through gardens or bushes. Always use pathways and sidewalks.

Motorists:

Halloween means there will be children on the streets. Drivers need to use extra caution. With the excitement of Halloween, children may forget simple pedestrian safety rules.

Drive slowly in residential areas where children are more likely to be trick-or-treating. Reduce your speed and stay alert.

Slow down and proceed with caution when entering and exiting driveways or backing up.

Homeowners

- ★ Keep your home and doorway well lit. Clear sidewalks and pathways for safety.
- ★ Avoid using open flames in any displays.



HALLOWEEN HARVEST HOEDOWN!

Your Community Association would like to invite you to this year's HALLOWEEN HARVEST HOEDOWN!

Once again, we will be hosting this frightful event full of music, goodies, games, prizes and fun for all ages. As are all of our events, this is free to the incredible families and patrons of Shawnigan Lake. It's a wonderful opportunity to bring out the kids safely, show off your amazing and scary costumes and have a great time.

Please make sure your child or children attend this event with a responsible adult. We are unable to offer any form of childcare at, and during, this event.

**Saturday, October 27th from
6:00pm until 8:00pm at the
Shawnigan Lake Community Centre
next to Elsie Miles Park.**

The Shawnigan Lake Community Association (SLCA) is an organization of local volunteers who are dedicated to their community. We are a non-profit organization that relies on a small government grant and donations from the public. Each year we work hard to plan and budget for community events that are at minimal or no cost. Any money that is raised goes directly back into the groups that run the events as their fundraiser. This is so that the children and their families have a fun and safe environment to enjoy special holidays such as Easter, Canada Day, Halloween and the Christmas Light-up.

Look us up on Facebook! Email: ShawniganLakeComAssoc@gmail.com

HEALTHY BEGINNINGS

A Free Drop-In at the
Shawnigan Lake Community Centre



Healthy Beginnings is a friendly, relaxed group for moms and dads with babies and toddlers from birth to 3 years of age.

No registration is required, just drop-in to visit and share a cup of coffee or a snack.

We will be discussing a wide range of topics.

It all begins at 10:30 AM.

Every Thursday except the weeks with a statutory holiday.

INFORMATION : Rhoda - 250 709 3050

EMAIL : rhoda.taylor@viha.ca

FACEBOOK : Healthy Beginnings Cowichan

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...BECAUSE YOU LOVE IT!!

SEAFOOD LASAGNA ALFREDO

Layers of Flavour!

Loads of halibut, shrimp, salmon, finely diced beef peppers and onions in Alfredo sauce layered with lasagna noodles, spinach and ricotta cheese. Topped with cheese and baked until the ooey-gooey goodness is golden! Served with artisan salad and garlic toast.

***18.99**

TURKEY DINNER POUTINE

...because you love it!!

Available Thanksgiving weekend, October 6 to 8. Enjoy our hand-chopped fries topped with cheese curds, oven-roast turkey, gravy, dressing, Brussels sprouts and a side of cranberry sauce.

***12.99**

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